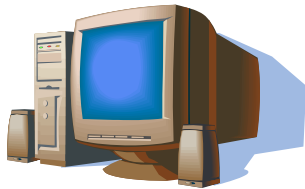


**Monthly Unpaid Caregiver E - Bulletin
Provincial NL Caregivers Out of Isolation Program
February 2012**



On the NET



Free Workshops Available through the Family Caregivers Network Society
www.fens-caregiving.org

Balancing Work and Caregiving

March 17, 2012, 10:00 am - March 17, 2012, 11:00 am

Host: Barbara Small, Program Development Coordinator, Family Caregivers' Network Society.

With our aging population, the number of people juggling care, work and other life responsibilities is increasing. One in four working Canadians are attempting to balance employment and caregiving and many are experiencing stress, guilt and emotional and financial exhaustion. Caregivers are turning down promotions, taking early retirement and quitting their jobs in order to care. This session will provide concrete strategies and resources to help you to avoid caregiver burnout and stay strong.

This is a webinar which you access on-line through your computer and through your telephone. **Free for members, Free for non-members.**

Register by calling the Care-ring Voice Network at 1-866-396-2433 or on-line at www.caringvoice.com. Registration is not available using the registration button below.

Online Support for Caregivers

Canadian Dementia Research and Knowledge Exchange

A website which offers online information and workshops on Dementia care

www.dementiaknowledgebroker.ca

Globe and Mail series on end-of-life care

The Globe and Mail recently ran a series of articles on end-of-life and palliative care - to read the series, visit: <http://www.theglobeandmail.com/life/health/end-of-life/>

Cancer Chat Canada

<https://cancerchatcanada.ca/register.php>.

VON Canada Caregiver Connect

<http://www.caregiver-connect.ca>

Caring for Aging Parents in Canada

<http://agingparents.ning.co>

New Resource



Who Says Men Don't Care? A Man's Guide to Balanced and Guilt-Free Caregiving, by James V. Gambone Ph.D. and Rhonda W. Travland, M.S.

This newly published guide brings us up to date on a fact: Caregiving is becoming an equal opportunity responsibility. Ten years ago only 25 % of caregivers were men, but with sweeping demographic and social change they now account for 36 to 40% of caregivers; a proportion that will continue to rise.

The authors, James Gambone and Rhonda Travland are not only gerontologists by profession, but they have first-hand caregiver experience, have counselled, consulted, researched and more. Travland took care of her husband for 17 years after an early onset dementia derailed their life plans. Together, they are more than qualified to help caregivers develop practical strategies for surviving the stress of the caregiving situation.

The main message is that you are not alone and there are many facing similar, but never the same, challenges as you. This guide helps professional caregiving literature catch up to the reality that men are front and centre in many caregiving situations. We welcome this opportunity to see male caregiver roles explored, documented and recognized.

Order a paperback (\$14.95) or Kindle (\$5.95) version of Who Says Men Don't Care? A Man's Guide to Balanced and Guilt-Free Caregiving, using the information on this dedicated website;

<http://www.maleguideforcaregiving.com/buy.php>

Support



13th Annual Breast Cancer Retreat, May 4-7 2012

People in this province who currently have or had breast cancer are welcome to register for this event which will take place this year in Gander. The deadline for registration is March 9th.

For more information please contact the coordinator, Paula Tessier at 368-0008 or by email at ptessier@cbcf.org

Cancer Patient Navigation

Have you or a family member been diagnosed with cancer? Cancer Patient Navigators are available to help patients, their families and health care providers. They can answer questions about treatment and follow up care. They can also help with the emotional, spiritual, financial, transportation and other practical matters. Navigators are located in Happy Valley – Goose Bay, St. Anthony, Corner Brook, Gander, Clarenville and St. John's.

For additional information please call toll free 1-855-848-3888.

If you are a service provider or agency that has information you would like to include, please connect with us, we would love to hear from you!

Provided to you by the Provincial Caregivers out of Isolation Program
For more information please contact the Caregiver Line
Toll Free at 1-888-571-2273 or by email at care@seniorsresource.ca