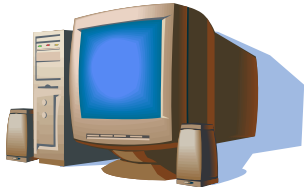


**Monthly Unpaid Caregiver E - Bulletin  
Provincial NL Caregivers Out of Isolation Program  
January 2012**

**Happy New Year!**

**On the NET**



**Free Workshops Available through the Family Caregivers Network Society**  
[www.fens-caregiving.org](http://www.fens-caregiving.org)

**Tips for Long-Distance Caregivers**

Caring for someone long-distance can be just as stressful, or sometimes even more stressful, than being there. There are a number of ways for a long-distance caregiver to become involved in the caregiving process. This session will be beneficial to you whether you are providing care from a distance or are the primary caregiver and communicating with other family members who live out of town.

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

**January 31, 2012, 1:30 pm - January 31, 2012, 2:30 pm**

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.careringvoice.com](http://www.careringvoice.com).

**Life with Aging Parents**

Are you finding it a challenge to support an aging parent who you see is failing, but resists accepting help? Do you struggle to find a balance between their independence and your own anxiety over how they are managing? This workshop will help you to strategize ways for providing assistance to your aging parents, while at the same time helping you deal with the frustrations inherent in this caregiving process.

**Host: Maureen Grant, Social Worker, Home and Community Care, Vancouver Island Health Authority February 7, 2012, 6:30 pm - February 7, 2012, 8:00 pm**

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](http://www.caringvoice.com).

### **Focus Group “Ageless Intimacy”, An Invitation**

Do you consider yourself to be a senior? Are you interested in learning more about sexual health, and making sure that others have their needs, rights, and perspectives represented when it comes to seniors in the LGBTQ community enjoying continued ageless intimacy? Join Sarah from Planned Parenthood for an evening tea and discussion. Help us hone "Ageless Intimacy," a sexual health workshop for seniors (and those who care for seniors!). Taking place January 16th at Robert and Peter's, 5 Atlantic Ave , 7 – 9:30 PM. Phone 753 4626 to RSVP.

will include tea and coffee from The Jumping Bean, St. John's Farmers' Market goodies, Newfoundland Chocolate Company chocolates, and other refreshments from Hungry Heart café. Share your thoughts on this innovative workshop. Better yet...become a sexual health ambassador and help us deliver the workshop. Let's make sexual health accessible to ALL ages!

### **Health Information – Dental Benefits**



#### **New benefits under NL Dental Health Program effective January 2012**

Effective January 1, 2012, the Adult Dental Health Program will expand to make select diagnostic and therapeutic dental services available once every three years to adults who are covered under certain Newfoundland and Labrador Prescription Drug Program plans. Specifically, these are the Foundation Plan, which provides 100 per cent coverage to those in receipt of income support; the Access Plan, which provides support to low income families and individuals; and, the 65+ Plan, which provides coverage to residents 65 years of age and older who receive Old Age Security benefits and the Guaranteed Income Supplement. Currently, adults in receipt of income support are covered for dental services related to emergency extractions only.

The expansion of the Adult Dental Health Program is part of the Poverty Reduction Strategy and comes from public requests for better dental coverage