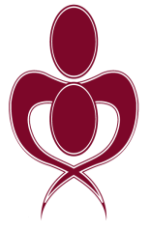


# Caring Solutions



Caregivers  
Out of Isolation

a newsletter for those providing unpaid care to family, spouses & friends  
published by:

**Caregivers Out of Isolation**

280 Torbay Rd.; Suite W100, St. John's, NL; A1A 3W8

CAREGIVER LINE: 1-888-571-2273

[care@seniorsresource.ca](mailto:care@seniorsresource.ca)

FALL 2011



## Glow with Us

*Christmas lights in October?*

Caregivers in Nova Scotia have come up with a creative way to recognize family and friend caregivers, who often feel invisible. We thought you'd like to join family caregivers and their friends in this international initiative to "shine some light" on the efforts of caregivers.

The light up will begin on Sunday October 17<sup>th</sup> at 8 pm – this will actually be a staggered start time, as people are joining in from around the world. In recognition of Newfoundland and Labrador Caregivers of Family & Friends Week from October 17<sup>th</sup> – 23<sup>rd</sup>, we think it'd be great if everyone in this province left up their lights for a week.

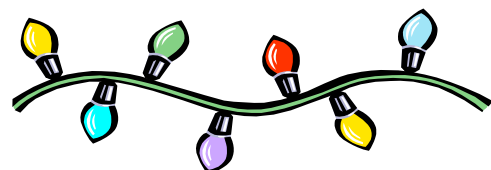
In this province, we'll be sending announcements to the local media. Service announcements will be on community channels across the province and all of the Regional Caregiver Networks will be helping out. It may take a year or two for this idea to really take hold, but we're hoping for a very positive response.

For more information, email me at [care@seniorsresource.ca](mailto:care@seniorsresource.ca) or call the Newfoundland and Labrador Caregiver Line toll free at 1-888-571-2273. Please call us if you'd like to put up a poster or two in your community – we'll make sure to have some extras available – and spread the word to everyone you know!

Wishing you the very best,

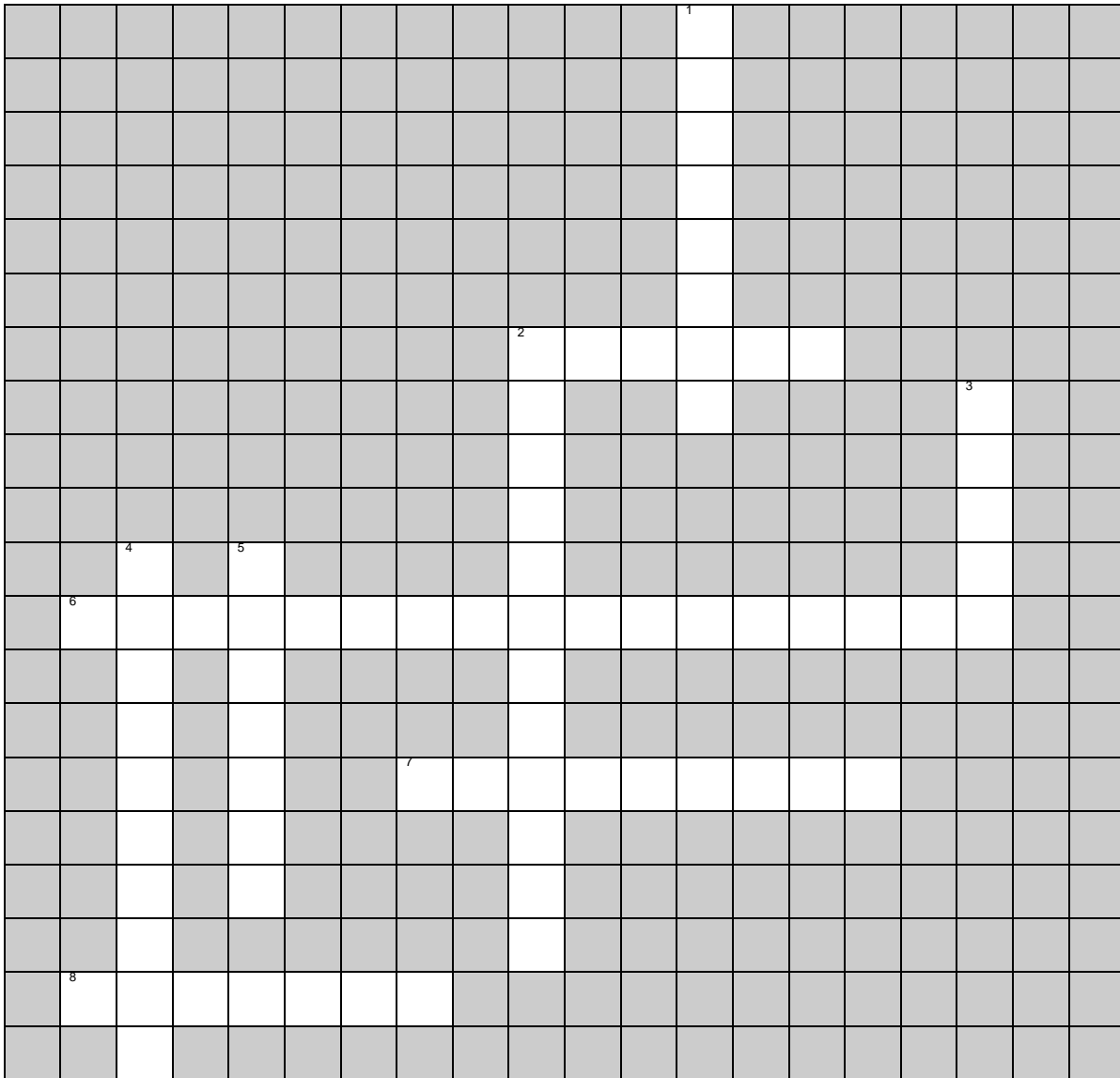
*Shelly Collins*

Provincial Caregivers Out of Isolation Coordinator



# Caring Solutions

## Caregivers Crossword



### Down

1. The best medicine
2. Monthly meeting with others who know what it's like to be in your shoes (2 words)
3. If the health-care system were a plant, family caregivers would be the \_\_\_\_\_: invisible, fragile and vital.
4. Invisible heroes (hint: this word appears 3 times in the puzzle)
5. A break from the feeling of responsibility (hint: R\_S\_\_T\_)

### Across

2. When responsibilities become overwhelming
6. In Newfoundland and Labrador, community groups that host events for caregivers, raise community awareness, and look for other ways to support caregivers:  
Regional \_\_\_\_\_
7. Federal tax break you should know about:  
The \_\_\_\_\_ Amount
8. Some of the people you can ask to help make your life a little easier

Note: Answers will be in the winter 2012 issue

# Caring Solutions



## **THIS IS WHAT LOVE IS ALL ABOUT**



It was a busy morning, approximately 8:30, when a man in his 80s arrived to have stitches removed from his thumb. He said that he was in a hurry as he had an appointment at 9:00.

I took his vital signs and had him take a seat, knowing it would be over an hour before someone would be able to see him. I saw him looking at his watch and decided, since I was not busy with another patient, I would evaluate his wound.

On exam, it was well healed, so I talked to one of the doctors, got the needed supplies to remove his sutures and redress his wound. While taking care of the wound, we began to engage in conversation. I asked him if he had another doctor's appointment this morning, as he was in such a hurry. The gentleman told me no, that he needed to go to the nursing home to eat breakfast with his wife. I then inquired as to her health. He told me that she had been there for a while and that she was a victim of Alzheimer's Disease. As we talked, I asked if she would be upset if he was a bit late. He replied that she no longer knew who he was, that she had not recognized him in five years now.

I was surprised, and asked him, "And you still go every morning, even though she doesn't know who you are?" He smiled as he patted my hand and said, "She doesn't know me, but I still know who she is." I had to hold back tears as he left, I had goose bumps on my arm, and thought, "That is the kind of love I want in my life."

True love is neither physical, nor romantic. True love is an acceptance of all that is, has been, will be, and will not be.

Source: Anonymous

## **Prevention of Elder Abuse A Shared Responsibility- Symposium**

**The Elder Abuse Committee of Newfoundland and Labrador with the Seniors Resource Centre hosted an Elder Abuse Symposium on October 3<sup>rd</sup> and 4<sup>th</sup> in St. John's. Topics of interest included Long Term Care, Caregiving Issues, Dementia Care and Elder Abuse. The Elder Abuse Committee of Newfoundland and Labrador is also launching a website. Stay tuned for more information.**

# Caring Solutions

## 7<sup>th</sup> Annual Newfoundland and Labrador Caregivers of Family & Friends Week

October 17<sup>th</sup> – 23<sup>rd</sup>, 2011

It's that time of year when our province focuses on supporting the "Invisible Heroes" of our community. For some of you, this will mean being able to attend free information sessions and other events for family caregivers. Many others of you won't be able to come, but we are trying to make sure you are reached in other ways. We hope that a friend, inspired by our media campaigns, might offer more help; your doctor, having read the information we've sent to physicians across the province, might talk to you about your needs as a caregiver.

Look for information and support in the following areas where Networks are located.

There will be events during the month of October and November for caregivers in Springdale, Twillingate, Clarenville, Stephenville, St. John's and Happy Valley – Goose Bay and maybe more. To find out more, please call the Caregiver Line: 1-888-571-2273

During Caregivers of Family & Friends Week we want to get people talking about caregiving ...**and we need your help!**

Would you like to help us make the invisible visible? For Caregiver Week, we will be sending out information to local newspapers, radio stations, churches, and anyone else we can think of. We are hoping to reach family caregivers who feel isolated, as well as the general public, who sometimes don't realize how much difference even a small gesture can make. From October 17<sup>th</sup> - 23<sup>rd</sup>, you might want to consider joining a local call-in show (Open Line, CBC Radio Noon Crosstalk, etc) or writing your local newspaper to:

- Say hello to other family caregivers who are listening in, who might need to know someone is thinking of them
- Share some of your own story – the joys, the challenges
- Raise an issue that faces caregivers in this province (including you)
- Talk about the "Glow with Us" Christmas lights campaign (*page 1*)

# Caring Solutions

## **Proclamation: 2011 Newfoundland and Labrador Caregivers of Family & Friends Week**

Caregivers are the backbone of our health and community care system, providing unpaid care and emotional support to family members and friends, including seniors, persons with intellectual and physical disabilities, and those affected by progressive and chronic illnesses;

Caregivers are key partners in the formal health and community services system, as well as co-clients, with needs distinct from those to whom they provide care;

Caregivers are integral members of our communities, demonstrating values of love and compassion, strength of spirit, and selflessness;

We acknowledge the strength of rural caregivers who, despite facing unique challenges such as travelling greater distances for services and supports, remain committed to those they care for;

We acknowledge the importance of community support for caregivers and those they care for by friends and neighbours, by employers, by service providers and by governments of all levels.

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**In recognition of the invaluable contribution of caregivers to our communities,  
I declare October 17- 23<sup>rd</sup>, 2011 to be the 7th annual Newfoundland and  
Labrador Caregivers of Family & Friends Week.**

Note: We have passed this proclamation along to levels of Government on both the Municipal and Provincial levels. Due to the upcoming Provincial election we are not sure if the current Minister, the Honorable Jerome Kennedy will remain in the seat as Minister of Health and Community Services

# Caring Solutions

"In my own limited experience I have found that the more we care for the happiness of others, the greater is our own sense of well-being."

—The Dalai Lama

WOULD YOU  
PREFER TO  
RECEIVE THIS  
NEWSLETTER BY  
EMAIL?

Just call us on the  
Caregiver Line or send a  
message to  
[care@seniorsresource.ca](mailto:care@seniorsresource.ca)

If you'd like to see  
activities for caregivers in  
your community, if you're  
having a hard time  
attending events in your  
area, or if you'd like to see  
something new for local  
caregivers, please call  
Shelly Collins on the  
Caregiver Line: 1-888-571-  
2273.

We welcome all your ideas  
and will do what we can to  
make it easier for you to

Page 6.



## THE LAUGHTER BIN

An American decided to write a book about famous churches around the world. For his first chapter he decided to write about American churches. So he bought a plane ticket and took a trip to Orlando, thinking that he would work his way from South to North.

On his first day he was inside a church taking photographs when he noticed a golden telephone mounted on the wall with a sign that read \$10,000.00 per call. The American, being intrigued, asked a priest who was strolling by what the telephone was used for. The priest replied that it was a direct line to Heaven and that for \$10,000.00 one could talk to God. The American thanked the priest and went along his way.

Next stop was in Atlanta, there, at a very large cathedral, he saw the same golden telephone with the same sign. Out of curiosity, he asked a nearby nun what its purpose was. She told him that it was a direct line to Heaven and that for \$10,000.00 he could talk to God.

He then traveled to Indianapolis, Washington DC, Philadelphia, Boston and New York. In every church he saw the same golden telephone with the same \$10,000.00 per call sign under it.

Upon leaving Vermont, the American decided to see if Canadians had the same golden telephone. Sure enough, he had similar experiences in Montreal, Fredericton and Halifax.

Finally, he arrived in Flatrock, Newfoundland and again there was the same golden telephone, but this time the sign under it read *25 cents per call*. The American was surprised and intrigued so he asked the priest about the sign, "Father, I've traveled all over America and I've seen this same golden telephone in many churches. I'm told that it is a direct line to Heaven, but in every state the price was \$10,000.00 per call. Why is it so cheap here?"

The priest smiled and answered: "You're in Newfoundland now, my son, it's a local call."

# Caring Solutions

## 10 Tips for Family Caregivers

Caregiving is a job and respite is your earned right. Reward yourself with respite breaks often.

Watch out for signs of depression, and don't delay in getting professional help when you need it.

When people offer to help, accept the offer and suggest specific things that they can do.

Educate yourself about your loved one's condition and how to communicate effectively with doctors.

There's a difference between caring and doing. Be open to technologies and ideas that promote your loved one's independence.

Trust your instincts. Most of the time they'll lead you in the right direction.

Caregivers often do a lot of lifting, pushing, and pulling. Be good to your back.

Grieve for your losses, and then allow yourself to dream new dreams.

Seek support from other caregivers. There is great strength in knowing you are not alone.

Stand up for your rights as a caregiver and a citizen.

Source: [National Family Caregiver's Association](#)

## Helpful Contacts in Newfoundland and Labrador:

Caregiver Line (*connected to this newsletter*) 1-888-571-2273

MS Society, Atlantic Division  
1-800-268-7582

Seniors Resource Centre of NL  
1-800-563-5599

VON Corner Brook  
634-2042

24-HR Mental Health Crisis Line (*for anyone who needs to talk*)  
1-888-737-4668

VON St. John's  
726-8597

Alzheimer Society  
1-877-776-0608

***The Seniors Resource Centre of NL is Selling Tickets on an all expenses paid trip to Disney in Orlando Florida  
Tickets are \$5.00 each  
Draw Date: February 28<sup>th</sup>, 2012  
For Tickets call:  
1-800-563-5599***

Cancer Society Info Line  
1-888-939-3333

Parkinsons Society  
1-800-567-7020

### **SIGN UP FOR OUR NEWSLETTER - FREE!**

If you're not already on our mailing list, just send us this form, write us an email at [care@seniorsresource.ca](mailto:care@seniorsresource.ca) or call us on the Caregiver Line 1-888-571-2273.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE #: \_\_\_\_\_

Tick here if you'd like us to send you invitations to workshops and other free caregiver events in your area.