



HESSCO

Care. Support. Solutions.

The Journey

Care for the Caregiver

Fall 2016

November is **National Family Caregiver Support Month**
Check out HESSCO's [Facebook page](#) for weekly Caregiver Posts!

Free & Local Caregiver Education



"Connecting with Individuals Challenged with Memory Loss"

When: Thursday, December 1, 2016 10:00 AM - 11:00 AM

Where: The Residence at Five Corners

678 Depot Street

Easton, MA

Who: Kelly McCarthy, Corporate Memory Care and Engagement
Manager

LCB Senior Living

Call Carol Corio for more information 781-858-9600

NO REGISTRATION REQUIRED.

Refresh from Stress!

If you have already taken your summer vacation or you know it is not realistic right now to get away, there are still ways to refresh in the comfort of your own home. Taking smaller moments to yourself are just as important as planning longer periods for rest and relaxation.

Here are some ideas:

- Call a friend
- Light a candle

Quick Links

[HESSCO](#)

[Family Caregiver Alliance](#)

[Massachusetts Elder Service Information](#)

Holiday Tips & Tricks!

Holidays often bring up many different emotions. Emotions of joy, stress and loss. Remember to simplify your holidays to create positive memories with family & friends.

Tips:

- Schedule time for family and friends but be flexible. If you cannot see everyone in person, arrange for a phone call or video chat instead.
- If you are hosting the

- Read a book
- Guided Imagery
- Use deep breathing techniques
- Take a walk
- Listen to music
- Have a cup of tea
- Journal
- Go for a drive
- Carry or wear a meaningful symbol
- Prayer
- Meditate
- Use positive affirmation
- Watch your favorite TV show

The Family Caregiver Specialist at HESSCO would love to hear the positive ways you take time to refresh from stress. Your tried and trues can help expand community resources for caregivers who are working to build up their self-care. E-mail sfoss@HESSCO.org to let me know!

If you are interested in 1:1 support around balancing time for yourself and the demands of caregiving, please reach out to me 781-784-4944 x238 or e-mail at sfoss@HESSCO.org.



Everyone is Recognizing Family Caregiver Support Month!

Veteran Affairs

http://www.caregiver.va.gov/National_Family_Caregivers_Month.asp

The White House <http://tinyurl.com/nrac9bv>

Huffington Post <http://tinyurl.com/zso79ey>

and more. Google *National Family Caregiver Support Month* to read up on what everyone is doing to recognize caregivers nation wide!!

Stay Connected

Stay connected with us by visiting our [Website](#). Find links to current meals, calendar of events and commonly asked questions. Follow us on [Facebook](#) for updates, helpful information and interesting articles.

holidays and have a lot of people coming, keep the meal and preparation simple. This way you can focus on making memories with company.

- If your loved one has experienced a lot of change since seeing your family, maybe let people know ahead of time through a phone call or letter so everyone knows what is expected.

Quotes 4 Caregivers

"It is not how much you do, but how much love you put in the doing."

Mother Theresa

"One person caring about another represents life's greatest value."

Jim Rohn

"Self-care is not selfish. You cannot serve from an empty vessel."

Eleanor Brownn

"Be gentle first with yourself if you wish to be gentle with thers."

Lama Yeshe

"Start where you are. Use what you have. Do what you can."

Arthur Ashe

"I've learned that
people will forget what
you said, people will
forget what you did,
but people will never
forget how you made
them feel."

Maya Angelou

Do you want to learn more about help that is available to caregivers? Whether you are caring for someone age 60 or over, an individual with dementia, or if you are a grandparent raising a grandchild, there is support available to you. The Family Caregiver Support Program at HESSCO connects caregivers to services and gives caregivers the tools they need to manage the stress in their lives. For more information, visit the support for caregivers tab under Services at www.hessco.org or contact the Family Caregiver Specialist.

Family Caregiver Specialist
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Aging Services Access Point (ASAP)
Area Agency on Aging (AAA)
Member, MetroWest Aging and Disability Resource Consortium (ADRC)