

VOLUME 1 ISSUE 1

APRIL 2010

Special points of interest:

CAREGIVER RECOGNITION

CENSUS 2010

CAREGIVER LEGISLATION

CAREGIVER CONFERENCE

EVENT PHOTOS

UPCOMING EVENTS

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CAREGIVER COLUMN



5TH ANNUAL NATIONAL FAMILY CAREGIVER MONTH CELEBRATION

On Friday, November 13, 2009, the Baltimore City Commission on Aging and Retirement Education celebrated National Caregiver Month at the Pier V Hotel in Baltimore's Inner Harbor.

The Family Caregiver's Program presented caregivers and grandparents with an award and a respite gift package! These caregivers and grandparents were nominated by their families and friends to be recognized as outstanding caregivers in the Baltimore City area.

In addition the Barbara Mikulski Award was presented to an agency and an individual caregiver for

providing exceptional service.

2009 CAREGIVER AWARD RECIPIENTS

- MARSHA BELL
- EMMA BELLAMY
- GERALDINE BRITT
- ANTONIA CASTRO
- MARY GIVENS
- DELEGATE CHERYL GLENN
- MARCELLUS HALL
- JOHANNA HAMMERBACHER
- MICHELLE HOLLY
- MARY KEITH

ANNIE LEONARD WATERS

- DIANE LYNCH
- CLINTON RUFFIN
- MARGARET SMITH
- SHEILA TALBOTT
- ANTOINETTE THOMPSON
- NANCY WHITE
- NEIL WICHNER

BARBARA MIKULSKI AWARD RECIPIENTS

MORGAN STATE UNIVERSITY
DEPARTMENT OF SOCIAL WORK
&
PAMELA MASSIE

2010 CAREGIVER CONFERENCE

On Friday, February 19, 2010, the Baltimore City Commission on Aging and Retirement Education's National Family Caregiver Support Program hosted its bi-annual Caregiver Conference. This year's theme was "Caregivers Get Healthy, Stay Healthy."

The focus of this conference was to provide caregivers and

grandparents with some professional insight on the importance of taking care of their own health. The conference covered the topics of caregiver health, basic care giving, importance of respite, and reducing caregiver stress. The conference also featured a special performance by "Ages on Stages," a dramatic group who performs skits based on real life care giving situations.

Here are a couple of quotes from some of the participants.

"It was nice meeting new people who are in the same situation I am in"

"My knowledge of care giving has been increased as a result of attending this conference"

"This conference is just what I needed and I thank you"



“One of the key benefits in the measure is caregiver assistance for the nations most seriously wounded veterans who were injured after 9/11”



CENSUS 2010

Census Day has passed, April 1, 2010. The Census survey is easy and it's safe. The questionnaire is short and only takes a few minutes to complete and return. The questions consist of name, relationship, gender, age, and date of birth, race, and whether you own or rent your home. Everything is CONFIDENTIAL!!! Your privacy is guaranteed by the law.

The Census data informs City decision-makers in community

planning efforts, from building new roads to supporting existing neighborhood initiatives. Census information also helps determine locations for schools, roads, hospitals, child-care and senior citizen centers and other facilities. The Census data also helps determine the need for additional social services and grant opportunities. Please reach out to your family and friends and share the importance of being counted in the Census. Encourage your care

recipients to complete the questionnaire or complete it for them so we are ALL counted.

If you haven't completed your 2010 Census form please do so ASAP. Please note that when the Door-to-Door Census worker arrives at your home they will have US Census Bureau identification and they will not be asking you for your social security number. Their job is to collect your census data ONLY.

SENATE PASSES VETERANS AND CAREGIVER SUPPORT BILL

On Wednesday, November 19, 2009 Senate passed S. 1963, the Caregivers and Veterans Omnibus Health Services Act of 2009. The legislation contains a number of provisions to help wounded veterans, their informal caregivers, homeless veterans, women and veterans living in rural areas. The bill merges two omnibus veterans' health bills, S. 801 and S. 252

which passed the committee in September with bipartisan support. One of the key benefits in the measure is caregiver assistance for the nations' more seriously wounded veterans who were injured after 9/11. The bill also contains provisions to improve access to care for veterans in rural areas by increasing access to telecommunication with the VA.

Highlights of the Measure:

- Monthly Stipend for Caregivers
- Travel Benefits
- Caregiver Education and Training
- Respite Care Services
- Medical Care

CAREGIVERS NEEDED FOR RESEARCH STUDY

Johns Hopkins University, School of Medicine is recruiting participants for a research study on the health care tasks you must manage for your loved one and any difficulty you may have with those tasks. Participants of this study will be compensated \$20 for their participation and lunch will be provided. Travel and parking costs will also be reimbursed.

To qualify for this study you must:

- 1.) Be an unpaid caregivers
- 2.) Provide care for someone with two or more chronic conditions.

If interested please contact:

*Dr. Cynthia Boyd,
Principal Investigator
Cboyd1@jhmi.edu
(410) 550-5829*

2009 CAREGIVER RECOGNITION CEREMONY



CARE STAFF



AWARD RECIPIENTS



MORGAN STATE UNIVERSITY



THE MASSIE FAMILY

2010 CAREGIVER CONFERENCE



CONFERENCE SPEAKERS



AGES ON STAGES



FELICIA FRENCH: KEY NOTE SPEAKER



CONFERENCE ATTENDEES

UPCOMING EVENTS

◇ **Senior Intergenerational Prom @ Zeta Senior Center**

DATE: TBD

◇ **Grandparents and Grandchildren Fun Day @ Waxter Senior Center**

DATE: May 15, 2010

◇ **Senior Power Walk @ Patterson Park**

DATE: May 26, 2010

◇ **2010 Caregiver Information Fair @ War Memorial Building**

DATE: August 7, 2010

◇ **Adult Day Care Week**

DATE: September 19-September 25, 2010

◇ **Alzheimer's Association Memory Walk @ Oregon Ridge Park**

DATE: October 30, 2010

For more information please visit

www.alz.org

◇ **Journey to Hope Conference on Memory Loss @ Johns Hopkins Bayview Medical Center's**

Asthma & Allergy Center Auditorium

DATE: November 6, 2010

◇ **Pythias A. & Virginia I. Jones African American Forum on Memory Loss @ Coppin State University's
Tawes Center**

DATE: November 13, 2010

◇ **Caregiver Recognition Ceremony**

Location: TBD

DATE: November 19, 2010

****nominations are being accepted***

◇ **2011 Flu Vaccination Season**

Clinic Locations: TBD

CAREGIVER & GRANDPARENT SUPPORT GROUPS

CARE, in partnership with Baltimore City Public School System, has Grandparent Support Groups in 13 Baltimore City Public Schools. The purpose of the Support Groups is to provide grandparents with social support, help establish relationships with other grandparents, and provide resourceful information. This information can be shared between grandparents and throughout the community in presentations given by other partnering agencies.

There is always room to start a Grandparent support group in your school, senior center, or community center. The Alzheimer's Association offers support groups for family caregivers who are caring for someone with dementia. The purpose of the caregiver support group is to educate people about dementia and care options. The support group offers helpful advice about issues such as behaviors, safety, legal, and financial matters.

The groups also offers information about the services Alzheimer's Association offers to caregivers and people with dementia.

For more information on the support groups please contact our office at (410) 396-1337 or visit our website at www.baltimorecitycaregivers.org

Or go to www.alz.org to locate a support group near you.



“WELCOME TO MEDICARE” BIRTHDAY CELEBRATION

The Baltimore City Senior Health Insurance Program (SHIP) of CARE is charged with the responsibility of providing free, one-on-one counseling and assistance to people with Medicare, their caregivers, and the community. SHIP is hosting a Welcome to Medicare Birthday Celebration for “New” Medicare beneficiaries on June 1, 2010 at the Zeta Senior Center from 9:00 am–1:00 pm. Older adults residing in Baltimore City who will turn 65 and those

persons with a disability whose eligibility period is April– September 2010 are encouraged to attend. Trained SHIP counselors, representatives from Medicare Part C (Advantage) plans and Social Security Administration (SSA) will be in attendance to discuss Medicare Part A & B, Medicare Part C & D plans, Medicare Savings Programs (QMB/SLMB), Extra Help/Low Income Subsidy (LIS), and Maryland Senior Prescription Drug Assistance

(SPDAP) programs. If you would like more information or to RSVP for this event, please call (410) 396-2273 to speak with a SHIP counselor.



FREE CAREGIVER TRAINING CLASS

The Baltimore City Commission on Aging and Retirement Education National Family Caregiver Support Program is offering a free Training Program for caregivers and volunteers. The training program is an 18-hour course for training caregivers and volunteers on different subjects, such as how to care for someone on bed rest, how to manage medication, fall prevention, fire safety, etc. The training course would be divided into 9 to 12 sessions lasting about

2 hours each. At the end of the training course, students would get a certificate of completion. The goal of the training class is to provide all of the caregivers and volunteers with the tools and techniques they need to provide sufficient care.

If you are interested in participating in the Free Training class please contact the National Family Caregiver Support Program. The class is open to all age groups.

To register for the Free Caregiver Training Class please contact our office at

(410) 396-1337

Or visit our website at

www.baltimorecitycaregivers.org



2010 CAREGIVER INFORMATION FAIR

"BE SAFE, BE AWARE, & BE ENCOURAGED "

Presented by
The Baltimore City Commission on Aging and Retirement
Education

SATURDAY, AUGUST 7, 2010
WAR MEMORIAL BUILDING
101 N. GAY ST.
BALTIMORE, MD 21202
9:00 AM - 2:00 PM

This is an exciting & informative way for caregivers and grandparents to receive valuable information that will assist them with their care giving needs.

VENDOR PARTICIPATION INCLUDES

- Health Education & Health Services
- Caregiver & Grandparent Resources
 - Financial Resources
- Other Community Based Organizations

GROUP BREAKOUT SESSIONS

Safe Sex for Seniors and Teens (Health Department & Older Women Embracing Life)
Substance Abuse Awareness (Baltimore Substance Abuse Systems, Inc.)
Laughing Exercise Seminar (Laughing Rx)

ENTERTAINMENT

FREE & OPEN TO THE PUBLIC

FOR MORE INFORMATION

PLEASE CALL

410-396-1337

OR VISIT US AT

WWW.BALTIMORECITYCAREGIVERS.ORG



**BALTIMORE CITY COMMISSION ON AGING AND RETIREMENT EDUCATION &
BALTIMORE GRANDFAMILIES PRESENTS:**

GRANDPARENTS & GRANDCHILDREN FUN DAY

**“Exploring Baltimore’s Treasures”
Fun Activities to do with Grandchildren**

**SATURDAY MAY 15, 2010
10:00AM - 3:00PM
WAXTER SENIOR CENTER
1000 CATHEDRAL ST.
BALTIMORE, MD 21201
410-396-1324**

VENDOR PARTICIPATION INCLUDES

***Maryland Historical Museum
Baltimore Zoo
Walters Art Gallery***

***Project Trudge Nature Programs
Star Spangled Museum
Reginald F. Lewis Museum***

RAFFLES

**FOOD GIVEAWAY FROM MARYLAND FOOD BANK
BOOKS FROM BALTIMORE READS**



Helping Older Adults Live Better.
In Baltimore One Day At a Time

**Mayor Stephanie Rawlings-Blake
Janie McCullough Executive Director**

**Baltimore City Commission on Aging
and Retirement Education**

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*Helping Older Adults
Live Better in Baltimore . . .
One Day at a Time.*

Mayor Stephanie Rawlings-Blake

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Baltimore City Commission on Aging and Retirement Education

National Family Caregivers Support Program

10 N. Calvert St., Ste. 300

Baltimore, MD 21202

Please visit us at www.baltimorecitycaregivers.org