

# Caregiver Connection

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Welcome to the Caregiver Connection Ezine, your source for the most current information about caregiving events, conferences, and issues that are important to you.



Please consult our website for more information: [www.njcaregivers.org](http://www.njcaregivers.org).

## Quick Links

- Caregivers of New Jersey**
- The Family Support Center of New Jersey**
- The Family Resource Network**

[Join our Mailing List!](#)

## Walk-a-thon to benefit Caregivers of New Jersey



On Sunday, October 11th, 2009 in Edison, hundreds will gather to support caregivers and individuals with disabilities from across the state by raising money and walking the 5k track around the beautiful lake of Roosevelt Park. Call your family, friends and co-workers and start a walk team today! Your support will help Caregivers of New Jersey to continue to provide you and other caregivers with valuable information and activities, as well as spread awareness of the trials and tribulations of caregiving throughout the year to the legislators in our state government.

Visit [www.walkforabrightertomorrow.org](http://www.walkforabrightertomorrow.org) for more information and to register online today!

This will be a fun filled day for families and friends. Entertainment and refreshments will be just a few of the day's highlights. If you have any questions please call (800) 376-2345.

## Help the Lifespan Respite Care Act Receive Funding!

The New Jersey Lifespan Respite Coalition is seeking funding for the Lifespan Respite Care Act (PL 109-442) in the authorized level of \$71.1 million. Despite its widely supported enactment in 2006, the program received only \$2.5 million in FY09, a small fraction of the \$289 million originally requested.

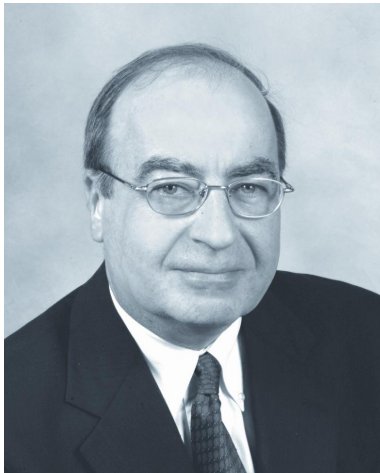
We are asking that you, citizens of the United States, family caregivers, supporters, friends and advocates, sign on to this petition in hopes that the families of those with disabilities and chronic illnesses may receive the deserved respite care services they desperately need.

Please follow [this link](#) to sign the Lifespan Respite Care Petition.

Thank you in advance for your continued support!



## Executive Director, Eric Joice, Honored at Disability Awareness Night



Last Thursday night, next to the Trenton Thunder dugout, Eric M. Joice, Executive Director of The Family Resource Network and Caregivers of New Jersey was awarded with the EP Maxwell J. Schleifer Distinguished Service Award. This award, named after the founder and former Editor-In-Chief of Exceptional Parent Magazine, is awarded to an individual who has displayed remarkable accomplishments and dedication in the care and advocacy of individuals with disabilities under difficult circumstances. Congratulations Eric, and thank you for your dedication throughout the years!

## Accessible Beaches in Monmouth and Cape May Counties

With all the beautiful weather we've been getting, who doesn't want to cool off in the ocean, build sand castles with the kids and lick up ice cream before it melts? As the summer wears on and budgets get tight, it gets more complicated to plan family activities. Maybe it's not the activities that make it difficult, so much as the location. Below are a few towns in Monmouth County with disability friendly beaches, accessible amenities and FREE admission for individuals with disabilities!



### Beaches in Monmouth County with Free Admission for individuals with disabilities:

**Allenhurst** - Parkway Exit 102 South or 100A North, lifeguards on duty until 7pm, accessible parking/curb cuts, and surf chairs available - 732-531-2757

**Highlands** - Parkway Exit 105, accessible parking/curb cuts - 732-872-1959

**Keansburg** - Parkway Exit 117, accessible parking/curb cuts and restrooms - 732-787-0215 x111

**Long Branch** - Parkway Exit 105, accessible parking/curb cuts, surf chairs available - 732-571-6545 (or 1833)

**Sandy Hook** - Parkway Exit 117, accessible parking/curb cuts, surf chairs available - 732-872-5970

**Union Beach** - Parkway Exit 117, accessible parking/restrooms - 732-264-1133

For more accessible beaches and discounts, please [click here!](#)

## Dept. of Labor Launches Disability.gov

The US Department of Labor launched [Disability.gov](#), the federal government's website for people with disabilities, their family members, veterans, caregivers, employers and others. The new site previously called DisabilityInfo.gov, features comprehensive information about disability-related programs and services, as well as social media tools to better serve the more than 50 million Americans with disabilities.

[Disability.gov's](#) social media tools encourage interaction and feedback from visitors, and offer new ways to organize, share and receive information. Visitors can sign up for personalized news and updates, participate in online discussions and suggest resources for the site. New features include a Twitter feed, RSS feeds, a blog and social bookmarking. Additional social media tools will be added to the site in the months ahead.

The new site includes user-friendly ways to get answers to important questions on finding employment, job accommodations, and other topics. The site is organized into ten subject areas: benefits, civil rights, community life, education, emergency preparedness, employment, health, housing, technology, and transportation. By selecting a category, visitors are directed to useful information on deferral and state government programs and services, news and events, grants and funding opportunities and more.

[Disability.gov](#), an effort led by the Department of Labor's Office of Disability Employment Policy, contains thousands of links to reliable, trusted information from numerous federal agency partners, as well as educational institutions, nonprofit organizations and state and local governments. It is an important resource not only for Americans with disabilities, but also for the parents of children with disabilities, employers, workforce and human resource professionals, veterans, military families, caregivers and many others.

## Assistive Stuff Launches New Website

Assistive Stuff has announced the launch of their new website <http://www.assistivestuff.com>. This user-friendly site offers information and specialized products for people who are Deaf, Hard of Hearing and those in need of assistive devices. This site is also a resource for information and news about the communities that they serve.

"This site is an effort to take the company to the next level in terms of technology. The new web site will be a great source of information for our prospects and clients," said Karen Dawson. "We wanted a clean and easy to navigate website that our clients will find appealing and informative."

Visitors to the site [www.assistivestuff.com](http://www.assistivestuff.com) can read about the company's history and services, and locate products that will help them with their daily activities.

"In today's fast paced world we often take things for granted or just never think about them " said Karen Dawson, Creative Director at Assistive Stuff . Did you ever think about how a person who is Deaf would know that there was a fire? Or how your grandmother would hear her smoke detector in the middle of the night, when her hearing aids are on the nightstand? Safety and quality are key for us at Assistive Stuff. We want to provide choices for our customers, while insuring a high quality line of products.

An estimated 34.5 million people in the United States have a partial hearing loss, and this number increasing rapidly on a daily basis, due to the aging baby boomer generation. We have decided to make our product line available on the web to reach a broader market of end users and caregivers. Many of the products that are available on our site cannot be found in your local stores or big box retailers. These are specialized niche market products. At [www.assistivestuff.com](http://www.assistivestuff.com) our products include alerting

devices, fire safety products, amplified phones and a lot more. And as always, we are striving to make these products easier to find, when it can sometimes seem overwhelming. Most of all, we want our products to fit your lifestyle.

## Medicare Information for Caregivers Now Available on NIHSeniorHealth

If you're caring for an older friend or family member, you've probably had questions about Medicare, the federal health insurance program for adults 65 and older and people under age 65 with disabilities. While you may know that Medicare helps pay for medical and prescription drug costs, you may want to become more familiar with the Medicare Benefits and resources available to your friend or loved one. An easy-to-read overview, "Medicare Basics for Caregivers" is now available at [NIHSeniorHealth.gov](http://NIHSeniorHealth.gov), the website for older adults from the National Institutes of Health. This brief, yet comprehensive introduction to Medicare gives caregivers the basics and helps them find answers to their questions.

Caregivers and others needing a general introduction to Medicare can visit <http://nihseniorhealth.gov/medicare/toc.html> to find out about medical and hospital benefits, enrollment, billing, prescription drug costs, home health care and much more.

## NAMI New Jersey Family-to-Family Education

Family-to-Family is a peer family education program designed to foster learning, healing and empowerment among families of individuals with serious mental illness.



The NAMI NEW JERSEY Family-to-Family education (formerly the "Journey of Hope") course is a 12-week program for families of individuals diagnosed with serious mental illness. The curriculum focuses on three major psychiatric illnesses (schizophrenia, bipolar disorder and major depression) and emphasizes the clinical treatment of these illnesses. The curriculum also presents the knowledge and the skills that family members need when faced with the problems of mental illness.

Trained NAMI family members who volunteer in two-member teams teach courses. Family educators participate in an intensive weekend training seminar to prepare them to teach the course.

There is no fee to participants. NAMI New Jersey provides the training for the NAMI New Jersey family education volunteers and the funding for course materials. To find out more about Family -to-Family programs near you, please contact the NAMI New Jersey office at 732-940-0991 or email [ftof@naminj.org](mailto:ftof@naminj.org).

## Paralysis Numbers Exceed Estimates

The actual number of Americans with some form of paralysis exceeds commonly accepted estimates, according to a study released April 21.

The study, "One Degree of Separation: Paralysis and Spinal Cord Injury in the United States," by the Christopher and Dana Reeve Foundation, places the number of people living with paralysis in the United States at 5.6 million - about one third higher than previously thought. In addition, people with spinal cord injuries are numbered at 1.275 million, more than five times the number estimated in 2007.



Introducing the study at the National Press Club in Washington DC, Matthew Reeve - son of Christopher Reeve and a member of the foundation's board of directors - said, "Paralysis from all sources is more widespread than previously thought ... these findings have many implications for the treatment of spinal cord injuries and other paralysis-related diseases." Nearly 1 In 50 Americans is living with paralysis.

The study found that people with paralysis tend to have lower incomes, with roughly 25% making household incomes of less than \$10,000 per year (compared with 7 percent of the larger population). Paralysis is also unevenly distributed among some minority communities, with higher percentages among African-Americans and Native Americans and lower percentages among Asian-Americans.

See the survey at [www.christopherreeve.org](http://www.christopherreeve.org).

## Maybe it's Time to Consider a Clinical Trial?

There are two clinical research trials underway evaluating the effectiveness of an investigational medication in the hope that it will improve the memory and other cognitive functions of people with Alzheimer's disease.

Your loved one may qualify for one of the Alzheimer's Disease clinical trials if he or she:

- Is between 50 and 90 years old
- Has been diagnosed with Alzheimer's disease or has memory problems that may be signs of AD
- Has been on a stable dose of Aricept (donepezil) for AD for at least 3 months OR is not taking any medication
- Has no history of cancer within the last 3 years
- Lives with or spends substantial periods of time with a regular caregiver who is willing to attend all trial visits, oversee compliance and report on the loved one's status

For more information, please contact:

Global Medical Institutes

609-921-6050

[www.trialforAD.com](http://www.trialforAD.com)

## Concerns about Unsafe Driving: What Do I Say?

Join the American Society on Aging and the National Center on Senior Transportation for a free one-hour web seminar on August 27, 1:00 PM Eastern time.



Concerned family members turn to you for advice about an older driver, or an older adult in your facility appears inattentive to other cars in the parking lot. How do you handle the conversation?

This web seminar will assist you in speaking confidently about driving safety and interacting with family members in an informative and productive way. Featured staff from the National Center on Senior Transportation, Lisa Tucker and Mary Brugger Murphy and transportation consultant, Fran Carlin Rogers will pool their years of expertise in older driver resources and

direct services to older drivers to bring you the information you need for older driver and family member discussions.

To access this free seminar no prior registration is needed. Just [click here](#) for the visual presentation and call (402) 237-2015 and enter Caller Access Code: 566483# for the audio. Please note that this is not a toll-free number.

Don't miss a minute of the presentation. Set your computer and call-in ten minutes prior to the 1:00 PM (noon Central, 11:00 AM Mountain and 10:00 AM Pacific time) presentation to ensure all settings are in place.

For more information, please contact Anita Renzetti at the American Society on Aging, [anitar@asaging.org](mailto:anitar@asaging.org).

This program is funded by the National highway Traffic Administration to help save lives, prevent injuries and reduce vehicle related crashes.

Thank you for reading Caregiver Connection! If you have any information you would like included in our e-zine, or know of anyone that would like to be added to our listserv, please email me at [dgoldberg@njcaregivers.org](mailto:dgoldberg@njcaregivers.org) or click the "Join Our Mailing List" button on the top right side of the newsletter.

Additionally, CNJ is dedicated to spreading awareness and knowledge of caregiving, so we invite you to utilize the "Forward Email" button at the bottom of this email.

Sincerely,

Dana Goldberg, Administrator  
Caregivers of New Jersey

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