

Caregiver Connection

In This Issue

- Upcoming Events
- Help the Lifespan Respite Care Act Receive Funding
- Congratulations Garden Terrace Nursing Home!
- Middle Class Task Force Caring For Caregivers
- Injured Veterans' Caregivers Face Pressures
- PANDAS Foundation's "Got Strep?" Campaign
- Caregiving Stress Linked to Stroke Risk
- HHS Seeks Comments on Electronic Health Records

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.

Quick Links

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

[Join our Mailing List!](#)

Upcoming Events

Care One and Home Care Assistance invite you to

"Elder Law, A Primer in End of Life Decision Making"

Presented by: Thomas M. Murphy Esq. of
The Murphy Law Firm LLC

100 W. Ridgewood Ave. Paramus, NJ
February 16, 2010; 5:30-7:30 pm

2 CEU credits for Social Workers and Case Managers
Dinner and Refreshments will be served.
Parking available across the street at The Women's Club

Kindly R.S.V.P. to Kelly at (201) 444-8200 x4402, ktaylor@care-one.
Hosted by CareOne at The Cupola

Special Ticket Offer
New Jersey Devils Vs. St. Louis Blues
Saturday, March 20, 2010 - 7:00 PM
Prudential Center, Newark, NJ

Get a \$56 ticket and \$10 food & beverage card
For Only \$49!

Order deadline: March 18, 2010
Click here for flier and registration form.



Contact Samantha Davis, Devils Group Sales, at 973-757-6168 for more information.

2010 Caregivers Conference
presented by
County of Bergen Division of Senior Services
in partnership with
The Caregiver Coalition of Bergen County

Saturday, May 15th
Woodcliff Lake Hilton, Woodcliff Lake, NJ

For exhibiting information and other questions, please contact Keisha McLean by phone at (201) 336-7468 or by email, kmclean@co.bergen.nj.us

Building Resiliency
Preventing Burnout and Compassion Fatigue
A program for caregivers and care providers

Englewood Hospital
Saturday, April 17, 2010

1:00 PM - 3:45 PM

Pre-registration is suggested as seating is limited.

Suggested donation: \$20

Free Parking & Refreshments

For more information or to register: tickets@cantwellmedia.com

2.5 hours CEUs for nurses/CEUs Pending for others.

Presented by Families of Loved Ones Magazine www.familiesoflovedones.com in conjunction with Englewood Hospital and Medical Center

FY 2011 Budget Announced: Lifespan Respite Receives \$2.5 million

The fiscal year 2011 budget was announced earlier this week with the addition of \$2.5 million dollars dedicated to the Lifespan Respite Care Act (PL 109-442), which is only a small fraction of the \$289 million originally requested in 2006.

We are asking that you, citizens of New Jersey and 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!



Caregivers of NJ would like to congratulate Garden Terrace Nursing Home! On October 7, 2009, Garden Terrace Nursing Home in Chatham was awarded the New Jersey Family Business of the Year for 2009! Look for the November edition of NJ Monthly for more details.

Middle Class Task Force - Caring for Caregivers

The Middle Class Task Force is taking the first step to decrease some financial burdens off the shoulders of caregivers. This funding will help make transportation, adult day care, and in-home services easily accessible as well as paying for colleges. These efforts will also help maintain not only a balanced work life for the caregiver, but also allow time to care for their loved ones as well. This will lessen some stress of the caregiver since it is a step of improvement for providing the services they have been looking for. Although this funding does not cover everything, it is one step closer in helping those who need this financial and emotional support.

For more details about the Middle Class Task Force's plan, [click here](#).

Injured Veterans' Caregivers Face Emotional, Financial Pressures

Caregivers of severely injured veterans and their families face emotional and financial pressures and difficulty accessing military medical care. USA Today reports on the "thousands of unpaid caregivers -- parents, spouses, siblings and war buddies -- helping veterans injured in the Iraq and Afghanistan wars get through each day. [Barbara Cohoon, deputy director of government relations for the non-profit National Military Family Association] says the caregivers are a vulnerable group, often under-recognized, and in need of help to navigate the military's medical system. Cohoon says not all caregivers receive military benefits, even though many have quit jobs, moved out of their homes and drained their savings to care for their loved ones." Two bills are currently being debated in Congress to help caregivers of veterans to receive "financial support, including health insurance" (Marcus, 1/26).

[Click here to read the article.](#)

PANDAS Foundation Launches "Got Strep?" Campaign

The PANDAS Foundation (Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections) has launched its "got strep?" campaign; designed to alert caregivers and physicians to the nontraditional ways that strep can present itself. Early intervention can prevent an autoimmune response that can cause mental and behavioral disorders in children including obsessive-compulsive disorder (OCD) and Tourette syndrome.



"Shockingly, there are as many children in the United States who are afflicted with obsessive-compulsive disorder (OCD) as there are with diabetes," says Beth Alison Maloney, the author of *Saving Sammy: Curing the Boy Who Caught OCD* and Founder of the PANDAS Foundation. "My son was destined for a life of hospitalizations and long-term placements in treatment facilities until we discovered that strep was the root cause of his OCD and Tourette's,"

says Maloney. "He is now fully recovered and has been symptom free for five years. I want to make sure that no other child suffers needlessly as he did."

The compelling case for strep-induced mental illness is reported in the article "From Throat to Mind," which appears in the January/February 2010 issue of *Scientific American MIND*. Top researchers believe that many cases may be linked to common pediatric strep.

"The Foundation's first goal is to ensure that no child is diagnosed with a mental disorder before strep is ruled out as an underlying cause," says Deb Curran, the Foundation President. To that end, the PANDAS Foundation has assembled an army of nationwide volunteers to distribute 50,000 "got strep?" cards. The 4 x 6 cards list the many manifestations of strep beyond the usual sore throat and fever. Distribution efforts begin this week and will target physicians, clinics, schools, day care centers and parent organizations. "We plan to bring PANDAS to the forefront of national attention and keep it there," says Curran. "This campaign is the first step."

For more information, please contact Maloney via email at info@savingsammy.net or visit www.pandasfoundation.org.

WebMD Stroke Health Center Links Stress of Caregiving to Stroke Risk

Caregivers who find their responsibilities highly stressful may be at increased risk for stroke, according to a new study. The study, published in the journal *Stroke*, looked at 767 people who provide in-home care for an ailing spouse.

Those caregivers who said tending to their ailing spouse caused "a lot of strain" were 23% more likely to have a stroke compared with their caregiving counterparts who said they felt no strain regarding their responsibilities. Stroke risk was most pronounced among men, especially African-American men, the study shows. While men were likely to report high strain than women, those that reported high strain were at elevated risk for stroke.



Caregiver strain did not affect risk of heart disease in the new study. Previous studies have shown that caregiver stress can increase risk of depression and early death, but exactly how caregiving stress affects stroke risk, and why it doesn't seem to affect heart disease risk, is not fully understood.

"Highly stressful caregiving can be chronic and include many difficult and uncontrollable stressors such as witnessing the suffering of a loved one, managing stressful behavior problems, financial strain, social isolation, and providing physically and psychologically demanding personal care tasks," write the researchers, who were led by William E. Haley, PhD of the University of South Florida in Tampa. "Caregiving strain can also interfere with other health behaviors such as exercising and getting proper rest."

This is why caring for the caregiver becomes extremely important, Haley tells WebMD.

"One important kind of assistance is counseling, where the caregiver can learn new information and skills to help them be better prepared to manage their family member's illness and their own stress," he says. "Another kind of assistance is receiving more help in providing care from other family members, friends, or community agencies, or using respite care services."

This can make a big difference as many caregivers shoulder all of the responsibility themselves. "Some caregivers also benefit from going to support groups," he says. "Overall, research shows that caregivers benefit from programs that help them learn ways to feel better prepared to take care of their relative, to manage their own stress, and to get more day to day help in providing care."

HHS Seeks Comments on "Meaningful Use" Regulation Involving Accessibility of Electronic Health Records

Electronic health records (EHR) are at the cutting edge of health information technology and a tool which has the potential to improve the quality and delivery of health care for all Americans. The HHS Office on Disability writes to advise you of an opportunity for disability community stakeholders to weigh in, as EHR policies and standards are being developed and implemented.

In late December, the Centers for Medicaid and Medicare Services (CMS) released a notice of proposed rulemaking that defined how health care providers can demonstrate "meaningful use" of electronic health records that would qualify themselves for Federal incentive payments made available under the American Recovery and Reinvestment Act of 2009 (ARRA) (Pub. L. 111-5.). At the same time, the Office of the National Coordinator (ONC) for Health Information Technology released an interim final rule describing certification standards for Electronic Health Records (EHR) technology.

On January 13, 2010, both the CMS notice of proposed rulemaking and the ONC interim final rule were published in the Federal Register, launching a 60-day public comment period. ONC states that with regard to EHR, the "accessibility requirements of the Americans with Disabilities Act of 1990 and Section 504 of the Rehabilitation Act of 1973 still apply to entities covered by these Federal civil rights laws."

Furthermore the interim final rule specifically requests feedback regarding the following statement:

We are interested in public comments to inform future deliberations on whether specific certification criteria could be adopted to further promote the capabilities Certified EHR Technology should provide with respect to meeting the accessibility needs of individuals with disabilities.

Federal Register, Vol. 75, No. 8, Wednesday, January 13, 2010, Proposed Rules (p. 2005)

You have the opportunity to share your insights and suggestions about the accessibility of electronic health records and the above question with the Office of the National Coordinator. To be assured consideration written or electronic comments for both the ONC interim final rule and the CMS Notice of Proposed Rulemaking must be received at one of the below addresses no later than 5 p.m. on March 15, 2010.

You may submit electronic comments on this regulation to <http://www.regulations.gov>. Follow the instructions on the home page.

For more information: Steven Posnack, Policy Analyst, 202-690-7151

Caregivers of New Jersey is Social Networking, Are You?



Click here to become a fan of Caregivers of New Jersey on Facebook.
Stay up to date on activities and network with other caregivers and professionals around NJ. And click here to follow us on Twitter too!



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 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

[Forward email](#)

Email Marketing by

 **SafeUnsubscribe**®

This email was sent to contact@refinedwebdesign.com by dgoldberg@njcaregivers.org.
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).



Caregivers of New Jersey | www.njcaregivers.org | 35 Beaverson Blvd. | Bldg. 11 | Brick | NJ | 08723