

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.

Quick Links

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

Upcoming Events

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



Walk for a Brighter Tomorrow
Shore Area Walk

When: Sunday, May 16, 2010
Where: Seaside Park, NJ
Registration 11am - Walk 12pm

Please join Caregivers of New Jersey for a 5k walk on the

REGISTRATION 11AM - WALK 12PM

Please join Caregivers of New Jersey for a 5k walk on the beautiful Seaside Boardwalk as we raise much needed funds & awareness for caregivers and their loved ones in New Jersey!

For more information please visit www.walkforabrightertomorrow.org



Falls & Mobility: Why people with dementia fall



Persons with dementia fall up to three times more often than individuals without cognitive impairments. Dementia not only causes individuals to experience normal age-related vision and mobility changes that increase fall risk, but it brings its own set of challenges that can cause unsafe situations:

Inability to housekeep, maintain a home, or hoarding behavior can create mounds of clutter and other home hazards.

Reduced attention and/or depth perception can make certain objects, like doorsills, glass and/or small tables, unnoticed and easily tripped over.

Becoming easily agitated (lowered stress threshold) and storming off or possibly striking out and losing balance.

Fear of falling and consequently, not walking much, which further increases fall risk -- no exercise leads to weakened muscles and stiff joints.

Impaired memory and judgment can cause such risky behaviors as

1. Attempting to get out of a bed or chair independently because the person has forgotten he/she cannot transfer or walk without assistance.
2. Forgetting to use a cane or walker when he/she cannot walk without one.
3. Descending steep stairs in the dark, searching for a mother or adult child the person believes is still in his/her care.

Changes in perception and balance can cause problems such as knowing where to place one's feet going up or down stairs, walking with a shuffle and getting one's foot caught on area rugs or doorsills, or walking

off balance and holding onto unsteady furniture.

Other activities outside of the environment may increase fall risk, such as certain medications or wearing poorly fitting shoes.

Successful Aging: The Public Policy Imperitive

Tuesday, April 13, 4:30-5:30pm

Stockton Pomona Campus, F Wing, Room F207

Rachel Pruchno, PhD, University Professor, Endowed Professor of Gerontology, Director of Research, New Jersey Institute for Successful Aging UMDNJ-SOM.

Dr. Pruchno will describe her conceptualization of successful aging, and examine how early influences as well as current behaviors and relationships affect successful aging, and explore whether and how neighborhood characteristics have an impact on successful aging.

2010 Rosalynn Carter Award/Scholarship Opportunities Announced

Rosalynn Carter Institute for Caregiving

BUILDING SUPPORT FOR AMERICA'S CAREGIVERS

Mattie J. T. Stepanek Caregiving Scholarship

Caregivers are often viewed as expendable resources in systems of care. As a result, many caregivers are overlooked, ill-prepared and will ultimately burn-out. The Rosalynn Carter Institute for Caregiving promotes the view that family, professional and paraprofessional caregivers are the most valuable asset in any system of care, and they should be cultivated, preserved, developed and valued.

The purpose of the Mattie J.T. Stepanek Caregiving Scholarship is to provide financial assistance to family, professional, or paraprofessional caregivers of any age who are seeking training or education in specific skills, procedures and strategies that lead to more effective care at the same time they serve to protect the health and well-being of the caregiver.

Four \$2,500 scholarships will be awarded. Deadline for application is June 1, 2010. For more details and to download the application form, [click here](#).

Rosalynn Carter Leadership in Caregiving Award

Named in honor of a great humanitarian, the Rosalynn Carter Leadership in Caregiving Award is the highest award given in the caregiving field. This award recognizes leadership in implementing innovative partnerships between community agencies and caregiving researchers that bridge the gap between science and practice. These partnerships help move effective caregiver support programs to widespread use in the community more quickly and efficiently.

The award winning team will be announced at the RCI's National Summit to be held October 20 - 22, 2010 at Georgia Southwestern State University in Americus, Georgia. In addition to a beautiful statuette executed by renowned sculptor Frank Eliscu, designer of the Heisman Trophy, former First Lady Rosalynn Carter will present the team with a cash award of \$20,000. This special cash award is to support the team's efforts in implementing effective caregiver interventions at the community level.

Deadline for application is June 1, 2010. For more details and to download the application form, [click here](#).

AoA Launches New Website for the National Legal Resource Center

Recognizing the challenges many older Americans are facing in today's economic climate, HHS Assistant Secretary for Aging, Kathy Greenlee has launched a new Website for the National Legal Resource Center (NLRC). The NLRC was created in 2008 by the Administration on Aging (AoA) to empower legal and aging services advocates with the resources necessary to provide high quality legal help to seniors who are facing direct threats to their ability to live independently in their homes and communities.

The new website can be accessed by [clicking here](#).

Workshops from the Alzheimer's Association

Maintain Your Brain™ - How to Live a Brain Healthy Lifestyle

A workshop presented by the Alzheimer's Association
Find out what you can do today
to be fit from the neck up!

Who should attend:
Those interested in keeping their brains
healthy, especially baby boomers!

When: Saturday, April 17, 2010
10:30am-11:30am

Where: Juniper Village
1640 S. Black Horse Pike
Williamstown, NJ 08094

This program is free, but pre-registration is required by April 9, 2010
Call Alzheimer's Association Delaware Valley Chapter
Helpline: 800-272-3900 or Email: kristina.zumbo@alz.org

"The Alzheimer's Project"

"A 4-part documentary series changing the way America thinks about Alzheimer's disease."

Viewing Part 2:

Grandpa, Do You Know Who I Am? With Maria Shriver

"This film gives voice to children and young teen who experience the disease through a grandparent. We are able to see their confusion, sadness, and fear, but we also see their creativity, wisdom, and courage. They show us many ways to cope."

When: Wednesday, April 21, 2010

6:00pm-6:45pm

Where: The Gardens at Cross Keys

3152 Glassboro-Cross Keys Rd.

Glassboro, NJ 08028

This program is free, but pre-registration is required by April 14, 2010.

Call Alzheimer's Association Delaware Valley Chapter

Helpline: 800-272-3900 or email: kristina.zumbo@alz.org

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

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