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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.

There are many events going on this season, so please keep reading and make sure to check online for even more activities around New Jersey.

Please consult our website for more information: www.njcaregivers.org.



Quick Links

Caregivers of New Jersey
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2011 Year of the Family Caregiver

The Administration on Aging (AOA) has proclaimed 2011 as The Year of the Caregiver and has created a new website to recognize caregivers, and offer downloadable tools and resources, view upcoming events and that also accepts submittal of written and video testimonials. According to the NFCSP more than 65 million people, 20% of the U.S. population spend an average of 20 hours per week providing care for chronically ill, disabled, or aged family members and friends. In addition, a 10th Anniversary celebration took place on November 17th in Washington, DC and AOA encourages its caregiving partners to add their related events to a calendar on www.celebratefamilycaregivers.org. In a recent national survey, 81% of caregivers interviewed said that NFCSP allowed them to care for their loved ones longer and avoid more costly and restrictive placement in an institution.

Survey on Technology and its Impact on Family Caregivers

The National Alliance for Caregiving is conducting a survey on technology and its impact on family caregivers. The objectives of this survey include.

- Understanding the frequency of both internet and device technology being used by caregivers:
- Understanding the impact of technology on both caregiver and the care recipient.
- Determining the unmet technological needs of the caregiver.

If you are family caregiver or know of one please visit: www.caregiving.org and take part in this important survey

New Jersey Self-Help Group Clearinghouse

With the Mental Health Association of Essex County and in cooperation with NAMI-NJ, CSP-NJ, and Caregivers of NJ

presents a community workshop

"Lifting the Veil on Parents with Mental Illness and their Daughters & Sons:
Challenges, Initiatives & Opportunities"

-Maggie Jarry, M.S., Coordinator, Nat'l Daughters & Sons Working Group,
with Debra Y. Silver, President, NAMI (Nat'l Alliance on Mental Illness) Atlantic Cape Affiliate.

Monday Evening, January 24th, 2011, 7:30pm to 9pm, United Way Building, First Floor Auditorium, 60 South Fullerton Ave.,
Montclair, NJ

Workshop is free, Pre-registration is required. Kindly phone the NJ Self-Help Group Clearinghouse at 1-800-367-6274 ext 15
before January 20th.

Devils Fundraiser for FRN

When the NJ Devils take on the Philadelphia Flyers at Prudential Center in Newark on January 6th, it will be for more than a shot in the playoffs. It will be The Family Resource Network's annual Night at the Devils. Tickets are \$45 each (well below face value). Go to www.newjerseydevils.com/frn to access the offer put in the special code FRN. We look forward to seeing you at the game.

Mediators Increasingly Try to Help Families Resolve Conflicts Over Aging Parents

Washington Post- The elderly man became increasingly alarmed as the battles among his five grown children grew acrimonious.

His two daughters, worried that he wasn't taking proper care of himself, wanted him to move to a retirement community. His three sons balked, insisting that he was managing fine in his own home. At a family meeting their father made this jarring announcement: I'm nearing the end of my life, and you are making me so unhappy that it might be easier if I killed myself and ended the fighting.

His threat shocked the warring siblings into resolving their dispute, according to lawyer Karolyn Blume of Arlington, who was present at the meeting. Blume did not represent any of the parties but served instead as a new kind of geriatric specialist: an elder-care mediator. In the past decade or so, the use of mediation, increasingly common in divorce and child custody cases, has expanded into a new realm. Mediators, many of whom have legal training, are offering services to help splintered families resolve highly emotional disputes over the care and finances of aging parents, the allocations of an estate, even end-of-life treatment. [continue reading](#)

Hillsborough Alzheimer's Group Set

An Alzheimer's support group will meet at Avalon Assisted Living at Hillsborough on Tuesday, January 25, 2011. To attend this or another Alzheimer's Association support group, call 973-586-4300.

Right at Home & Care One Set Alzheimer's Support Group in Middlesex

Right at Home and Care One will be holding an Alzheimer's support group throughout 2011 at 43 West Prospect East Brunswick. Upcoming dates are January 12th, February 9th, and March 9th 2011. Groups will meet from 1:00pm to 2:30pm RSVP to Beth Sholom at 732-967-0900.

EARS Offers Program for Caregivers

EARS (Educate Advocate Reduce Stress) for caregivers, part of UMDNJ, offers monthly support groups, "Just for the Fellas" for spousal caregivers and "Transitions", for bereaved caregivers.

Call Susan Schwartz or Dale Ofey-Ayisi at 866-300-3277 for information. All groups meet in Edison.

The National Alzheimer's Project Act Legislative Summary

Passed the Senate on Dec 9th, the House on Dec 15, now moves on to the White House.

The legislation would

- Create an Office of the National Alzheimer's Project within the Office of the Secretary of Health and Human Services, to promote the development of treatment that would prevent, halt or reverse Alzheimer's disease.
- Create a national plan to overcome Alzheimer's
- Coordinate the health care and treatment of people with the disease
- Ensure the inclusion of racial and ethnic minorities in studies related to Alzheimer's
- Work to combat the disease globally
- The Office of the National Alzheimer's Project will be directed to:

1. Accelerate the development of treatments that would prevent, halt or reverse the course of Alzheimer's
2. Create and maintain an integrated national plan to overcome Alzheimer's that will include a federal government campaign with an inter-agency Advisory Council that will coordinate and evaluate all federal efforts on

- Alzheimer's research, care, institutional services, and home-and community-based programs.
3. Help to coordinate the health care and treatment of citizens with Alzheimer's.
 4. Ensure the inclusion of ethnic and racial populations that are at higher risk for Alzheimer's or that are less likely to receive care in clinical, research, and service efforts with the purpose of decreasing health disparities.
 5. Coordinate with international bodies to integrate and inform the fight against Alzheimer's globally.
 6. Provide information and coordination of Alzheimer's research and services across all federal agencies.
 7. Update and report the National Plan to Congress annually.

Wanted: A National Respite System

NY Times-The concept of a "holiday" is an elusive one for the over 28 million people in the United States who provide care for someone age 75 or older. A 2009 National Alliance for Caregiving/AARP study found that 88 percent of family caregivers never get a break from this full-time job. As readers here know all too well, the non-stop effort can take both a physical and emotional toll over time.

Jill Kagan, who has chaired the National Respite Coalition since 1994, hopes to change all that - not household by household, but at the policy level. She is determined to help caregivers who can't afford private options find a way to catch their breath. [continue reading](#)

Caregiver Coalition Meetings Throughout New Jersey

Bergen County Coalition will be meeting Wednesday January 19th, 1pm location TBA. Contact Linda Cross at 201-336-7427 for more information.

Morris County Coalition will be meeting Wednesday January 12th, 9:30am at the Ukranian American Cultural Center, 60 North Jefferson Rd. Whippany, NJ. Contact Lori Rubin at 973-993-1160 ext 139 for more information. Speakers and topics TBA.

Ocean County Coaliton will be meeting Monday January 24th, 6:30 at Ocean County Library, Toms River, NJ. Contact Michelle Smith 732-262-8020 ext 103 for more information.

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!](#)



Caregiving Events Calendar "Check it out"

In each issue of the Caregiver Connection, Caregivers of New Jersey likes to provide you with a few highlighted special events and workshops that are being held across the state. Since we couldn't possibly write about each and every event, we have created the Caregiving Events Calendar. This is an interactive, online calendar that allows agencies and professionals to post their events while also giving caregivers access to all that is going on around the state on a month-to-month basis.

We invite all groups hosting events to post the details on our public calendar, and we encourage all caregivers to check out the listings to find informative and supportive events in your area.

[Click here to view the Caregiving Events Calendar.](#)

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 msmith@familyresourcenetwork.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,

Michelle Smith, Administrator
Caregivers of New Jersey

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