



CAREGIVER CONNECTION

Welcome to Caregiver Connection.

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.

CEU's, Outstanding Speaker, Respite and Much More at National Conference.

Thursday, October 27, 2011
7:30 am - 6:00 pm
Renaissance Woodbridge Hotel
515 Highway 1 South, Iselin NJ

Visit www.nationalcaregiversconference.org for more information!

CEU CREDITS

Conference participants can receive Continuing Education Credits (CEU's) for participating in the 2011 National Caregivers Conference. Participants must be present at the entire program to receive CEU's and will receive 5.5 sixty-minute clock hours. These CEU's may be accepted by professional licensing agencies that require continuing education. Contact your specific professional licensing agency to determine whether these specific CEU's are applicable. There is a small fee associated with this. You may pay by check onsite.

RESPITE CARE

Respite Care is available to families and it must be reserved by



Annual Awards Dinner
September 27, 2011
Robert B. Meyner Reception Center PNC
Bank Arts Center, Holmdel, NJ

Join us as we salute the NJ Veterans Administration.
contact Michelle Smith at 732-262-8020
for more information.

September 30, 2011. If you have any questions or would like to schedule respite care, please call Ramona at 1(800)372-6510.

REGISTRATION

\$149.00 Professional Rate \$25.00 Family/Student Rate

The registration fee includes continental breakfast, all plenary and concurrent sessions, exhibit hall, luncheon and meet and mingle. THERE WILL BE NO REFUNDS. Please call FSCNJ with any questions at 1(800)372-6510.

REGISTRATION IS FILLING UP QUICKLY

Click [here](#) to register today!

The first "50" paid professional registrants will receive keynote speaker Gail Sheehy's best selling book *Passages in Caregiving: Turning Chaos into Confidence*.

If you have any questions please call The Family Support Center of NJ at 1(800)372-6510 and a friendly staff member will be more than happy to assist you

2011 Lifespan Respite Summit

Join Dawn Apgar (Deputy Commissioner, DHS) and William Conroy (Acting Deputy Commissioner, DHSS) as they discuss New Jersey's newly funded Lifespan Respite Program.

Stakeholders in the respite care delivery system are integral to the creation of a coordinated system of accessible respite for families and caregivers.

October 26, 2011
9am-1pm
Renaissance Woodbridge Hotel
515 US Highway1 South
Iselin, NJ 08830

Please RSVP by October 12, 2011 to Michelle Smith
732-262-8020 msmith@familyresourcenetwork.org

click [here](#) for flyer

Caregiving Awareness Night

Ocean County Caregiver Coalition along with the Toms River Elks will be hosting a free event for caregivers from 4pm-7pm at the Toms River Elks.

The event will include an official launch of the Ocean County Caregiver Coalition, information tables, door prizes, refreshments and a speaker panel comprised of an elder care attorney, a representative from the Alzheimer's Association, and the disability community.

Rose Marie Poverman will be our Keynote Speaker for the evening. She is a Licensed Clinical Social Worker. She will leave caregivers with a renewed sense of the ability to be creative and stay energized while learning and laughing.

To RSVP contact Michelle Smith 732-262-8020 or email msmith@njcaregivers.org

click [here](#) for flyer

Coalition Corner

Bergen County

when: September 21, 2011

time: 1:30pm

Where: CCBC meeting at the Ciarco Learning Center,
355 Main St (rooms 102/103), Hackensack, NJ

speaker: Robin Grant

for more information (201) 336-7427

Bergen County Caregiver Conference October 15, 2011

Essex County

when: September 14, 2011

time: 7pm

where: Verona Community Center
880 Bloomfield Ave., Verona, NJ

contact Deborah Day to register

973-746-4040, x209

Alternative Planning for Seniors and Disabled Adults

Presented by Robin Schwartz, Esq.

September 22, 2011

5:30 pm: Networking/Refreshments

6:00 - 7:00 pm: Presentation

Robin Schwartz is a well respected attorney and partner in the law firm of Schwartz Hunter, P.C., in Randolph, New Jersey. She has extensive experience in Medicaid planning, elder law, disability, and family law. She handles guardianships, conservatorships, special needs trusts, and powers of attorney, and also serves as a court-appointed guardian and trustee.

This informative seminar will cover key points such as:

Basic Estate Planning Tools:

-Powers of Attorney

-Living Wills

-Wills

Special Needs Trusts for individuals with disabilities
Medicaid Planning Strategies

Please RSVP by September 16, 2011 to (973) 328-7700

Family First HomeCare
374 Speedwell Ave
Morris Plains, NJ 07950

Dementia Differs in the Oldest Old

The oldest patients with Alzheimer's disease appear to have less profound changes in cognitive function and in cortical structure than patients who develop the disease at a younger age, a retrospective case-control study found.

For instance, on the cognitive domain of executive function, Alzheimer's patients younger than 75 had worse standard scores, in relation to age-matched controls, than did those who were older than 80 ($t_{93} = -3.50$, $P=0.001$, Cohen $d = 0.75$), according to Mark W. Bondi, PhD, of the VA San Diego Healthcare System, and colleagues.

Moreover, the younger cohort showed more thinning in the posterior cingulate cortex on MRI relative to controls than the older group ($t_{103} = -2.94$, $P=0.004$, Cohen $d = 0.60$), the researchers reported in the August 23 issue of *Neurology*.

"These results highlight the possibility that mild cases of [Alzheimer's disease] in the very old may go undetected and underscore the importance of interpreting neuropsychological test performance and morphometric changes (i.e., atrophy) in reference to the individual's age,"

observed Bondi and colleagues.

Because some degree of cognitive decline and loss of brain volume occurs in normal aging, it can be difficult to identify the neurologic and cognitive impairments specific to dementia.

[continue reading](#)

Caregivers are Challenged when a Family Member has Low Vision

Caregivers and their family members who are blind or vision impaired can get immediate help in coping with their special challenges. Instruction is provided in one-on-one and small group settings. Included are techniques and strategies that will increase home safety, improve functioning, and provide understanding of assistive technologies and devices that enhance independence and quality of life. Content and pace is adapted to the needs of the participants. Caregivers also learn how to appropriately assist while encouraging independent behavior. A free kit on vision services and resources in New Jersey is included.

Next scheduled dates are: October 5, and November 2.
Cost per Low Vision Participant is \$29, no additional fee for Caregivers.

To register, contact Linda Groszew, Student Services Coordinator,
Foundation for the Blind,
230 Diamond Spring Road, Denville,
Morris County, NJ 07830
Call 973-627-0055 ext 316 or email
lgroszew@njffb.org
[website: www.njffb.org](http://www.njffb.org)

Technologies Help Adult Children Monitor Aging Parents

In the wee hours of July 14, Elizabeth Roach, a 70-year-old widow, got out of bed and went to the living room of her Virginia ranch home. She sat in her favorite chair for 15 minutes, then returned to bed. She rose again shortly after 6, went to the kitchen, plugged in the coffee pot, showered and took her weight and blood pressure. Throughout the morning, she moved back and forth between the kitchen and the living room. She opened her medicine cabinet at 12:21 and closed it at 12:22. Immediately afterward, she opened the refrigerator door for almost three minutes. At 1:36, she opened the kitchen door and went outside. All this information - including her exact weight (126 pounds) and blood pressure reading (139/98) - was transmitted via the Internet to her 44-year-old son, Michael Murdock, who reviewed it from his home office in

suburban Denver.

All was normal - meaning all was well.

"Right now she's not home," Mr. Murdock said. That he deduced because the sensors he had installed throughout his mother's home told him that the kitchen door - which leads outside - had not been reopened since 1:36, more than an hour earlier. The opening of the medicine cabinet midday confirmed to him that his mother had taken her medicine. And he was satisfied that she had eaten lunch because the refrigerator door was open more than just a few seconds.

In the general scheme of life, parents are the ones who keep tabs on the children. But now, a raft of new technology is making it possible for adult children to monitor to a stunningly precise degree the daily movements and habits of their aging parents.

[continue reading](#)

Caregivers to Display at State House

Caregivers of New Jersey will exhibit in the State House, Trenton, NJ during the week of November 14-18th 2011. Look for us in the Goldfinch Square (lower level)



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www.njcaregivers.org

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