

THE CAREGIVER PROGRAM OF



MONTHLY NEWSLETTER

December Workshops

Join us for a 2-part viewing and discussion of

The Alzheimer's Project:

A documentary series changing the way America thinks about Alzheimer's Disease

1st Part:

December 4, 2018

Caregivers:

Caregivers is a collection of five family portraits that illustrate caring for people at different stages of Alzheimer's disease. Each highlights the sacrifices, struggles and successes made by those experiencing their loved ones' descent into dementia. These caregivers can vividly remember the extraordinary lives their loved ones led prior to be diagnosed with dementia.

2nd Part:

December 11, 2018

The Memory Loss Tapes:

The Memory Loss Tapes, captures the experience of memory loss from the point of view of the person with the disease. Viewers are brought into the quiet world of seven patients, each in an advancing state of dementia. The moving stories bring viewers face-to-face with the tragedy of lost identity, chronicling the disease through its course.

Refreshments to be served.

We will be able to provide respite services for an aide to be with your loved one so that you can attend the workshops.

Please call 718-527-5380 to RSVP for the workshops or request respite assistance..

Caregiving and the Holidays

As family caregivers, you have so much to do to each day. For many, the holiday season gives rise to stress, frustration and anger, instead of peace and good will. Already feeling overwhelmed with caregiving tasks, you may view traditional holiday preparations as more of a drain of precious energy than joy. Discovering a way to find the good in life, even under difficult circumstances, requires maintaining emotional and physical well-being through self-care. Our social workers provide numerous support groups in the community as well as an evening group for working caregivers. If you need extra supports this season, feel free to call and join a group.

From all of us at The Caregiver Program of SNAP we wish you a safe and happy holiday season!

For December workshops:

Time: 10am-12pm

Location: Brandywine Living at the Savoy
5515 Little Neck Parkway
Little Neck, NY 11362

Caregiver Corner

Providing you with an inspirational quote to get you through the month

"Never get tired of doing little things for others. For sometimes, these little things occupy the biggest part of their heart."

-Ida Azhuri

"Sometimes"

By Cory Booker

Sometimes the greatest strength is just putting your feet on the ground and telling the world: "I'm still here!"

And sometimes the greatest courage is in just walking out the door in spite of all your fear. Sometimes the greatest love is just you forgiving you. And sometimes the greatest loyalty is to yourself staying true.

Sometimes the best fight is the one from which you walked away. And sometimes your best relationship is the one that despite it all, you decided to stay.

Sometimes the best prayers don't involve a single word. And sometimes the best leaders of all are the ones who are seen but never heard.

Sometimes the biggest thing you can do is a small act of grace. And sometimes telling someone the truth without love is a cruel disgrace.

Sometimes smiling is the greatest act of defiance. And sometimes asking for help is the most meaningful example of self-reliance.

Sometimes the best medicine is to just laugh until you cry. And sometimes the greatest wisdom comes from accepting you will just never know why.

Sometimes just going to bed is the best antidote to trials and tribulations. And sometimes just being blessed to get up again and face it all, for one more day, is worthy of celebration.

Support Groups

All support groups, except teleconference, run for 90 minutes.

All Caregivers:

Queens Village: December 5, 10:30am

Howard Beach: December 3, 17 2:00pm

Jamaica Estates: December 27 10:00am

Kew Garden Hills: December 13, 27 2:00pm

Adult Children:

Rosedale: December 6, 13, 20, 27
10:30am

Little Neck: December 5, 19, 2:00pm

Working Caregiver:

Rosedale: December 18, 6:30pm

Telephone Support Group:

Teleconference: December 7, 14, 21, 28
10:00-10:45am

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