

THE CAREGIVER PROGRAM OF



MONTHLY NEWSLETTER

November Workshops

November 9, 2018

Know the 10 Signs of Alzheimer's Disease
by The Alzheimer's Association, NYC Chapter

Memory loss that disrupts daily life may be a symptom of Alzheimer's or other dementia. This workshop will highlight the 10 warning signs and symptoms.

November 30, 2018

Medicaid: Eligibility, Surplus and Pooled Income Trusts
By AgeWell and The Law Offices of Ann- Margaret Carrozza

This workshop will be an informative presentation on the Medicaid application and a discussion about surpluses versus pooled income trust.

For November workshops:

Time: 11:30am-1:00pm

Location: SNAP Innovative Senior Center
80-45 Winchester Blvd., Bldg. #4
Queens Village, NY 11427

*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..*

November is National Family Caregiver Month

November is dedicated to celebrating, honoring and supporting you, one of the 40 million family caregivers across the country. Family caregivers become experts in caregiving. You have to handle numerous tasks and develop certain skills that you may never have expected, not to mention the emotional strength it takes to provide care. We know it is challenging. Your commitment to the health and well-being of your loved one demonstrates a selflessness that is admirable!

You do not want to miss SNAP's 2018 Caregiver Conference on November 15th! Join us for breakfast and learn about important resources and information that will help to equip you in your caregiving role!

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December 2018 Workshops

Join us for a
Documentary and Discussion
viewing of
The Alzheimer's Project
hosted by:

Brandywine Living at the Savoy

Refreshments to be served.

Dates: December 4 and December 11

Time: 10am-12pm

Location: 5515 Little Neck Parkway,
Little Neck, NY 11362

Caregiver Corner

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

*"If you want others to be happy,
practice compassion.*

*If you want to be happy,
practice compassion."*

-Dalai Lama

Tips for Talking to Someone with Dementia

Caring for a loved one with Alzheimer's or dementia poses many challenges for families and caregivers. People with dementia have a progressive biological brain disorder that makes it more and more difficult to remember things, think clearly, communicate with others and take care of themselves. Below are some practical strategies for communicating with someone with dementia.

- 1. Set a positive mood for interaction.** Your attitude and body language communicate your feelings and thoughts more strongly than your words do.
- 2. Get the person's attention.** Limited distractions and noise. Address the person by name. Use verbal and non-verbal cues and maintain eye contact.
- 3. State your message clearly.** Use simple words and messages. Ask simple, answerable, yes or no questions.
- 4. Respond with affection and reassurance.** Avoid trying to convince the person with dementia that they are wrong. Stay focused on the feelings they are demonstrating and respond with comfort and support.

Support Groups

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

All Caregivers:

Queens Village: November 7, 10:30am

Howard Beach: November 5, 19, 2:00pm

Jamaica Estates: November 27, 10:00am

Kew Garden Hills: November 29, 2:00pm

Adult Children:

Rosedale: November 29, 10:30am

Little Neck: November 7, 2:00pm

Working Caregiver:

Rosedale: November 20, 6:30pm

Telephone Support Group:

Teleconference: November 2, 9, 16, 30,
10:00-10:45am

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