

THE CAREGIVER PROGRAM OF



MONTHLY NEWSLETTER

March Workshop

March 22, 2019

Elder Law and Caregiving

Andrew L. Jaloza, Esq. is enthusiastic about helping caregivers understand how planning in advance can reduce the stress caused by life's circumstances.

Some of the topics that Andrew will discuss are:

- Documents needed to make sure you and your loved ones maintain control over health care decisions and assets.
- What can be done to get additional help for loved ones at home, paid for by the available government programs.
- Three myths about Medicaid and the surprising real truth – you do not have to be low-income to qualify for Medicaid.

Time: 11:30am-1:00pm

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

Caregiving in the Spring

Hello Caregivers! Welcome to Spring! It is a time for warmer weather, longer days and the return of birds, leaves and flowers. Spring, just like life, is not filled with constant days of beautiful sunshine. It also brings rain--lots and lots of rain. We have to remember that the start of something beautiful and new usually comes after hardships or rainy days. The rain is necessary, because from it blooms a beautiful garden waiting to be admired. The Caregiver Program is pleased to share this journey with you and can help you grow where you are planted. Our community is filled with beautiful flowers just like you that make up one very special garden.

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We will be able to provide respite services for an aide to be with your loved one so that you can attend the workshop. Please call 718-527-5380 to RSVP for the workshop and/or request respite assistance.



Caregiver Corner

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

*"Wherever you go,
no matter the weather,
always bring your own sunshine"*

-Anthony J. D'Angelo

Spring Cleaning Your Caregiver Routine

It is human tendency to get stuck in our ways as we carry out life's demands and caregiving is no exception. For caregivers, spring cleaning is a time for planning ahead and being prepared for the remainder of the year. Some tasks to consider include:

- Determine what is working and what is not working in your daily routine. Is your loved one comfortable and familiar with the routine? Sometimes going with the flow or changing the routine, can make a difference in your loved one's responses, thus making caregiving easier for you.
- Put back up plans in place. Take this time to organize medical information and make sure legal documents are in order. Be open to new technologies that could help you care for your loved one.
- Recharge your batteries by taking a break. There is no doubt that being a caregiver can be exhausting at times. But it can be worse if you forget to take care of yourself along the way. Look for easy and inexpensive ways to maintain your edge.
- Clean your house to make it healthier for everyone. Use this time to throw out toxic products, deeply clean to prevent mold and mildew buildup, and change the batteries to smoke detectors and carbon monoxide detectors.

Spring is a joyous time of the year. Take the time to make a few changes and adjustments this spring. It can lead to increased happiness for both you and your loved one.

Support Groups

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

All Caregivers:

Queens Village: March 6 10:30am

Howard Beach: March 11, 25 2:00pm

Jamaica Estates: March 26 10:00am

Kew Garden Hills: March 14, 28 10:15am

Adult Children:

Rosedale: March 7, 14, 21, 28
10:30am

Little Neck: March 6, 20 2:00pm

Working Caregivers:

Rosedale: March 19 6:30pm

Telephone Support Group:

Teleconference: March 7, 22, 29
10:00-10:45am

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