

THE CAREGIVER PROGRAM OF



MONTHLY NEWSLETTER

May Workshops

CDPAS Home Care-The Ultimate Guide

May 10, 2019
12:00pm to 1:30pm

Are you taking care of someone you love? Are you aware that you can be compensated for taking of your loved on through the New York State Consumer Directed Personal Assistance Service (CDPAS) program? Join this informational workshop presented by Steve Miller of Quality Healthcare learn more about this program to see if it might be right for you or someone you know.

Living Longer, Living Smarter

May 24, 2019
11:30pm to 1:00pm

Helping people live independently is central to AARP's social mission. The Living Longer, Living Smarter workshop focuses on helping participants actively prepare for their futures and the need for long-term care.

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

COMMUNITY

We have probably all heard the African proverb "It takes a village to raise a child." These wise words refer to the importance of a community of people coming together to raise a child in a safe and healthy environment. We don't have to be a child to need a village. Throughout our life's journey we find that there are times when that's exactly what we're looking for and becoming a caregiver is one of those times! The Caregiver Program of SNAP would like to be a part of your village and help to create a supportive and healthy experience for both you and your loved one.

SAVE THE DATE

Join our caregiver community on June 7th as we come together to share a meal and recognize you and all you do! More information to follow.

-THE CAREGIVER PROGRAM OF SNAP

FOLLOW US ON OUR SOCIAL MEDIA PLATFORMS FOR UPCOMING EVENTS AND DAILY TIPS FOR CAREGIVERS!

Facebook -
The Caregiver Program of SNAP

Instagram-
thecaregiverprogram_of_snap

Twitter-
TheCAREGIVERprogramofSNAP

We will be able to provide respite services on a case-by case basis for an aide to be with your loved one so that you can attend the workshops. If you are in need of this service, please speak to your caseworker by April 10th to inquire if services can be provided.

RSVP TO 718-527-5380

Caregiver Corner

An inspirational quote for the month of May

*"Alone,
we can do so little;
Together,
we can do so much"*

-Helen Keller

Support Groups

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

All Caregivers:

Queens Village:	May 1	10:30am
Howard Beach:	May 6, 20	2:00pm
Jamaica Estates:	May 28	10:00am
Kew Garden Hills:	May 9,23	10:15am

Adult Children:

Rosedale:	May 2, 9, 16, 23, 30	10:30am
Little Neck:	May 1, 22	2:00pm

Working Caregiver:

Rosedale:	May 21	6:30pm
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Telephone Support Group:

Teleconference:	May 3, 10, 24, 31	10:00-10:45am
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Caregiver Support Group Benefits

Caregiving can be a tough and stressful experience. But caregiving support groups are filled with people in similar situations. Support group members validate each other's experiences and are a great place to ask for advice, find out about useful resources, and just vent about your frustrations. Below are 8 benefits of participating in a caregiver support group:

- 1. You will feel less lonely, isolated or judged.**
- 2. You will gain a sense of empowerment and control.**
- 3. You will improve your coping skills.**
- 4. You will reduce stress, depression or anxiety.**
- 5. You will develop a clear expectation of your situation.**
- 6. You will get practical advice and information.**
- 7. You will improve your caregiving ability.**
- 8. You will give the person you are caring for a better quality of life.**

The bottom line is caregiving is often difficult and everyone struggles with day-to-day challenges at times. Try a caregiver support group, it can be a helpful place for you in your caregiving journey.

*The Caregiver Program of SNAP
133-33 Brookville Blvd., LL5
Rosedale, NY 11422*

718-527-5380

thecaregiverprogram@snapqueens.org

Chief Executive Officer/President- Paola Miceli, MPA
Chief Operating Officer- Marian Lewek, LMSW
Director of Social Services- Marie Ellen Galasso, LMSW
Program Director- Bernadette Josephs, LMSW
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Clinical and Respite Coordinator- Dawn-Marie Canas, MSW
Outreach Coordinator- Diana Edwards
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