



Caring Together Newsletter Showing February Love to Caregivers

Winter 2023

Dear Caregiver,

February gives us Valentine's Day love. It also gives us **National Caregivers Day on Feb. 17th**. So, this issue of "*Caring Together*" brings both love and caregivers together as we show our love for all you do as a caregiver every day. We hope you find this issue to be supportive, informative, and inspirational.

At ElderSource, and within the Caregiver Coalition, we see you. we thank you. we care. Your feedback on every issue is welcome as are your content suggestions for future issues.

I can be reached at **Rachel.Weinstein@MyElderSource.org**.

Please know that, in what can be an isolating and lonely experience as a caregiver, support is available through ElderSource and in the community. Thank you for ALL you do every day!

Rachel Weinstein, M.S.Ed.
Community Outreach and Coalition Coordinator



National Caregiver's Day:

The third Friday in February – this year, on February 18 – is designated as National Caregivers Day. Individuals who selflessly give personal care, physical and emotional assistance to those in need are honored on this day.



Join Us for a Free Virtual Event!

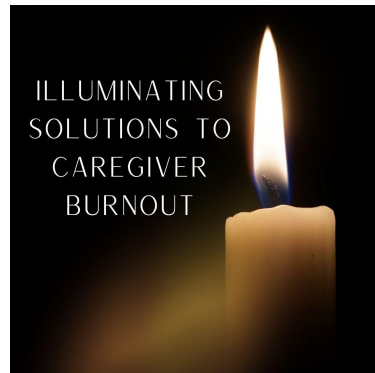
ILLUMINATING SOLUTIONS to Caregiver Burnout

Join us for an informative and engaging discussion as we explore what contributes to caregiver burnout and how you can prevent it. If you're already experiencing caregiver burnout, we've got you covered! Learn about you can do and where you can turn.

Date: Tuesday, February 28th

Time: 10:30 a.m. - 12:00 p.m.

Location: Virtual/Online



[Click Here to Register](#)



Discover ElderSource's Programs for Caregivers



A Program to Prevent Caregiver Burnout

Thanks to a generous grant from the Florida Blue Foundation, ElderSource now offers a caregiver support program called TCARE -- Tailored Caregiver Assessment and Referral System Program.

How can TCARE help?

- Reduces your stress and provides strategies for reducing root causes of caregiver burnout.
- Creates a care plan just for you that offers support and improves your effectiveness as a caregiver.
- Connects you with resources that best meets your needs.
- Promotes aging in place and may delay nursing home placement for your loved one.

To Learn More Call: 904-391-6621

Email: CaregiverSupport@MyElderSource.org



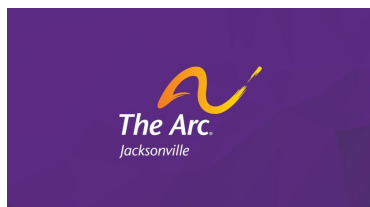
Virtual Caregiver Support Group

ElderSource hosts a Virtual Caregiver Support Group making it possible for caregivers to connect face-to-face in real time with other caregivers using today's technology.

Any caregiver living in Northeast Florida can sign up; however the group will be focused on those who feel they cannot leave their loved one to attend a support group but would benefit from participating in one.

[Click here to learn more or to register!](#)

Community Events & Resources



From The Arc Jacksonville:

Dementia Services for Individuals with Intellectual and Developmental Differences

The Arc Jacksonville is excited to share its new Specialized Aging Support program to support individuals with intellectual and developmental differences who are at risk of or living with Alzheimer's related dementia, as well as their caregivers. This program aims to extend independence through proven intervention methods and provide respite and education for family and caretakers, providing improved well-being and understanding of care.



From Community Hospice and Palliative Care

Community Hospice has an event on February 25 titled **Caregiver: The Heart**. Scheduled for 10 am to 1 pm at the Mary Singleton Senior Center 150 E 1st Street Jacksonville, FL. Entertainment provided and lunch served. RSVP only.

To RSVP, email Pastor Tracey Mills by clicking the link in green below: TMills1@communityhospice.com or by calling 904-859-2941

[Click here to learn more](#)

**From
Northeast
Florida AHEC
(Area Health Education Centers)**



Webinar Classes

- Nutrition for Those with Dementia on Tuesday, Feb. 6 from 2 pm to 3 pm
- Financial Management as You Care for Another on Monday, Feb. 13 from 2 pm to 3 pm
- Fall Prevention on Monday, March 20 from 2 to 3 pm.

To register for any of the classes, call 904-482-0189 or 877-784-8486.

Savvy Caregiver is a six-week online program designed to prevent caregiver burnout and help better understand and care for someone with dementia. Call Donna Henehan to register for the next class at 904-482-0189 or 877-784-8486.

From Mayo



February 2023

- "Dementia 101" - February 10th 2023 - Camellia At Deerwood -10061 Sweetwater Pkwy, Jacksonville FL 32256 - 3pm - 4pm
- Webinar - "Reducing Cancer Burden Across our Community", Saturday, Feb. 18, 10 to 11:30 am



From Florida Christian Center

Caregivers' support group. Meets every other Tuesday at 6pm at the Florida Christian Center. To attend, call 904-334-2515.



**From River Garden
Hebrew Home**

Alzheimer's Support Group. Led by Sue Krall. Call (904) 260-1818 for more information.

**From Palms
Presbyterian Church:**



3410 3rd St S, Jacksonville Beach, FL 32250

- Caregivers Support Group. 4th Tues of every month from 10:30 a.m. - 12 p.m..

**From
Florida
Blue:**



Explore what's happening at the Florida Blue Center locations!

[Click here for the North Jacksonville location calendar](#)

A Little Support and Inspiration...



“Regardless of what challenge you are facing right now, know that it has not come to stay. It has come to pass. During these times, do what you can with what you have, and ask for help if needed. Most importantly, never surrender. Put things in

perspective. Take care of yourself. Find ways to replenish your energy, strengthen your faith, and fortify yourself from the inside out.”

- Les Brown



Asking for and Accepting Help

When people have asked if they can be of help to you, how often have you replied, “Thank you, but I’m fine.” Many caregivers don’t know how to marshal the goodwill of others and are reluctant to ask for help. You may not wish to “burden” others or admit that you can’t handle everything yourself.

Be prepared with a mental list of ways that others could help you. For example, someone could take the person you care for on a 15-minute walk a couple of times a week. Your neighbor could pick up a few things for you at the grocery store. A relative could fill out some insurance papers. When you break down the jobs into very simple tasks, it is easier for people to help. And they do want to help. It is up to you to tell them how.

Help can come from community resources, family, friends, and professionals. Ask them. Don't wait until you are overwhelmed and exhausted or your health fails. Reaching out for help when you need it is a sign of personal strength.

A Wise Caregiver Once Said...

“Kindness can transform someone’s dark moment with a blaze of light. You’ll never know how much your caring matters.”

Amy Leigh Mercree



“Caregiving often calls us to lean into love we didn’t know possible.”

- Tia Walker

“A good laugh and a long sleep are the two best cures for anything.”
- Irish proverb

“My caregiver mantra is to remember: the only control you have
is over the changes you choose to make.”
- Nancy L. Kriseman

“To love a person is to see all of their magic,
and to remind them of it when they have forgotten.”
- Anonymous

For more information,
or if you're interested in
joining the Caregiver Coalition as a community
organizational member, please contact:
rachel.weinstein@myeldersource.org
904-391-6603



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Click the Facebook icon below.



The Caregiver Coalition of Northeast Florida is supported by ElderSource, and operates in partnership with local organizations to provide support and education to caregivers of Northeast Florida. Partners include: ElderSource; Alzheimer's Association Central & North Florida Chapter; Baptist Health AgeWell Center for Senior Health; AARP; Community Hospice and Palliative Care; Aging True; City of Jacksonville, Senior Services Division; Brooks Rehabilitation; YMCA of Florida's First Coast; St. Johns Council on Aging; Jewish Family and Community Services; Mayo Clinic Florida; Berg Bryant Elder Law Group PLLC.. Contributions for Coalition activities are received by ElderSource, a 501(c)(3) nonprofit organization, and are tax-deductible by law.



If your caregiving situation has changed and you no longer wish to receive these communications, simply unsubscribe below.