



Caring Together Newsletter

This Issue: Veterans and Their Caregivers

Fall 2020

I hope this issue of *Caring Together* finds you well. This Fall issue recognizes our Veterans and Veteran caregivers. Caregivers of Veterans have unique challenges, often becoming the voice for those who can no longer speak, the legs for those who can no longer walk, the eyes for those who can no longer see, and nurturing the hearts of those dealing with PTSD and emotional trauma. These caregivers have a resilience like no other. Every day is filled with uncertainty, but every day they carry on, putting the needs of their loved one above their own and often making countless sacrifices within their own personal and professional lives.

For these caregivers, asking for help may be no easy task, but this issue of *Caring Together* is for you. There is support for your unique needs as a Veteran caregiver. There are resources to help ease the burden, and you deserve to have them within reach.

Please feel free to share this newsletter with fellow caregivers, or reach out to us and share your caregiving story. We look forward to *Caring Together*.

Kandise Chrestensen
Coalition Coordinator

[Upcoming Workshop:](#)



Date: Friday, September 25th
Time: 9am - 2pm EST

Join the Caregiver Coalition of Northeast Florida to explore the rewards and the challenges unique to those who care for men and women who have served our country. Tune in virtually to receive information, resources, support and encouragement that will leave you feeling more hopeful and confident in your caregiving journey.

Featuring:

- **9:00am EST:** North Florida/South Georgia Veterans Affairs, "What You Need to Know About the Caregiver Support Program"
- **10:30am EST:** Kathryn Thomas, Yoga 4 Change "Self-Care for the Caregiver"
- **12:00pm EST:** Deborah Grassman, "Soul Restoration: A Program for Personal and Professional Caregivers"
- **1:30pm EST:** Peter Rosenberger, "Hope for the Caregiver"

[Click here for more information.](#)

Register for Free

Veteran Caregiver Resources



**VA Caregiver
Support Line:
1-855-260-3274
Monday-Friday
8am-8pm EST**



**American
Red Cross**

**American
Red Cross
Military and
Veteran Caregiver Network**

Whether you're in need of immediate

The Military and Veteran Caregiver Network (MVCN) offers peer-based support and services to connect those

assistance or have questions about what services you may be eligible for, the caring licensed professionals who answer the Caregiver Support Line can:

- Tell you about the assistance available from VA.
- Help you access services.
- Connect you with the Caregiver Support Coordinator at a VA Medical Center near you.
- Just listen, if that's what you need right now.

providing care to service members and veterans living with wounds, illnesses, injuries and/or aging.

The MVCN helps caregivers of all eras and at all stages of caregiving by providing access to three peer support programs:

- Online Peer Support Community
- Peer Mentor Support Program
- Peer Support Groups (Online & Community-Based)

Visit
caregiver.va.gov

Learn more



"Post service, we are the Commanders of the Homefront, only we know the unique mission set we have."

Jennifer, a 2018 Elizabeth Dole Fellow and Post-9/11 Veteran caregiver, shares her story and what being a Veteran Caregiver means to her.

HiddenHeroes.org
[Resources](#)

Read More

Veterans Crisis Line

Free, confidential resource available 24/7 to Veterans, Service Members, National Guard, Reserves, and their family and friends. The caring, qualified responders at the Veterans Crisis Line are specially trained and experienced in helping Veterans of all ages and circumstances.



Call: 1-800-273-8255 Press 1
Text: 838255
Chat online: [Click here](#)

Click here for a list of 15 Helpful Resources for Military Caregivers

[Caregiver Coalition Content](#)



Have You Checked Out Our Latest Blog Posts?

- [Virtual Support Groups: Finding Your Community](#)
- [Medicare and COVID-19](#)
- [Caregiver Guilt: When the Ideal "You" Isn't You](#)

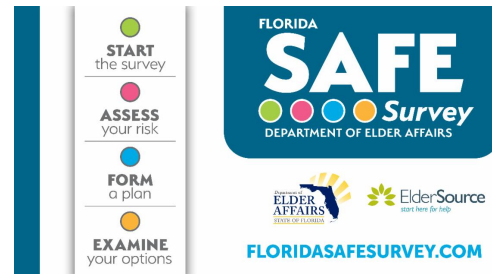
View our Virtual Caregiver Workshops On YouTube:

- [Self-Care for the Caregiver](#)
- [Emergency Preparedness](#)
- [Legal Aspects of Caregiving](#)
- [Caregiving During COVID-19](#)

The Florida Safe Survey

Governor Ron DeSantis announced the release of an online survey to allow residents, especially older adults, to make important self-assessments on their COVID-19 behaviors through the Florida Department of Elder Affairs (DOEA).

Take the survey to see how different actions may be affect your health, and the health of others.



[Click here to take the survey.](#)



September 21-25:
National Falls Prevention Awareness Week

The Coronavirus pandemic has changed a lot of things. One thing that's still the same? Falling is NOT a normal part of aging.

Join us the week of **Sept. 21-25** in a nationwide effort by the [National Council on Aging](#) to spread awareness on the leading cause of fatal and nonfatal injuries among adults over the age of 65.

[Click here for more information on fall prevention and why it matters.](#)

[Click here for Six Steps to Protect Your Older Loved One from a Fall.](#)

Upcoming Member Events



AARP® Real Possibilities
Jacksonville

Let's Do Lunch: An Artful Moment

Thursday, September 17th 12:30 - 1:30

Join us for *Let's Do Lunch*, a 30-minute program hosted by ElderSource and AARP Florida. Each month *Let's Do Lunch* will provide a serving of important information on topics that are important to older adults and family caregivers.

This month's topic, "An Artful Moment," will inspire you to relax and create some joy through a simple art exercise. A little bit of art talk. A little bit of art making. A whole lot of fun!

[Click here to register.](#)



"Shop and Drop" with ElderSource

Saturday, September 26th 9am-1pm

You're invited to purchase and drop off items for seniors. ElderSource staff will collect the donated items between 9am and 1pm. Items will be sorted, bagged and then delivered to local seniors in need.

Items that can be purchased and dropped off:

- Hand wipes, sanitizer
- Tissues
- Adult coloring books, colored pencils, crayons, pens
- Activities books - word search, Sudoku, playing cards
- Toiletries - soap, shampoo, toothpaste and toothbrush

No sweets, canned or boxed food or perishables
Please note donations are ONLY being accepted on September 26 from 9am to 1pm.

For more information please contact the Vice President of Communications, Andrea Spencer:

Andrea.Spencer@myeldersource.org



2020 Walk to End Alzheimer's- Jacksonville, FL Saturday, November 7th

The world may look a little different right now, but one thing hasn't changed: our commitment to ending Alzheimer's. This year, Walk to End Alzheimer's® is everywhere – on every sidewalk, track and trail.

[Click here for more information.](#)

[View our full Event Calendar](#)

For more information,
or if you're interested in
volunteering or joining
the Caregiver Coalition, please contact:
kandise.chrestensen@myeldersource.org
904-391-6603



Like and Follow us on Facebook!



[Visit our website](#)

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