



# *Caring Together* Newsletter

*This Issue: Caregiving Through the Generations*

Spring 2020

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Welcome to the first issue of *Caring Together*!

I want to introduce you to our leadership team, the Caregiver Coalition Executive Committee. This committee is made up of professionals in the aging industry who **volunteer** their time, resources and expertise to the development and maintenance of the Caregiver Coalition. The dedication and compassion of our Executive Committee members drives the Coalition to accomplish our goals and improve the lives of caregivers in Northeast Florida.

- **Chair**- Earl Evens, *Executive Director of Baptist AgeWell Center*
- **Vice Chair**- Justine Conley, *Jacksonville Field Coordinator for AARP*
- **Treasurer**- Gloria Crawford, *Chief Senior Services Division, City of Jacksonville*
- **Secretary**- Cari Eyre, *Program Coordinator for Social Responsibility, Baptist Health*
- Linda Levin, *CEO of ElderSource*
- Terri Barton, *CEO of Aging True*
- Jim Monahan, *Vice President of Education and Community Engagement, Community Hospice and Palliative Care*
- Toulia Wootan, *Toulia's Tips for Caregivers*

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*

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## [Monthly Blog](#)

Look out for our monthly blog every third Wednesday!

Featuring topics such as:

- Finding Moments for Mindfulness
- Nutrition and Meal Planning
- In-Home Safety tips
- and more!



## [First Caregiver Conference: Caregiving Through the Generations](#)

**Date:** May 9, 2020

**Time:** 9:00am-2:30pm

**Location:** Ramada Inn Mandarin

*More information coming soon.*

*Questions? Call: 904-391-6603*

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## The Sandwich Generation Feels the Caregiving Crunch

From AARP



As the American population grows older, more families have more members with caregiving needs. Caregivers often face looking after multiple family members of various ages. When juggling competing responsibilities, try to stay mindful of the following tips:

- 1) Beware the slow creep of responsibilities
- 2) Provide care by need, not "fairness"
- 3) Learn to delegate tasks

[Click here to read the full article](#)

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## Tips for Spousal Caregivers

From Today's Caregiver

Caring for a spouse with dementia can feel burdensome and lead to many challenges and obstacles in a relationship. If you don't know how to navigate the issues properly, it can lead to increased tension and rifts in the relationship.

[Click here to continue reading for tips.](#)



# Member Resources

## Active Daily Living

Active Daily Living is a feature on the ElderSource website that contains a sizable library of **practical resources** for caregivers and seniors to use in their daily lives. Filled with videos, articles and newsletters, we hope this tool is a valuable resource to those they serve.

[Click here to visit Active Daily Living.](#)



## Virtual Caregiver Support Group



## Virtual Caregiver Support Group

ElderSource Institute 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 sign up.](#)

alzheimer's association

**24/7 Helpline**  
**800.272.3900**

## 24/7 Helpline

The Alzheimer's Association 24/7 Helpline is available around the clock. Through this free service, specialists and master's-level clinicians offer confidential support and information to people living with the disease, caregivers, families and the public.

## Upcoming Member Events

### Alzheimer's Community Forum

Thursday, March 5

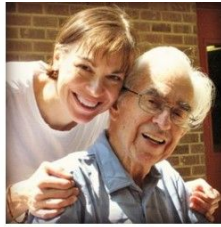
Time: 11:00am - 1:00pm

Location: 10688 Old St. Augustine Rd.  
Jacksonville, FL 32257



Come hear a brief overview on Alzheimer's, dementia and memory loss. Bring a friend who has been affected by the disease. Share your thoughts about how we can help people in your community. Light refreshments will be provided.

[Registration is requested.](#)  
[Please call 800-272-3900](#)



present the first annual

## Caregivers Conference

What all caregivers need to know!  
for ages 18 to 98  
"You will either be a caregiver or  
you will need a caregiver."

### Fruit Cove Baptist Church Caregivers Conference

Saturday, March 14  
Time: 9:00am - 3:00pm  
Location: 501 SR 13, Jacksonville, FL 32259  
Cost: \$10 per person

[Click here to sign up](#)  
or call 904-287-0996



### St. Johns County Caregiver Conference

Saturday, April 25th  
Time: 8:30am-1:00pm  
Location: *Stephen R. Chapman Family  
Community Campus*  
1355 US Highway 1 South, St. Augustine, FL  
32084

Join Community Hospice for a one of our FREE conferences to discuss common struggles and discover resources available to help you as a caregiver.

[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](mailto:kandise.chrestensen@myeldersource.org)  
904-391-6603



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**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.