



Caregiver Community Connection

ISSUE 7

APRIL - JUNE

INSIDE THIS

ISSUE:

2. Logo Contest Announcement
3. Logo Designs
4. Caregiver Poem
5. Alzheimer's Association Walk
6. National Healthcare Decisions Day
7. National Healthcare Decisions cont.
8. Embracing Spring
9. Embracing Spring cont.
10. Church Respite Programs
11. A Gathering Place
12. Saturday Respite Program
13. EnCourage Respite Program
14. Pathways for Caregivers
15. Musical Memories
16. \$600 Respite Voucher
17. How Does Gardening Increase Our Life Expectancy?
18. Healthy Alternatives through Healing Arts, Inc.
19. HAHA Conference
20. Powerful Tools for Caregivers
21. Keep Moving For Your Health
22. Start Smart Plus Survey
23. Community Speaker's Bureau
24. Alzheimer's Association
25. Elder Law Day
26. VA Medical Foster Home
27. VA Caregiver Support Program
28. Erie Path
29. Grand-Families Program
30. Trualta: New York Caregiver Portal
31. Coalition Member links
32. Coalition Member links
33. Caregiver Resources

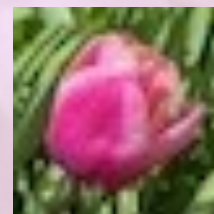
The Erie County Caregiver Coalition

It's Spring! The saying "April showers bring May flowers" surely is a sign of renewal after a cold, snowy and grey winter. Caregivers regularly need renewal and revitalization. Erie County Caregiver Coalition is committed to helping caregivers take care of themselves as they take care of a loved one. Which is, "easier said than done" for most people providing support and care to someone in need.

Our region boasts four distinctive seasons. For many people Spring is the time get outdoors and work in the garden which is a satisfying activity with tangible results. If getting dirty, pulling weeds, or planting isn't the type of physical activity you'd enjoy surely walking your neighborhood or one of the many parks that grace our community will benefit your physical and mental wellbeing. Activities that stimulate your mind like word search and crossword puzzles, Sudoku, Wordle and New York Times Spelling Bee can provide caregivers with a welcome change of focus for short and long periods of time.

In addition to physical and mental activity, a healthy dose of levity will go a long way in helping one maintaining balance and perspective. We hope you enjoy reading this edition.

-The Erie County Caregiver Coalition



"The mission of the Erie County Caregiver Coalition is to promote community awareness, sensitivity to, and action around caregiver issues"

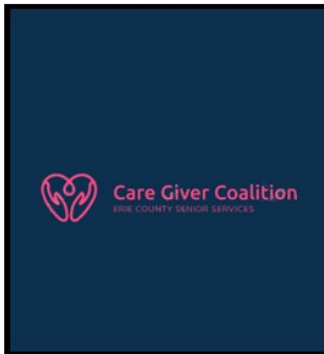
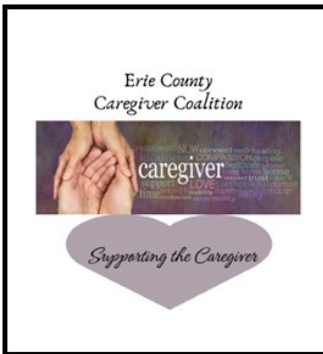
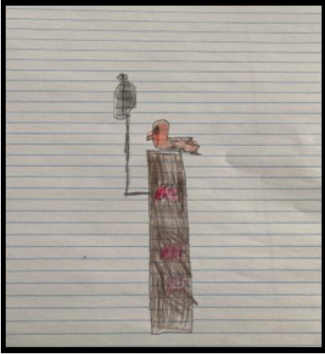
LOGO DESIGN CONTEST WINNER ANNOUNCEMENT!

Congratulations to the caregiver who submitted the logo “Hearts” for winning the Logo Design Contest. Your design had the highest number of votes from Coalition Members. Please send an email to caregiver@erie.gov to claim your prize!

Thank you everyone who submitted designs. Everyone did a fantastic job! It was a close contest!



Thank you to everyone who participated and made this event successful!



Poem written by a Caregiver:

Down But Not Defeated

See the eyes they are my windows
See the lines they are my roads
See the scars they are my memories
Look at how my tears have flowed

Now, my windows need cleaning
My roads need to be replaced
My memories need restoring
My tears need to be displaced

I am down but not defeated
I will bounce back all anew
I will regain myself again
Inner strength will pull me through

See the hands they are my tools
See the feet they are my foundation
See the legs they are my second heart
I was once full of determination

Now, my tools need to be resharpened
My foundation needs to be rebuilt
My second heart needs a transfusion
My determination needs an assist

I am down but not defeated
I will bounce back all anew
I will regain myself again
Inner strength will pull me through

Written by: Nick Costa

Join us! **WALK
TO END
ALZHEIMER'S**
ALZHEIMER'S ASSOCIATION

SEPT. 7 - Orleans County
State Street Park, Medina

SEPT. 14 - Genesee/Wyoming
Centennial Park, Batavia

SEPT. 21 - Niagara County
Reservoir State Park, Niagara Falls

SEPT. 28 - Buffalo
Outer Harbor, Buffalo

OCT. 5 - Chautauqua County
Point Gratiot Park, Dunkirk

OCT. 5 - Southern Tier
JCC Campus, Olean

Register at alz.org/wnywalk



NATIONAL HEALTHCARE DECISIONS DAY

★ *your decisions matter* ★

Each year on April 16th we recognize National Healthcare Decisions Day (NHDD). A day set aside to acknowledge the importance of thinking, talking about, and memorializing our preferences for medical treatment in the event of an unexpected injury, chronic illness, and through end-of-life care. The Conversation Project wants to help everyone talk about what matters most to them through end of life, so those care preferences can be understood and respected.

It can be hard to start conversations about healthcare through the end of life with someone you care for. It can be even harder when the person you care for has Alzheimer's disease or another form of dementia—especially when they begin to lose their memory, capability to independently perform daily routines and tasks, or reasoning ability.

Dementia can progress unpredictably—and as it develops, it will become harder for the person you care for to express their preferences for care. Having conversations early and often can help you make decisions for that person later on. If you know what their values and care preferences are, you will be prepared to help guide healthcare professionals in making decisions on their behalf.

That's why it's best to start a conversation before any treatment decisions need to be made. Sometimes, we might avoid the conversation by telling ourselves, "It's too soon." But it always seems too soon until it's too late.

Caring for someone with dementia is a long-term commitment that can have many challenges. The Conversation Project has created a guide to help you, as the caregiver, prepare yourself and others to make healthcare decisions for the person you are caring for as the need arises.

NATIONAL HEALTHCARE DECISIONS DAY

your decisions matter

The following is a letter written by Dr. Karen Boudreau to her family. It has provided comfort to a number of people who have been in the unfortunate position of making end of life decisions on behalf of a loved one without having had, "The Conversation."

Don't Panic-It's OK

If you are faced with a decision that you're not ready for,
It's ok

I'll try to let you know what I would want for various circumstances,
But if you come to something we haven't anticipated,

It's ok

And if you come to a decision point and what you decide results in my
death,

It's ok.

You don't need to worry that you've caused my death-you haven't-
I will die because of my illness or my body failing or whatever.

You don't need to feel responsible.

Forgiveness is not required,

But if you feel bad/responsible/guilty,

First of all don't and second of all,

You are loved and forgiven.

If you're faced with a snap decision, don't panic-

Choose comfort,

Choose home,

Choose less intervention,

Choose to be together, at my side, holding my hand,

Singing, Laughing, loving, celebrating, and carrying on.

I will keep loving you and watching you and being proud of you.

For more information :

theconversationproject.org [Advanced Directives](#) [Health Care Proxy Guide](#)

For Assistance Contact: Center for Elder Law and Justice 716-853-3087

Ask me about
advance directives!

NATIONAL HEALTHCARE
DECISIONS DAY
your decisions matter



HOSPICE &
PALLIATIVE CARE
BUFFALO



Embracing Spring: Spring Activity Ideas for Caregivers in Erie County

As the snow begins to thaw and the scent of fresh blooms fills the air, there are many outdoor activities to try this spring. From serene nature walks to vibrant cultural events, there's something to suit every interest and ability level. Whether enjoying solo adventures or making memories with loved ones, embrace the season's beauty and vitality right in our local community.



Explore Delaware Park: Nestled within the heart of Buffalo, Delaware Park offers a tranquil oasis to explore nature's wonders. Stroll along picturesque pathways, breathe in the fragrant blossoms, and admire the serene lake views. With its expansive green spaces and well-maintained trails, the park provides the perfect setting for leisurely walks or bird watching excursions. Families can join in the fun by packing a picnic or renting a paddle boat for a memorable day on Hoyt Lake.



Attend The Cherry Blossom Festival: Each spring, Buffalo's Japanese Garden within Delaware Park comes alive with the ethereal beauty of cherry blossoms. Seniors can immerse themselves in this cultural celebration by attending the annual Cherry Blossom Festival, where they can enjoy traditional music, dance performances, and tea ceremonies amidst the stunning pink blooms. The festival offers a vibrant atmosphere for families to experience the richness of Japanese culture together.



Visit the Buffalo Botanical Gardens: Escape into a world of horticultural splendor at the Buffalo Botanical Gardens, where seniors can marvel at the diversity of plant life from around the globe. Wander through lush tropical rainforests, serene Asian gardens, and fragrant herb collections, all housed within the historic conservatory. Special spring exhibits and events offer opportunities to learn about gardening, floral design, and sustainable living practices.

Take a Canal-side Cruise: Experience Buffalo's rich maritime history firsthand with a scenic cruise along the historic Erie Canal. Seniors can relax aboard a comfortable sightseeing boat as they glide past picturesque waterfronts, iconic landmarks, and charming canal-side villages. Guided tours provide fascinating insights into Buffalo's industrial heritage, while themed cruises offer entertainment and dining options for the whole family to enjoy.



[This Photo](#) by Unknown Author is licensed under [CC BY-SA](#)

Enjoy Outdoor Dining Downtown: As the weather warms up, downtown Buffalo's vibrant dining scene spills out onto bustling patios and sidewalk cafes. Seniors can savor delicious meals while soaking up the lively atmosphere of downtown's historic streets. From trendy bistros to cozy cafes, there's no shortage of culinary delights to tempt every palate. Families can treat their loved ones to a delightful meal, followed by a leisurely stroll along the scenic waterfront or through the charming streets of the Elmwood Village.



[This Photo](#) by Unknown Author is licensed under [CC BY-NC-ND](#)

It is beneficial for all caregivers to take time to enjoy activities both with and without the person you are caring for. Many of these activities can be used for you to take a break from caregiving to prevent feeling overwhelmed.

If you feel that you are unable to take time to take a break there ways you can get help. Erie County has several free respite programs available for caregivers. The information to these programs are Pages 12-15 in this newsletter.



Family Caregivers: Do you care for a family member with dementia?

Would you like to do errands, exercise, shop, attend YOUR doctor appointment, have lunch with a friend, or just RELAX?

There are many Social “Respite” Programs in Erie County available at **NO CHARGE!** Trained volunteers provide fun, one-on-one, stimulating, supervised activities including games, crafts, pet therapy, gentle exercise, music/singing and lunch or snacks for your loved one while you take a much deserved break. **ALL** are welcome!

1st Wednesday, 10:30am – 2:30 pm

First United Methodist Church

474 East Main St., Springville

Contact: Barb Blesy 592-7451

2nd Wednesday, 10:30 am - 2:30 pm

Hamburg United Methodist Church

116 Union St., Hamburg

Contact: Lisa Rood 941-5703

3rd Wednesday, 10:30 am - 2:30 pm

Eden United Methodist Church

2820 East Church St., Eden

Contact: Kevin Karstedt 992-2248

4th Wednesday, 10:30 am - 2:30

Baker Memorial United Methodist Church

345 Main St., East Aurora

Contact: Michele Engasser 652-0500

3rd Thursday, 10:30 am – 2:30 pm

St. David’s Episcopal Church

3951 Seneca St, West Seneca

Contact: Annie Francowiak 674-4670

1st Thursday, 10:30 am – 2:30 pm

Holland United Methodist Church

11699 Partridge Rd., Holland

Contact: Cindy Cassavino 388-3150

2nd Saturday, 10:30 am – 2:30 pm

Grace Lutheran Evangelical Church

174 Cazenovia St., Buffalo 1421

1st Tuesday, 11:30 am - 3:30pm

St. John the Baptist RC Church

1085 Englewood Avenue, Kenmore

Contact: Mary Elias 716.874.0672

2nd Friday, 10 am – 2 pm

Metropolitan United Methodist Church

657 Best St., Buffalo

Contact: Lynelle Reed 891-5652

1st Wednesday, 10:30 am-2:30

Southtowns Family YMCA

1620 Southwestern Blvd. West Seneca

Contact: Sue Kincaid 674-9622 x143

2nd Wednesday, 1:30 – 4:30 pm

Golden Age Center

3278 Whitehaven Rd., Grand Island

Contact: Jennifer Menter 773-9682

2nd Tuesday, 10 am – 2 pm

Asbury United Methodist Church

850 Dodge Rd., Getzville

Contact: Pat Hair 580-3861 or

asburyangels@gmail.com

2nd Thursday, 10:30 am – 2:30 pm

First Church of Evans

7431 Erie Rd. Derby 14047

Contact: Debby Waddell 549-0908

4th Wednesday, 10:30am -2:30 pm

Kenmore United Methodist Church

32 Landers Rd.

Sponsored by Erie County Senior Services, DOH; volunteers are trained by the Alzheimer’s Association. Please call the contact person for each program to register or for more information.

ALL are welcome to participate in any or all the programs.



CAREGIVERS: YOU DESERVE TIME TO EXHALE

INTRODUCING

A Gathering Place

Senior Respite Program

WE INVITE YOUR LOVED ONES TO EXPERIENCE "THE GATHERING PLACE" at The BFNC Life Center @ Westminster Community House.

WHAT IS A GATHERING PLACE?

A program designed to provide fun and uplifting activities created for seniors and offers much needed help for their caregivers. If you need a break, or just need to run errands during the day, or simply take a moment to yourself on Saturday mornings.

OLDER ADULTS ENJOY FUN ACTIVITIES AND TIME WITH OTHERS IN A SAFE ENVIRONMENT:

- For older adults age 55+
- 4 hours of planned activities designed for seniors
- A FREE PROGRAM - NO COST TO PARTICIPATE
- Convenient Locations in Buffalo:

The BFNC Life Center @ Westminster Community House

(419 Monroe Street, Buffalo, NY 14212)

Seneca-Babcock Community Association, Inc. at Schiller Park Senior Center

(2057 Genesee Street, Buffalo, NY 14211)

For more information, please call the BFNC Life Center at 716-852-5065 ext. 132.

The Complete EXHALE Respite schedule can be found at bfnc.org



A REGIONAL COLLABORATION CREATED BY THESE COMMUNITY-BASED ORGANIZATIONS:

Collaborating partners are BFNC, Seneca-Babcock Association @ Schiller Park Senior Center, Erie County Senior Services, and Hearts & Hands – to increase access and support for caregivers and their loved ones.



SATURDAY RESPITE CARE PROGRAM

Caring for a loved one is hard, but we can help!

Making time to care for yourself can be even harder, but we can help!

Take some time for yourself, knowing that your loved one is in good hands. Catholic Health is pleased to bring you Saturday Respite Care at no-cost to you. This respite opportunity is made possible through support from Exhale: The Family Caregiver Initiative, funded by Ralph C. Wilson Jr. Foundation, Health Foundation of Western and Central New York, and the Ann Arbor Area Community Foundation.



Who is Eligible

- Respite care is available to individuals aged 55+ who reside in Erie County. Assistance with toileting, ambulation, and feeding will be available.
- Space is limited, [click here](#) to request more information today or contact us at (716) 839-8651
- All participants will be screened prior to acceptance.

Services Available

- Respite services available include: lunch during attendance and a variety of activities such as games, crafts, and exercise.
- On-site staffing includes: A Program Coordinator, Activities Coordinator, and trained Home Health Aides.
- Caregivers will also have the opportunity to meet with, on-site, staff to discuss challenges or needs they may have, attend a caregiver education session, or just leave to have time to themselves.
 - This day center has secured entry/exits and is handicap accessible.
- Participants attending may utilize transportation provided by Catholic Health, or their caregiver may drop them off.

Exhale Saturday Respite Care is available at Catholic Health LIFE located at 600 Doat Street, Cheektowaga, on the Villa Maria College campus.





enCOURAGE
BENEFIT FOR BOTH



enCOURAGE: Benefit for Both Community Adult Day Respite Program

This companion-based, community adult day respite program is for adults living with early-moderate dementia and their caregivers. Participants enjoy stimulating activities, appropriate physical fitness, social conversations, and engaging games with YMCA staff and volunteers. **Lunch is provided.**

During this four-hour program, caregivers may leave to run errands or stay to utilize the Y facility. Caregivers are provided with additional community resources and access to specialty services at the Y throughout the year.

WHEN:

First Wednesday of each month | 10:30 am – 2:30 pm

WHERE:

Southtowns YMCA

Registration is required and a brief consultation must be completed prior to attending the program. Adults living with dementia that are ambulatory, can eat & toilet independently, are communicative, and are non-combative are most appropriate for our community program. This program is in partnership with Exhale, Family Caregiver Initiative, which involves 60+ partner organizations across Western New York and Washtenaw County, MI, who will work in teams led by the 13 grantees including YMCA Buffalo Niagara.

About Exhale, the Family Caregiver Initiative - Funded by the Ralph C. Wilson, Jr. Foundation, Health Foundation for Western & Central New York, Ann Arbor Area Community Foundation, and managed by The Philanthropic Initiative (TPI), Exhale, the Family Caregiver Initiative, is dedicated to offering innovative solutions that give caregivers of older adults an opportunity to breathe a little easier. Visit www.exhaleforcaregivers.org to learn more.

To register, please
contact Sue at
(716) 674-9622
skincaid@ymcabn.org



Southtowns YMCA | 1620 Southwestern Boulevard, West Seneca, NY 14224 | (716) 674-9622 | YMCABN.org

CAREGIVER COMMUNITY
CONNECTION



A Social Day Respite for Caregivers and Their Aging Loved Ones

Join Our Caregivers' Community of Support

Pathways for Caregivers at Cradle Beach

Pathways for Caregivers is a year-round program designed to support family caregivers through a collaborative partnership between Cradle Beach, Harmonia Collaborative Care, Lisa Rood Consultant, and Exhale Family Caregiver Initiative. We provide caregivers with a much-needed break from the daily responsibilities of looking after their aging loved ones.

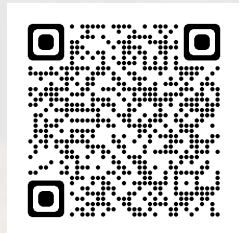
Through our program, both caregivers and their loved ones can participate in separate activities and opportunities. Come join us as the weather warms and we can take advantage of our 66-acre campus. We are able to utilize our campus to enjoy the warmer weather with activities for both caregivers and loved ones that gets everyone outside. This may include lawn games, time on our beach, walking through campus, or even a barbecue.

Pathways for Caregivers is a free program that takes place every

Third Thursday of the month

From 10:30 am to 2:30 pm.

If you are interested in joining our Pathways for Caregivers program, please reach out to Kat Gorecki at Pathways@CradleBeach.org or 716-549-6307 ext. 218.



You can also find information on our website: www.CradleBeach.org/Pathways/.

Musical Memories Cafe

Where Music Connects Community



Musical Memories Cafe is a gathering place for caregivers and their loved ones to relax, socialize, enjoy a meal and some great music!

For more information
call or email
(716) 570-6520

westfallsartcenter@gmail.com

exhale
THE FAMILY
CAREGIVER INITIATIVE

1 **West Falls Center for the Arts**
1863 Davis Rd.
West Falls, NY 14170

1st and 3rd Wednesday of each month
Noon - 1pm

2 **Amherst Senior Center**
370 John James Audubon Pkwy.
Buffalo, NY 14228

1st and 3rd Tuesday of each month
2pm - 3pm

3 **Dale Association**
33 Ontario St.
Lockport NY 14094

2nd and 4th Wednesday of each month
11:30am - 12:30pm

Please
RSVP to
(716) 570-6520
to reserve
a spot!



Cynthia and Emily

1863 DAVIS RD. | WEST FALLS, NY 14170 www.westfallsartcenter.org

WEST FALLS
CENTER *for the* **ARTS**



Family Caregivers May Receive Up To \$600

Are you a Kinship Caregiver for a child under 18, or a caregiver for a relative who has a disability or chronic condition? Learn how to apply for up to \$600 in reimbursement for respite services.

The New York State Caregiving and Respite Coalition, managed by Lifespan of Greater Rochester, Inc., is offering respite vouchers for up to \$600. *Kinship Caregivers and caregivers of persons with a disability or chronic condition who are not receiving respite from another organization are eligible for this funding. Caregivers may use the voucher for respite services that include:

- An in-home program
- A center-based program, where a facility provides the care
- A summer or weekend camp
- Assisted living or nursing home programs

You must be a New York State resident and the primary caregiver of a child or an adult. You must provide a referral — a doctor, social worker, or other professional who knows you and your family. Emergency respite will be considered on a case-by-case basis.

You may not use voucher funds to reimburse household expenses, like rent or food. Funds cannot be used so the applicant can go to work. Vouchers are good for 90 days.

For more information and how to apply, visit www.nyscrc.org, call (585) 287-6391 or send an email to rhyde@lifespan-roch.org

*Kinship Caregivers who are responsible for more than one child may be eligible for more than \$600.

This project was supported, in part by grant #90LRLI0043, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living Policy.



How Does Gardening Increase Our Life Expectancy?



The gardening season is (hopefully) approaching and some of us have inherited a green thumb and others have learned along the way, either way it is highly recommend getting your gloves and shovels ready! We always encourage our patients and families to start a garden when the season comes around. This doesn't mean you have to have the largest garden on the block or even a yard! There are many successful ways to grow crops in a raised garden bed or even just a large pot. There are obvious benefits to growing your own garden such as fresh produce you can confidently eat and ensure is organic. Another benefit is the satisfaction and fulfillment felt after nurturing a living thing to its full potential, and if this goal is never met, it is still an excellent learning opportunity. There is still yet another way gardening is the perfect activity as we age. Per Blue Zone (worldwide regions with the largest density of living centenarians) research, gardening is the most common activity completed within these communities. Gardening is a task these individuals are completing into their 90's and 100's. Why? The fine motor skills required to garden directly translate to necessary functional tasks, like picking up a brush, to maintain independence. It also is an activity that needs to be maintained. They call it a "nudger". As a gardener you are "nudged" to continuously care for the plant or else it will not succeed. Gardening is a gentle reminder to get off your bottom and move!

Regardless if you are a seasoned gardener or have never touched dirt in your life, we highly recommend gardening

this spring and summer. It's okay if you just start with a single pot, but make it a goal to try and raise a single plant to maturity. This is also a fantastic activity to complete with everyone in the family, including those little grandchildren. It is engaging, educational and of course encourages social interactions!

If you're thinking there is no way you can start due to mobility deficits, think again. By starting gardening in a pot, you can bring everything to you rather than bending down to the ground. If you already have the perfect garden bed in the ground but have been hesitant to use it due to mobility issues, don't forget about adaptive equipment (or start putting those grandkids to work!). The first piece of equipment we recommend is a gardening bench. These benches usually come in a variety of sizes and heights so you can still reach the ground (or pot) without getting onto your hands and knees. No gardening bench? No problem! You can also use a chair or your rollator and find extendable gardening tools to help you reach! The worst part about a garden are all of the weeds! This is where "Grandpa's Weeder" comes in handy. With a long handle and a mechanism to pull the weed out by its root, your garden will be perfect in no time! If you're worried about carrying a heavy watering can to water the plants, remember you don't need to fill it all the way and there is no problem with multiple trips! If multiple trips is not a possibility for you, we recommend looking into a "Red Swing Gallon Water Container on Wheels".

We really hope this article convinced you to either start your own garden or maybe join in on a friend or family member's fun! No matter how big or small your garden is, we hope it flourishes this season and you enjoy all of your fruits of labor!





Healthy Alternatives through Healing Arts, Inc. HAHA is dedicated to promoting awareness of holistic alternatives to mental health consumers, their professionals and family caregivers. By hosting workshops and an annual conference. We do this to empower and promote choice to help individuals maintain wellness, reduce stress and increase resiliency. We strive to change the perception of treatment available for those with a mental illness including stress, anxiety and other diagnosis by offering knowledge and information about healthy alternatives.

The Exhale Program HAHA provides mobile respite workshops to family caregivers. The workshops help reduce stress and increase resiliency during the program and for them to practice at home when respite is not available.

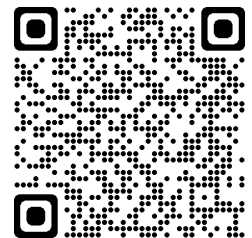
For information on upcoming programs and events visit our

[Website](#) or [Facebook](#).

[Register for programs on the website](#)

or email

healthyalternativeshaha@gmail.com





HEALTHY

ALTERNATIVES

21st Annual Conference
Healthy Alternatives Through Healing Arts, Inc
 HAHA Non-Profit 501 (c) 3
June 14th, 9AM - 4PM

**A Fresh Start
 Ready, Set, Go**

The annual Conference offers those with a mental health diagnosis the opportunity to experience holistic alternatives to assist with wellness and recovery. This is for peers and their professional caregivers.

Peers \$15, Professionals \$25 Includes two morning and two afternoon sessions with many different presentations to choose from. Also includes a light breakfast menu and lunch.

Please register by May 24th

St. Teresa's

1974 Seneca Street Buffalo, NY 14210

Email healthyalternativeshaha@gmail.com
 for registration forms or questions

You can also register on the website @
healthyalternativesthruhealingarts.com

THROUGH

HEALING ARTS

Powerful Tools FOR Caregivers

Powerful Tools for Caregivers classes help caregivers take better care of themselves while caring for a friend or relative. Whether you provide care for a spouse, partner, parent, friend, or a child with special needs; at home or in a care facility; whether down the block or miles away, yours is an important role. This course is for family caregivers like you!

The classes give you tools to help:

- Reduce stress
- Improve self-confidence
- Manage time, set goals, and solve problems
- Better communicate your feelings
- Make tough decisions
- Locate helpful resources



This six-week class series gives you the confidence and support to better care for your loved one – and yourself.

In the class, caregivers receive *The Caregiver Helpbook*, which follows the curriculum and provides additional tools to address specific caregiver issues. *The Caregiver Helpbook* can be ordered as a resource at www.powerfultoolsforcaregivers.org.

Find Powerful Tools for Caregivers classes:

- Contact your county Family Caregiver Support Program for a local class schedule.
- Contact the PTC national office for a list of class leaders in your area:

www.powerfultoolsforcaregivers.org

503-719-6980



*"After taking this class I am a more confident caregiver!
Having tools to resolve problems is a definite advantage in becoming
a better caregiver and a happier, wiser, healthier me...and a healthier 'us'!"*

- PTC Class Participant

Powerful Tools for Caregivers (PTC) is a 501(c)(3) nonprofit. The PTC national office in Portland, OR supports caregivers, Class Leaders, and Master Trainers in the US, Canada, and Korea.



Keep Moving For your Health

The start of Spring brings hope for nicer weather. However, we live in Western New York so we don't take any sunny days for granted. In our assisted living, residents grab their coats and sun hats and head for the walking path in our backyard as soon as the temperatures hit 60 degrees.

Walking is one of the best exercises that we suggest for seniors. Any movement is good movement. You don't have to walk fast or far, but if you keep yourself moving, you will benefit your body and your mind. It's an opportunity to take in the sights, sounds and smells as you walk along a path on a fresh spring day. Take a deep breath and enjoy all that nature has to offer.

Did you know that fresh air can also help reduce anxiety and depression? Fresh air, sunshine and exercise can significantly improve mood and wellness. It can also lead to lower rates of heart disease by reducing cortisol levels, muscle tension and cardiovascular systems.

At Heathwood Assisted Living, we have exercise class daily to include movement and stretching. As the weather breaks, we head for the outdoors. We encourage you to do the same. Taking a walk outside is going to keep your muscles and joints moving, your soul nourished and your body healthy.

Words of advice: take advantage of all that Western New York has to offer during the four seasons- and keep moving!

To learn more about Heathwood Assisted Living & Memory Care visit the [website](#) or call (716) 688-0111 and ask to schedule a tour.



Heathwood

ASSISTED LIVING & MEMORY CARE

heathwoodassistedliving.com



Start Smart Plus+

LIFESTYLE SENIOR CARE

Start Smart Plus is a local company based in Buffalo, NY. Our business is designed to provide tools, products, and services to help caregivers provide better care for their seniors.

We are conducting a brief survey in which we will be collecting data to better understand the needs of the caregiver and their senior.

We are grateful to Erie County Caregiver Coalition for sharing our survey as we dive in further to understand caregiving needs as our population continues to age.

The survey takes roughly 5 minutes.

The survey is combination of the following questions and points:

- Social determinants
- How you feel about caregiving
- Possible solutions
- Insurance coverage

There are no wrong answers. We just want to know how you feel and how best to support you and your senior, especially if dementia or memory issues are present. Just click on the Link below to enter the Survey.

[Lets' Begin: Start Smart Plus Survey](#)





Community Speaker's *Bureau*

We are here to provide education, care, and support to those faced with serious illness. Learn about the programs we offer to help best advocate.

PRESENTATION OFFERINGS:

- Family/Caregiver Resources & Support
- Care Options for Those Faced with Serious Illness
- Spiritual Care: Finding Peace, Meaning, and Comfort
- Hospice Care versus Palliative Care
- Sharing Healthcare Wishes: A Gift for Yourself and Your Loved Ones
- Self-Care Tips
- Coping with Grief and Loss

Request a speaker for your workplace, faith community, service organization, library, senior center, school, or club.



To request a speaker, call (716) 901-0294 or visit HospiceBuffalo.com.

We provide care, support, advocacy, and education for the Western New York community.





Calling all retired teachers, social workers, healthcare professionals and others!

Make a difference as a **COMMUNITY EDUCATOR**

Community Educators are volunteer public speakers who provide Alzheimer's Association education programs to community audiences. These volunteers deliver presentations using prepared training materials.

Interested in learning more?

Contact Kailea at kalalka@alz.org or 716.241.0352
or apply online at bit.ly/ALZeducator





2024 ELDER LAW DAY

FREE
EVENT

WEDNESDAY, JUNE 5TH - 8:00AM-3:00PM

Buffalo Marriott Niagara ~ 1340 Millersport Hwy Amherst 14221

Providing information to assist older adults, family members and caregivers in making informed choices about their health and financial well-being.

Topics include: Long Term Care Planning & Asset Protection, Medicaid, Advanced Directives, Estate Planning Basics and more!

Register online at erie.gov/ELD or by calling 716.858.2776

20 -minute legal consultations available by request during registration checkout ONLY

Morning refreshments and box lunch available for those who pre-register online by 5/10/24!

Hosted by the Erie County Department of Senior Services in partnership with the Center for Elder Law & Justice





VA



MEDICAL FOSTER HOME

Do you:

- Have a desire to “give back” to Veterans?
- Have caregiving experience (formal or informal)?
 - Feel satisfaction caring for others?
 - Have an extra room in your home?

If you answered “yes”, you may want to consider becoming a VA Medical Foster Home Caregiver.



WE WANT YOU!

WHAT IS A VA MEDICAL FOSTER HOME? A VA Medical Foster Home (MFH) provides a safe, supportive, long-term care option for Veterans in a comfortable home environment. VA MFH's are an alternative to nursing home and assisted living care and may be an option for Veterans who are unable to safely live alone.

VA MFH CAREGIVERS PROVIDE: • Personalized, comfortable room • Home cooked, nutritious meals • Laundry • Leisure activities • Medication management • 24-hour care and support • Personal care

ARE CAREGIVERS PAID? Yes.

The amount varies depending on the extent of care the Veteran requires.

How do I become a VA MFH Caregiver? To learn more about the program, contact the VA WNY MFH Program Coordinator Julie Grasso-Robinson, LCSW at 716-862-6306.

To ensure safety and quality of care, there are multiple steps and training requirements to become a VA MFH Caregiver.

Caregiver Support Program



Caregiver Support Program – About Us

The Department of Veterans Affairs (VA) understands that the caregiver community is vital to the recovery and care of Veterans. The Caregiver Support Program (CSP) offers clinical, educational, and holistic services to individuals who care for Veterans enrolled in VA health care. CSP supports anyone who provides care services to a Veteran, whether it is medicine management, grocery shopping, helping a Veteran get dressed, or full-time personal care services. Anyone who provides care to a Veteran enrolled in VA health care can participate in CSP. CSP is a national program comprised of two subprograms: Program of General Caregiver Support Services (PGCSS) and Program of Comprehensive Assistance for Family Caregivers (PCAFC). Every VA facility has a local team, where caregivers can access a variety of national resources while receiving tailored support from their local CSP Teams

Program of General Caregiver Support Services (PGCSS)

PGCSS is the core of CSP and provides Peer Support Mentoring, skills training, coaching, telephone support, online programs, and referrals to available resources to caregivers of Veterans. The Veteran must be a VA health care enrollee and receive care from a caregiver in order for the caregiver to participate. We refer to caregivers participating in PGCSS as General Caregivers. Learn more about PGCSS here: [caregiver.va.gov/Care_Caregivers.asp](https://www.caregiver.va.gov/Care_Caregivers.asp)

Program of Comprehensive Assistance for Family Caregivers (PCAFC)

PCAFC provides specialized services to caregivers for eligible Veterans including resources offered through PGCSS, as well as education, support, respite, mental health counseling, a financial stipend and health insurance, if eligible. Services provided through PCAFC are available for caregivers who assist eligible Veterans who have a serious injury (including serious illness) incurred or aggravated in the line of duty in the active military, naval, or air service. Caregivers participating in PCAFC are referred to as Family Caregivers. Veterans can designate a Primary and Secondary Family Caregiver. Family Caregivers must be a family member or live full-time with the Veteran. Find eligibility criteria for enrollment and how to apply for PCAFC here: [caregiver.va.gov/support/support_benefits.asp](https://www.caregiver.va.gov/support/support_benefits.asp)



<https://www.caregiver.va.gov/>



Need Help? To assist you with further instructions on how to enroll into these programs, contact the [VA Caregiver Support Line \(CSL\)](https://www.caregiver.va.gov/) at 1-855-260-3274.

VA



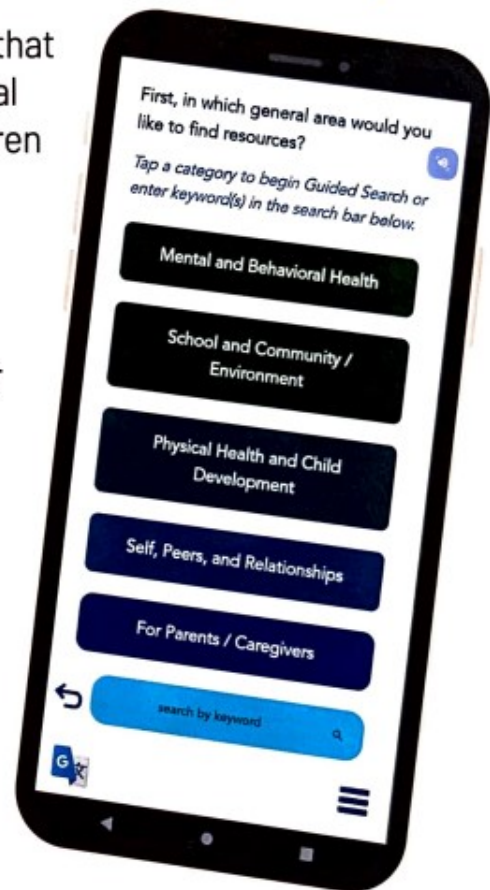
U.S. Department of Veterans Affairs



Erie Path is Erie County's new smartphone app that helps parents and caregivers address the mental and behavioral health challenges faced by children and adolescents:

- ▶ **Find available programs and services** for children and adolescents.
- ▶ **Access information** that explains what their children and adolescents may face.
- ▶ **Explore practical strategies** for helping children and adolescents in their care.

Erie Path also includes resources for adult mental and behavioral health services, information for housing, employment, childcare, food pantries, medical care, social services, and senior services that can benefit adults and caregivers.



erie.gov/eriepath

SCAN CODE WITH YOUR SMARTPHONE



**Family
Help
Center**

Help is Our Middle Name

Grand-Families Program



The New Grand-Families Program Offers:

FUN! In lots of shapes & sizes
for the whole family

Are you:

- A grandparent raising your grandchildren?
- An elder family member, an aunt or uncle helping to raise children from your extended family?
- A kinship provider?

Need a break or some breathing space? If so, call **716-822-0919** for more information.

60 Dingens Street, Buffalo, NY 14206

- Family Support Services at no cost
- Activities for children & teens of all ages
- Educational, therapeutic and recreational services for elders (55+) who are parenting 'all over again'.
- Legal Guidance
- Stress Busters

Gratitude to the Health Foundation for Western and Central New York, and Foundation 214, Inc. for supporting this initiative.



Foundation 214

Access free training and resources to help you build skills and confidence to provide care at home.

New York's new online Caregiver Portal is designed for families. Articles, videos, tip-sheets, and professional level training offers something for everyone. Our learning portal helps family caregivers reduce stress, find local resources, and provide better care for their loved ones.



"This was wonderful. My husband and I danced and we had a good time singing these oldies but goodies. I will highly recommend these to anyone who's husband or wife has Alzheimer's."

- Pat from "Alzheimer's Music Connect"

Thousands of family caregivers across North America need support. Every caregiver has a custom learning journey, so you can choose the topics that interest you and learn any time of day.



Sign up for FREE today!
NewYork-Caregivers.com

Scan me with
your camera
to visit!



ERIE COUNTY COALITION MEMBERS

Click on logos for more information!!



AGING WELL CARE MANAGEMENT, LLC



CENTER FOR ELDER LAW & JUSTICE



Western New York Chapter



Liberty HOME CARE



Catholic Health LIFE | Living Independently For Elders

The Food Bank & Meals on Wheels are now

Feed More wny

ALS ASSOCIATION



WESTERN AND NORTHEASTERN NEW YORK



NEW YORK STATE EPIC Elderly Pharmaceutical Insurance Coverage Program



Blossom MODERN HOME CARE SOLUTIONS of WNY™

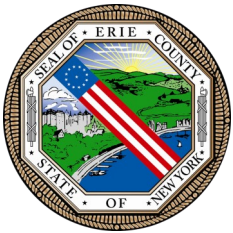


Family Choice OF NEW YORK



Independent Health

ELDER CARE SOLUTIONS OF WNY, LLC



FirstLight™ HOME CARE



BFNC Buffalo Federation of Neighborhood Centers



Heathwood ASSISTED LIVING & MEMORY CARE



CARING COMPANIONS



Community Care HOME HEALTH SERVICES Because There is no Place Like YOUR Home



Nascentia Health TOMORROW'S HEALTHCARE TODAY



CARE Patrol™ Your Partner In Senior Care Solutions

ELITE



harmonia COLLABORATIVE CARE



LIVING WELL Less Stress, Better Health and More Love



IMPROVING THE WELLNESS OF SENIORS, ADULTS AND TEENS WHILE CREATING A WORLD OF LOVE, PEACE AND ABUNDANCE

ERIE COUNTY COALITION MEMBERS

Click on logos for more information!!



- People 1st Mobility
- People Inc. Senior Housing
- YMCA
- BFNC
- Honest Medical Group

**Caregiver**

Caregiver Resources

[All](#) [News](#) [Images](#) [Videos](#) [Shopping](#) [More](#)

Tools

About 96,700 results (0.28 seconds)



Erie County (.gov)

<https://www3.erie.gov/seniorservices>

Home | Senior Services - | Erie County

Main navigation ... Contact the **Erie County** Department of **Senior Services**/NY Connects at (716) 858-8526, Monday-Friday, 8:30AM-4:30PM, or email us at seniorinfo@ ...



newyork-caregivers.com

<https://newyork-caregivers.com>

newyork-caregivers.com

On-demand answers for **caregiving** challenges precisely when you need them most. Explore our online lessons and events to get help today and every day. Sign ...



Office for the Aging (.gov)

<https://aging.ny.gov/long-term-care-ombudsman-pro...>

Long Term Care Ombudsman Program - Office for the Aging

The Long Term Care **Ombudsman** Program (LTCOP) is a federal advocacy program dedicated to protecting people living in long-term care facilities. In **New York State** ...



New York State Department of Health (.gov)

https://www.health.ny.gov/facilities/long_term_care

New York State Caregiver Guide

It is a resource that **caregivers** can use in their own home, bring with them to medical appointments, view online, and reference throughout their **caregiver** ...



NYS Health Profiles (.gov)

https://profiles.health.ny.gov/nursing_home

NYS Nursing Home Profiles

Compare quality, find specialty homes, and view inspection information! **Nursing Home Profiles** provides useful information about every nursing home in **New York State** ...

[Search by Region/County](#) · [Search Alphabetically](#) · [About Performance](#)



VA Caregiver Support Program (.gov)

<https://www.caregiver.va.gov>

VA Caregiver Support Program Home

To assist you with enrolling in these **programs**, contact your local **VA** facility CSP Team/**Caregiver Support** Coordinator, or call the **VA Caregiver Support Line**(CSL) ...

CAREGIVER COMMUNITY
CONNECTION