

Caregiver Community Connection

Issue 10

January 2025-March 2025

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There is a tendency of many caregivers to put the needs of everyone else before their own. This may work in the short-term, but in the long haul it can lead to illness, frustration, resentment, depression, or burnout. Many caregivers have multiple responsibilities on top of caring for their loved one, finding it hard to set aside time for self-care. A new year is an excellent time to set goals for your self-care. We hope you will take some time to prioritize your own physical and mental wellness and set a plan in place to make it happen. Thank you for all you do and we wish you and your loved ones a happy and healthy new year.

-The Erie County Caregiver Coalition

“We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year’s Day.”

-Edith Lovejoy Pierce



Paula and Lou

The First Step in Healing; the First Step in *Comfort*

Lou was a simple man with a powerful smile. He had a beautiful disposition and a quiet, quirky sense of humor that would give anyone a good belly laugh. Lou always looked at life in a positive light, touching the lives of so many without even knowing it. He helped deliver a true sense of calm everywhere he went.

All that changed in the blink of an eye.

A simple stomachache turned into a horrible and aggressive battle against pancreatic and liver cancer. Two months after Lou was diagnosed, his oncologist quietly walked into the examining room, sat down, and released a heavy breath. He looked at both of us and said, "There is nothing more we can do. Would you like us to call Hospice?"

Silence followed.

We said yes.

In just a matter of hours, we received a call from Hospice and from that moment on, we knew we were on the right path. We had taken the first step in healing, the first step in finding comfort.

The very next day, a flow of Hospice family members began to weave in and out of our home, creating a tapestry of healing. We never felt alone.

Hospice became our foundation. They offered a miraculous, tender, and comforting way of guiding us on a journey we did not want to be on.



Let's take on the day together.
Talk with us.

HospiceBuffalo.com
716-686-8000

Can I talk about My Maria?

This young lady came into our home and delivered words of wisdom and a level of calm that immediately put all of us at ease, especially my husband. The first day he met her, Lou took a deep breath, raised his head, trying to mask the worry on his face and in his heart, and asked Maria about the prognosis the doctor had delivered only 48 hours earlier: "The doctor said days to weeks. Is it true?"

My Maria looked at Lou with compassion and comfort and told him it was up to him and his body. No one can say for certain, and everyone is different. This answer gave him a sense of peace and delivered a level of respect.

In the weeks that followed, we had a steady stream of nurses. Each nurse brought a different gift to our home: love, tenderness, and understanding. They taught us how to care for Lou. They listened to us. They hugged us and even laughed with us. His favorite sleep pants (black with a particular type of green leaf on them) made every visiting nurse giggle.

But it was not just the physical visits; it was the phone calls, too. There is nothing like a soothing voice on the other end of the line, someone who lets you talk for hours and has the right words to soothe your soul.

Hospice and our family made for an incredible team. We did everything we could to keep Lou as comfortable as possible in the place he most wanted to be—home.

Just three weeks after our first visit from our hospice family, on a quiet and peaceful winter evening in the comfort of his own home, with Christmas lights still glistening, candles burning, and music playing, Lou left weeks of struggle behind to join his loved ones in heaven.

— Paula D'Amico, loving wife and caregiver

Paula, Lou, and Thomas D'Amico (son)



Cold Weather Tips for Caring for Someone with Alzheimer's Disease or Dementia

Claire Corwin, LMSW
Alzheimer's Association WNY



Winter weather conditions like freezing temperatures, snow, ice and early darkness can be challenging and stressful for people living with dementia and their care partners.

By preparing ourselves and homes in advance, caregivers can make a big difference in keeping their loved one with Alzheimer's or dementia safe not just during winter, but throughout the year. Some safety tips for navigating the winter season as an Alzheimer's or dementia caregiver include:

Be prepared: As we know, winter storms can be dangerous. Check weather conditions regularly and have contingency plans in place. If a snowstorm is on the horizon, consider rescheduling appointments that are not urgent. Tackle to-do lists in one trip to avoid making multiple trips out of the house.

Bundle up: Help the person living with Alzheimer's dress warmly for winter weather conditions by covering exposed skin. A good option to consider is wearing several layers of lightweight clothing for easy movement.

Prevent slips: Balance and mobility can be a challenge for a person living with Alzheimer's or dementia, so assume all surfaces are slick. Assist the person living with dementia by wearing sturdy shoes and walking slowly when outside. Perception problems can also make it difficult for the person living with Alzheimer's or dementia to see ice on sidewalks or realize that ice is slippery or that snow is not a solid surface. Keep sidewalks and driveways clear and utilize handrails or walk arm-in-arm. Consider acquiring a state-issued Handicapped placard to enable closer access to the door of buildings.

Prevent wandering: Wandering is one of the most frequent and challenging problems that caregivers face and can be extremely dangerous in colder conditions. While the term ‘wandering’ may suggest aimless movement, individuals who wander have a destination and a purpose. If a family member does wander, start by searching the immediate vicinity, including “less-traveled” areas in your home. Outside the home, search the yard and nearby surroundings. Most people who wander are found within a half mile of their homes or starting location. If the person is not located quickly, call 911 to have first responders assist in the search - in winter weather, a missing vulnerable adult is an emergency. Ensure a swift response by alerting the police that the individual has Alzheimer’s disease so they can be approached appropriately. Consider installing a doorbell camera or other outdoor monitoring device to quickly know what the person was wearing and in what direction they are moving.

Make daylight last: Winter months bring decreased sunlight and shorter days. Visual perception can be a challenge for those living with Alzheimer’s or other dementias, and can cause increased confusion or disorientation in dark or shadowy environments both inside and out. Turn on indoor lights earlier or install timers, open curtains during daylight hours, and consider installing motion detector lights to help illuminate walkways around the home as darkness may fall before arriving home from an outing.

The Alzheimer's Association leads the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Our vision is a world without Alzheimer's and all other dementia.[™] For more information, visit alz.org or call the 24/7 Helpline at 800.272.3900.

ALZHEIMER'S  ASSOCIATION[®]



Do you have concerns about falling?

Many older adults experience concerns about failing and restrict their activity. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

This program emphasizes practical strategies to manage falls.

IN CLASS YOU WILL LEARN TO:

- View falls as controllable
- Set goals for increasing activity
- Make changes to decrease fall risks at home
- Exercise to increase strength and balance

WHO SHOULD ATTEND?

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility and strength
- Anyone who has a history of a fall has limited activity because of a fall

VARIOUS TOPICS INCLUDE:

- Identifying home hazards
- Exercise & strength training
- Medications (How they relate to falls)
- Proper Footwear
- Balance Testing
- Personal Emergency Response Systems
- Nutrition (and how it affects falls)

The next class will be held:

Where: The Golden Age Center

3278 Whitehaven Rd

Grand Island NY 14072

Date: Tuesdays, March 18–
Tuesday, April 29

Time: 9:15AM–11:15AM

For more information or to sign up: Call or e-mail

Jen Menter

(716) 773-9682

jrmenter@grand-island.ny.us

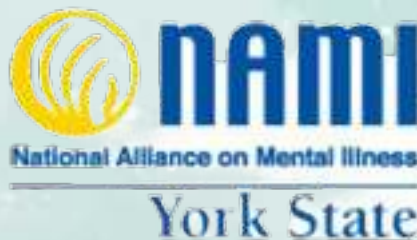


Handle With Care Registry

The Erie County Sheriff's Office, in coordination with NAMI-NYS is pleased to introduce a Handle with Care Registry. The intent of the registry is to better prepare our deputies and emergency responders to provide improved care for your loved one. Caregivers are welcome to use the registry for special needs (i.e.: Autism, Down Syndrome, Alzheimer's, Dementia, Substance Abuse). One of NAMI-NYS's leading priorities in mental health crisis is to ensure an appropriate mental health response. We enthusiastically support the Handle with Care Registry which is designed to help keep you and your loved ones safe.

To register a loved one:

<https://www4.erie.gov/sheriff/form/handle-with-care>



CELEBRATE BLACK HISTORY MONTH

**Feb. 1st
2025**



**March 1st
2025**



ABOUT

Black History Month, also called National African American History Month, is a period in February dedicated to celebrating and recognizing the achievements and contributions of Black Americans throughout history, highlighting their struggles and triumphs against adversity, particularly focusing on their impact on American culture and society. It is a time to learn about the significant roles Black people have played in the United States, often marked by special events, educational programs, and community celebrations.



WAYS TO RECOGNIZE AND CELEBRATE

-Read books by Black authors: Explore fiction and non-fiction works by Black writers to gain diverse perspectives and experiences. Visit: <https://www.buffalolib.org/subject-guides/education-resources/african-american-history>

-Attend Black History Month events: Participate in lectures, workshops, art exhibitions, or film screenings focused on Black history. Visit: <https://www.visitbuffaloniagara.com/african-american-heritage/> to see what's going on in our community.

-Cook up some Soul Food and learn about the history associated with that dish. Visit: <https://cookswithsoul.com/soul-food-sunday-dinner-ideas/>

Practice Mindfulness



Everyday Mindfulness for Caregivers

Enjoy and have fun as we explore creative ways to use simple mindfulness practices to reduce stress, work toward optimal brain fitness and live healthier lives.

When: Wednesday 7pm-8:30pm

January 15th, 22nd, 29th, and February 5th

Location: Zoom

Register: <https://us02web.zoom.us/meeting/register/tZcpcuqopjwEtWgbEqBY81MpDDbwe4NRZRW#/registration>

Just Practice

Connect with others exploring mindful awareness practices. Shared practice supports a commitment to weaving mindful awareness practices into your daily life. For those who have some familiarity with mindfulness and/or who have participated in one of our past mindful awareness series.

When: Monday afternoons 12:30pm-1:15pm.

Location: Zoom

Register:

<https://us02web.zoom.us/meeting/register/tZwkdOusrD4oGN2v3dgbU-luc0wNNVryBAYZ#/registration>

Just Practice For Caregivers

To respond to someones needs, especially if there are cognition or communication barriers, requires deep attentiveness to the present moment. We not only benefit ourselves through mindful practices, but can better support those around us.

When: Mondays 6:30-7:30pm

Where: Zoom

Register:

<https://us02web.zoom.us/meeting/register/tZwoduqgpj4rE93VbNAAtqlNRfpyCGxYfuPml#/registration>

Hearing Loss-At A Glance



In recognition of World Hearing Day, celebrated annually on March 3, it seems appropriate to discuss a topic affecting a significant percentage of the population; hearing loss. Hearing loss can have lasting negative impacts on a person's life through their ability to effectively communicate, comprehend, and participate in education, work, recreation and meaningful roles. Unaddressed, many people face social isolation, loneliness, and stigma.

An estimated 1 in 8 people in the United States, or 30 million people, ages 12 or older experience hearing loss in both ears and according to the National Institute of Health (NIH) and the Hearing Loss Association of America (HLAA), approximately 15% of American adults report some degree of hearing loss, and the World Health Organization (WHO) states that, "over 5% of the world's population – or 430 million people – require rehabilitation to address their disabling hearing loss (including 34 million children).

There are many causes of hearing loss which are avoidable and preventable. According to the WHO and hearing loss experts there are several things you can do to help protect yourself and your loved ones. Strategies include immunization, good healthcare practices, genetic counseling, identification and management of common ear conditions, occupational hearing conservation programs for noise and chemical exposure. Others include, safe listening strategies for the reduction of exposure to loud sounds in recreational settings and rational use of medicines to prevent ototoxic hearing loss.

It is common to begin struggling with our hearing as we age, this is especially true once we reach the age of 60 when the prevalence increases steadily. Identifying the signs of hearing loss and seeking support is often difficult to accept. It becomes increasingly difficult to do many things which afford comfort and independence; having a conversation, talking on the phone, hearing an alarm or doorbell are common. As struggles with hearing increase, many people are not informed about the advances in technology and resources that are available, leaving them feeling intimidated and as though there is nothing that can be done. Life can become quite isolating

The good news is that technology and medical intervention has come a long way! Rehabilitation for people with hearing loss will vary based on an individual's circumstance, but they may include things like hearing aids, implants, speech/language therapy and learning sign language. The use of alternative technology such as assistive listening and loop systems, counseling and training may also be helpful. Technology available, including some mentioned above, is plentiful and available to assist with tasks of daily living such as alerting devices – flashing and/or vibrating alarms, caption phones -which include the ability to amplify call volume, and applications for your phone such as voice to text. Often insurance will assist with covering the sometimes-high costs for devices, and in some counties and states there are programs available to assist with the cost of technology in the event the insurance does not approve your claim

Many may not realize that people who have hearing loss and require accommodations to support effective communication are supported under Federal Law, the Americans with Disabilities Act (ADA) and under Human Rights laws in the State of New York. Service providers, including landlords (not the person experiencing hearing loss) are expected to provide the necessary accommodations. This may include assistive listening devices such as the ability to connect to an FM Loop or access to captioning technology at the theatre, speech-to-text services, and visual doorbells and alarms in apartments and public spaces.

If you or a loved one are showing signs that hearing has become more difficult, contact your healthcare provider and investigate local resources. While no one looks forward to learning that they have hearing loss, there are an abundance of resources, technologies, and laws in place to help ensure that all people, with any degree of hearing loss, can live fulfilling lives and continue to participate in a meaningful way in their community.

Check out these great resources:

Deaf Access Services: <https://www.people-inc.org/health-and-housing/deaf-access-services/>

Hearing Loss Association of America:

<https://www.hearingloss.org/get-involved/hlaa-chapters/find-a-chapter/>

Buffalo Hearing and Speech Center: <https://askbhsc.org/>

DIGLO Hearing Loss and Deaf Products: <https://www.diglo.com/>

People 1st Mobility: <https://www.peoplefirstmobility.net/>

Jodie Chibi, Director of Language Services, People Inc.

Jodie Chibi has been an American Sign Language Interpreter for more than 16 years. Her training and passion for accessibility and leadership ignited her extensive work in advocacy. She regularly provides support for both service providers and Deaf and hard of hearing community members in understanding rights and obligations for providing accessible accommodations.



Honoring Her Dad Through Volunteerism Led to Confident Caregiving for Her Mom



Ida Jean has been a volunteer with Hospice & Palliative Care Buffalo (HPCB) for approximately 20 years, after losing her father in 2003. During her time with HPCB, she's assisted with numerous programs including Camp Blue Skies, a bereavement camp for children, and Storm Clouds and Rainbows, a child/family grief support group. She has witnessed what Hospice has done for her dad, herself, and others over the years, and she wanted to give back and be a part of those efforts. "Hospice became my total purpose," she said. "Volunteering is a way to honor my dad."

Most recently, Ida was a caregiver for her mother, Mary Moscato, age 106, who was receiving hospice care at Orchard Heights assisted living facility. Ida said that her experience as a HPCB volunteer has prepared her further to be a caregiver with great confidence.

Mary is a perfect example of how Hospice provides care anywhere a patient considers home, including a private residence, nursing home, assisted living community, or a group home. "Every Hospice representative that has helped me out has done an excellent job," commented Mary. "I feel very well taken care of by my girls." Mary was very grateful for her nurse Tammy, and all the assistance she received from HPCB. "Whatever you do," added Mary, "Ask for Hospice. They'll all come to help you."

Ida is grateful that the Hospice team was there to check on Mary in the morning to help get her ready for the day, including her meal, dressing, and even getting her coffee just the way she likes it. "With that support in the morning, Mom could go about her day enjoying her bingo games, and winning quarters," laughingly shared Ida Jean.

"You each are our earth angels that we are so grateful for ever more!" Ida Jean cannot stress enough that the convenience of Hospice coming to her mother was something that helped her and her mom in many ways. "I can put my trust in the HPCB team to provide support and guidance for me and provide care for the most important person in my life when I am not around," commented Ida Jean. "I encourage others who are faced with serious illness to give HPCB a call to see how their team of angels can assist you."

We asked Mary, as one of our oldest patients in our care, "What is the secret to longevity?" She replied, "Be good, be kind, and help each other, because we all need help sooner or later... and dancing."

Shortly after this inspirational conversation and visit with Ida Jean and Mary took place, Mary peacefully passed away in the Hospice In-Patient Unit, surrounded by the love of Ida Jean. Mary wanted to leave a legacy by encouraging others to reach out for the support and guidance of Hospice, so that quality of life can be the best it can be, no matter where someone calls home.

Ida Jean said she is so grateful for all HPCB has done for her dad and most recently, her mom. She is also thankful for the caregiving training ground she was provided during her volunteerism, and she will continue to give back and volunteer for years to come.

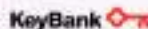


Let's take on the day together. Talk with us.

HospiceBuffalo.com
716-686-8000



Gorgeous mixed bouquets for only \$14



MARCH 3 - 8

39th Annual Hospice Spring Bouquet Sale

Look for these beautiful, fresh bouquets at various retail and public locations throughout Erie County.

Visit HospiceSpringBouquetSale.com for all locations and information.



Buffalo, NY
2025
This is a preliminary schedule of dates and locations. Subject to change without notice.

A Program That Spans The Generations

As many of us have heard and know there are many Americans who are caring for an elderly parent, partner, spouse, sibling, or a friend who are experiencing dementia, physical health, or financial barriers requiring their loved ones to step in and assist in their care. But did you know from statistics provided by the New York State Office of Child and Family Services and the Casey Foundation that in the United States more than 2.5 million children are being raised by a relative due to life issues which prevent their biological parents from being able to meet their needs? Here in New York State there are over 436,000 children being raised within a home where the grandparent is the head of the household. Of that total in 2023, approximately 100,274 children were being raised by a grandparent who had taken legal custody of the child or what the system refers to as Kinship Care or Shadow Foster Care. An additional 3,942 children in New York State were being raised by a relative who had become a certified foster parent. The percentage of those becoming certified as foster parents indicates that 65% of those becoming certified are grandparents. An additional 10% of those becoming certified to care for kin were adults over the age of 55. Of special note, is the fact that the statistics are generally regarded as an undercount because family members also assume care and custody of children out of the prevue of the court and child welfare system and therefore are never formally 'counted'.

Kinship care, in its many forms, has become a focus in meeting the needs of children and youth involved in the child welfare system. When the home environment is unsafe, kinship placements are the preferred option because they can help to maintain family of origin connections, heritage and cultural traditions and minimize the trauma of separation. Kinship care is a longstanding tradition in communities of diverse racial, ethnic and cultural backgrounds. It allows for the individual, be it a child or an adult in need, to have the emotional love and support of their family. It allows for the child to remain in the community they are most familiar with and comfortable in staying connected to their family, their school, circle of friends and ideally to have access to the resources they know within their community.

The hope is that, having the support of their family and access to resources within their community, the child and their biological parents will be most successful in addressing the issues that led to the children being removed. Services plans can be put in place more quickly within support of their own family. These services and supports will hopefully expedite the child's return to their parent. Once home, these services and supports can be kept in place and become the support system to keep the child safe long-term. When not able to return to the parent, that same network will be the support network to keep the child safe with their relative.

I think everyone can see the benefits of such for the child who has been through so much trauma to not be separated from the ones they love and to be in their school and with their friends and family. However, within this process, who is asking and ensuring the grandparent or relative has the emotional, physical, financial and social supports to not just take care of their grandchild or other children they've brought into their home but they have the resources to sustain their family, their home, and their own self-care?

It is important as a caregiver of your grandchildren or another child that you know your rights and know how to connect with resources to meet this challenge. You are often not just caring for a grandchild or grandchildren. You are often also dealing with issues related to substance abuse/accidental overdose, mental health, incarceration, death, or other hardships of their parents. Just as the child and their parents are going through a crisis and traumatic incidents, so are you. It is important for the caregiver to process these feelings and to have support and the time to do so.

A Program That Spans The Generations

You are not alone and there are hotlines and agencies willing to help. New York State has created The Non-Parent Caregivers/Kinship Care Navigator Program. The website for information and resources is navigator@nysnavigator.org. Their phone is 877 454-6463.

Locally in Erie County, The Family Help Center identified the void in services for kinship care providers and rose to the challenge of strengthening the service delivery system. In 2023, Family Help Center created the 'The Grand-Families' Program to provide a helpline and resource to educate, advocate, and link Kinship Care providers to benefits and resources they are entitled to in order to support them through the process. Services include connections with self-care resources for you, the senior caregiver. The program also has a monthly support group featuring therapeutic, educational and recreational classes, workshops and events for kin providers and children.

If you just have questions and are looking for support or linkages, please reach out to Christopher Anderson, Coordinator of the Grand Families Program at 716 822-0919 or email at canderson@familyhelpcenter.net. The program is voluntary and there is no cost to you. The 'Grand-Families' Program has connected with over 200 kin families to date and has created a wonderful new networking hub of empowered kinship providers! Specialized programming and specially designed resources have been made possible through the support and generosity of numerous Foundations and private donors.

Testimonials from kinship caregivers who have reached out to The Grand- Families Program:

"I first heard about the Grand- Families Support Group from a Facebook post. I had been searching for a group that was something where my entire family could be involved. It's very important to me to connect with others in our situation so my Grandchildren know we are not alone".

"From my very first interaction with Chris, I could tell I had found what I have been looking for. Our family has been to several meetings at this point. The staff is so kind and supportive. We have been given information about many resources in our community that we had no idea existed, we have learned about healthy recipes we could make as a family and the importance of self care. We have met wonderful families that have stepped up to care for their loved ones".

"I look forward to future meetings and hope that Chris' goal of linking with other agencies in our community to offer further support can be realized".

"After every meeting my husband says that was really great and my grandson says that was so much fun. So grateful to have found this wonderful group".

"A friend of mine asked me if I'd like to come along with her to a meeting I could bring my granddaughter should be entertained and I could learn a few things that would help along being a grandparent raising a small one I agreed went to the next meeting, and the information shared here I only wish that I know about it a few years back when this all started with my granddaughter. Resources that were available to me that I didn't know about help someone to listen even, support me emotionally, attending the meetings".



An evidence-based program to support caregiver wellbeing

Powerful Tools FOR Caregivers

Powerful Tools for Caregivers classes teach participants how to take better care of themselves while caring for a friend or relative. Whether providing care for a spouse, partner, parent, or a friend; at home or in a care facility, whether down the block or miles away, it's an important role. This course is for family caregivers like you!

"After taking this class, I am a more confident caregiver. I have tools to resolve problems and take better care of myself and my mom."
—Class Participant

This six-week class series gives you the confidence and support to better care for your loved one - and yourself. The classes give caregivers tools to help:

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

Participants will receive *The Caregiver Helpbook*, which follows the curriculum and provides additional tools to address specific caregiver issues. The New York State Caregiving & Respite Coalition provides this class to NY State residents at no charge.

PLEASE REGISTER by OCTOBER 5

Date(s): Every Thursday from October 10 - November 14, 2024

Time: 3:00 - 4:30 PM

Location: Virtual

Contact: Rebecca, 585-645-4572

To register, visit our website:

<https://www.nyscrc.org/powerful-tools-for-caregivers>
or scan the QR code



Powerful Tools for Caregivers is owned and managed by Iowa State University of Science and Technology.





Caregivers-Talk to Us, We Can Help!

There are many rewards to caregiving although caregivers may feel:

- Overwhelmed
- Financial Burdens
- Loss of personal time and privacy
- Stress from juggling many responsibilities
- Person they care for won't cooperate
- Family conflict
- Isolation from family and friends

Caregivers often put their loved one first, neglecting themselves physically, mentally, and emotionally. Caregivers may feel overwhelmed and experience emotions such as anxiety, guilt, depression, anger, frustration and/or resentment. This is a normal part of caregiving but one that needs to be paid attention to. It is not selfish for caregivers to take care of themselves.

Support counselors are licensed social workers who help caregivers gain more understanding of their feelings and develop skills to better handle the stresses and difficult emotions of caregiving. The one on one meetings are confidential and strive to empower the caregiver to find strength and hope within themselves.

Caregivers who received counseling said that, because of the counseling they:

- "Feel less stressed knowing about support services"
- "Know help is just a call away"
- "Gained confidence"
- "Feel better about my situation"
- "Feel supported"
- "Have somewhere to turn"
- "Feel less stress"
- "Know my feelings were all normal for the situation"

Eric County Department of
Senior Services
95 Franklin Street-13th Floor
Buffalo, New York 14202



Contact us today!!

Phone: (716) 858-6076

Website: www3.erie.gov/seniorservices

E-mail: caregiver@erie.gov

Free Caregiver Respite and Support Programs



Healthy Alternatives Through Healing Arts

Holistic workshops, programs and mini retreats for family caregivers.

Visit: www.healthyalternativesthruhealingarts.com for upcoming workshops and events.

Phone: (716)426-6529

E-mail: healthyalternativeshaha@gmail.com

Moments in Time Memory Cafe

CarePatrol welcomes individuals with memory loss along with their caregivers, or friends and family to our monthly Memory Cafe gathering where we celebrate shared experiences in a comfortable and supportive environment that is non-judgemental. This event is a perfect opportunity to reminisce, make new friends, and create lasting bonds.

When: 2nd Friday of every month

111 St. Gregory Ct. Williamsville, NY 14221

Register: carepatrol.com/buffalo-niagara/events/moments-in-time-a-memory-cafe

Phone: Julie Lewinski (716)463-2955

A Gathering Place

A program designed to provide fun and uplifting activities created for seniors 55+ 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.

The BFNC Life Center @ Westminster Community House

419 Monroe St. Buffalo, NY 14212

Register: <https://bfnc.org/care-givers-you-deserve-time-to-exhale-introducing-the-exhale-program/>

Phone: (716)852-5065 ext. 132.

Free Caregiver Respite and Support Programs

Musical Memories

Musical Memories Café concert is a place for caregivers and their loved ones to relax and enjoy socializing, refreshments, and great entertainment!

Website: <https://www.westfallsartcenter.org/memory-cafe167513f0>

Catholic Health Exhale Respite Program

Caregivers will also have the opportunity to meet with staff on-site to discuss challenges or needs they may have, attend a caregiver education session, or leave to have time to themselves. Mobility and ADL assistance provided.

Transportation is available

Villa Maria Campus

600 Doat St. Cheektowaga, NY 14211

Saturdays 10am-2pm

To register call (716)819-5433 or visit:

<https://www.chsbuffalo.org/services/exhale-respite-care/>

Pathways for Caregivers

Family caregivers can receive a break from the daily tasks of caregiving for their aging loved ones. Caregivers and aging loved ones each engage in their own separate activities. The goal is to give caregivers peace of mind and rejuvenation.

Cradle Beach

8038 Old Lakeshore Rd. Angola, NY 14006

3rd Tuesday of every month, 10:30am-2:30pm

To register: contact Kat Gorecki (716)549-6307 ext. 218

Website: CradleBeach.org/Pathways

Erie County Senior Services Caregiver Program

Need a break? Erie County Senior Services provides funding for social adult day programs and overnight respite.

Call us to learn more: (716)858-8526.

NYS Caregiving & Respite Coalition-\$600 Respite Voucher

NYSCRC is offering \$600 respite vouchers to informal family caregivers across New York State. For more information:

<https://www.nyscrc.org/respite-voucher-program>

Resources for Caregivers of Veterans

Program of General Caregiver Support Services

Peer support mentoring, skills training, coaching, telephone support, online programs, and referrals to available resources to caregivers of Veterans.

For more information visit:

https://caregiver.va.gov/care_caregivers.asp

Or call: (716)862-6516

Medical Foster Home Program

The WNY VA Medical Center is currently seeking compassionate Caregivers who are interested in enrolling in our new Medical Foster Home (MFH) program. Medical Foster Homes are private residences where a trained Caregiver lives with and provides 24/7 care and assistance to Veterans. They offer a warmer alternative to long-term care facilities for Veterans who require nursing home level care but prefer a non-institutional setting in a private home with fewer residents.

Contact the Medical Foster Home program coordinator at 716-862-6306 to learn more.

Free Dementia Caregiver Respite

Respite offers you a break from your caregiving responsibilities while providing social engagement and meaningful activities for your loved one.*

Buffalo

2nd Saturday, 10:30 am – 2:30 pm
Grace Lutheran Evangelical Church
174 Cazenovia St., Buffalo 14210
Contact: Susan Swanson 992-3814

2nd Friday, 10 am – 2 pm
Metropolitan United Methodist Church
657 Best St., Buffalo
Contact: Lynelle Reed 891-5652

Derby

2nd Thursday, 10:30 am – 2:30 pm
First Church of Evans
7431 Erie Rd. Derby 14047
Contact: Debby Waddell 549-0908

East Aurora

4th Wed. & 2nd Thurs., 10:30 am - 2:30
Baker Memorial United Methodist Church
345 Main St., East Aurora
Contact: Michele Engasser 652-0500

Eden

3rd Wednesday, 10:30 am - 2:30 pm
Eden United Methodist Church
2820 East Church St., Eden
Contact: Kevin Karstedt 992-2248

Getzville

2nd Tuesday, 10 am – 2 pm
Asbury United Methodist Church
850 Dodge Rd., Getzville
Contact: Pat Hair 580-3861 or
asburyangels@gmail.com

Grand Island

2nd Wednesday, 1:30 – 4:30 pm
Golden Age Center
3278 Whitehaven Rd., Grand Island
Contact: Jennifer Menter 773-9682

Hamburg

2nd Wednesday, 10:30 am - 2:30 pm
Hamburg United Methodist Church
116 Union St., Hamburg
Contact: Lisa Rood 941-5703

Holland

1st Thursday, 10:30 am – 2:30 pm
Holland United Methodist Church
11699 Partridge Rd., Holland
Contact: Cindy Cassavino 388-3150

Kenmore

4th Wednesday, 10:30am -2:30 pm
Kenmore United Methodist Church
32 Landers Rd. Kenmore, NY 14217
Coordinator: Michelle Spencer 716-875-5091

1st Tuesday, 11:30 am - 3:30pm
St. John the Baptist RC Church
1085 Englewood Avenue, Kenmore
Contact: Mary Elias 716.874.0672

Orchard Park

3rd Tuesday, 10:30am-2:30pm
St John's Lutheran Church
4536 South Buffalo St. Orchard Park, NY 14127
Contact: Pam phone: 716-649-3840
E-mail: nursepbartz@aol.com or
Jan: janice.rickard@yahoo.com

1st Wednesday, 10:30 am-2:30pm
Southtowns Family YMCA
1620 Southwestern Blvd., West Seneca
Contact: Sue Kincaid 674-9622 x143
<https://www.ymcabn.org/encourage>

Springville

1st Wednesday, 10:30am – 2:30 pm
First United Methodist Church
474 East Main St., Springville
Contact: Barb Blesy 592-7451

*These respite sites may have eligibility requirements and require pre-registration.

Contact each individual listing for further details.

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.

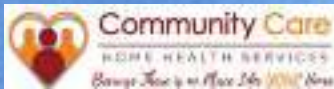
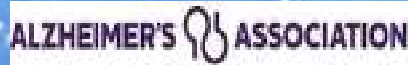
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Department of Health | **EPIC**
Elderly Pharmaceutical Insurance Coverage Program


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CDPAP SERVICES


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