



# The Caring Connection

Caring Companions  
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**A Resource Guide for Your  
Loved Ones & Those Who  
Provide Care.**

Edition 2, Volume 2

April - June 2019

## 2019 Calendar: April

National Walking Day Apr 3

National Public Health  
Week April 1-7

Parkinson's Awareness  
Month

## May

National Women's Checkup  
Day May 13

Healthy Vision Month

Better Hearing & Speech  
Month

Arthritis Awareness Month

## June

National Safety Month

World Elder Abuse  
Awareness Day June 15

National Cancer Survivors  
Day June 2



*"You gain strength, courage,  
and confidence by every  
experience in which you really  
stop to look fear in the face.  
You must do the things which  
you think you cannot do."  
— Eleanor Roosevelt*



## Grief Recovery

<http://aging.maryland.gov/accesspoint/Pages/grief-recovery.aspx>

Grief is normal and natural  
after the loss of a loved one.

The only 'cure' for grief is  
grieving. It can't be ignored,  
repressed, or dismissed  
without lasting consequences.

But there are a range of  
programs, tools and resources  
to help you cope and live with  
your loss.

Grief recovery is simply the  
process of dealing with loss:

- Shock, confusion, depression, guilt, lack of appetite and sleep disorders is just some of the common expressions of grief.
- Fortunately, there are support groups, chat rooms, videos and books, and professional counselors that can help you through this painful process.
- This process is different for everyone, and it lasts longer for some than others. Grief takes its own path.

Caregivers often experience the most profound grief. The stress of caring for a loved one does not negate the reward in caregiving. When that loved one is no longer there, it represents a unique loss. It is sometimes the loss of the former life for the caregiver, the end of an era.

There are five stages of grief. It can be helpful to understand that you may feel any or all of these things during your grieving process.

- **Denial:** "This can't be happening to me."
- **Anger:** "Why is this happening? Who is to blame?"
- **Bargaining:** "Make this not happen, and in return I will \_\_\_\_."
- **Depression:** "I'm too sad to do anything."
- **Acceptance:** "I'm at peace with what happened."
- Grief is not depression, grief is grief. Distinguishing between grief and depression isn't always easy. They share many symptoms, but there are ways to tell the difference.
- Grief can feel like being on a roller coaster. It involves varying emotions and you will have good and bad days.
- Even when you are in the grieving process, you will have happy moments.
- With depression, the feelings of emptiness and despair are constant. If you feel like you need help, get it. Talk to a counselor or therapist.



### Grief Recovery Tips

- Schedule regular appointments to see friends for lunch, dinner or coffee.
- Go to the movies, you are less likely to become isolated if you make plans.
- Walk, exercise does wonders to make you feel better. Also, consider yoga or other exercise.
- Write about how you are feeling, and about the moments you shared with your loved one. Journaling is very helpful, and there is no need to share these personal thoughts. They belong to you.
- Laugh, read a funny book or watch a movie, even your favorite ones that you have read and seen before. It is okay to laugh. You have to keep living.

#### Spring Egg Hunt

**Friday, April 19<sup>th</sup> at the Arbutus Senior Center**

**(855 Sulphur Spring Rd, Arbutus, MD 21227)**

**Must RSVP w/ # kids attending**

**(410) 887-1410**

#### Easter Egg Hunt



**POPSUGAR**

## YOUR HEALTH

### It's a Numbers Game

<b>20 MINUTES</b> is when you should start powering down your electronics before bed.	<b>2</b> cups of a coffee a day may help you live longer per day will decrease your risk of cancer.	<b>7 HOURS OF SLEEP</b> is the minimum you should aim for each night.
<b>8 GRAMS OF FIBER</b> should be eaten at breakfast to control your blood sugar throughout the day.		<b>91 OUNCES</b> of water a day will keep you hydrated about 20 percent comes from food. Drink 8-9 glasses of water for the rest.
<b>30 MINUTES</b> is the time you should wait to brush your teeth after a meal.	<b>1 DOSE OF ASPIRIN</b>	<b>2 DENTAL</b> checkups each year.
<b>35 INCHES</b> or smaller is the waist size women should maintain to decrease their chances of chronic diseases.		<b>1 GLASS OF WINE</b> each day can reduce the risk of heart disease, lower depression, and improve your memory.
<b>2,000</b> is the standard number of calories the FDA recommends women should consume each day.	<b>7 IS THE NUMBER OF MINUTES</b> you need to burn to lose one pound every 11 weeks.	<b>2 YEARS</b> is the time you should wait between pap smears.
<b>28 DAYS</b> is the time it takes to break a bad habit.		<b>150</b> is the number of minutes you should work out each week.
<b>50 OR ABOVE</b> is the ideal number for normal HDL (healthy cholesterol), LDL (unhealthy cholesterol) SHOULD BE UNDER 100.		<b>300</b> is the amount of extra calories often consumed by those who don't get a good night's sleep.



[www.ncea.aoa.gov/](http://www.ncea.aoa.gov/)

[www.pdf.org/caregiving\\_fam\\_issues](http://www.pdf.org/caregiving_fam_issues)

[www.respitelocator.org](http://www.respitelocator.org)



[www.ecarediary.com](http://www.ecarediary.com)

[www.caregiverstress.com](http://www.caregiverstress.com)

[www.caregivingcafe.com](http://www.caregivingcafe.com)

# Tips for Eczema

Reviewed by [Deborah A. Fending, RN](#) (October 01, 2016)

Always follow your doctor's recommendations and use these tips to keep your skin hydrated and reduce the effects of weather change on your skin.

1. Take a warm bath daily (or shower if eczema is mild).
2. Use a gentle cleanser if needed.
3. Use moisturizer or medicine within three minutes of getting out of the tub or shower.
4. Use sunscreen for outdoor activities.
5. Keep fingernails short.
6. Avoid scratching, apply moisturizer when itchy.
7. Wear soft fabrics such as cotton or cotton blends, and avoid wool and acrylic.
8. Use dye- and fragrance-free laundry products.
9. Identify and manage triggers.
10. Wash new clothes before wearing.

## POWERFUL TOOLS for CAREGIVERS

\$30 May 1 – June 5 (from 6pm-7:30pm)

Office on Aging & Independence

Kathy Wehr 410-313-5955

[kwehr@howardcountymd.gov](mailto:kwehr@howardcountymd.gov)

Our goal is to improve the lives of caregivers and their care recipients thru outreach, conversation, training & resources.

**C**aring  
**A**lways there  
**R**eady to give their all  
**E**ncouraging  
**G**racious  
**I**ncredible  
**V**aluable  
**E**xceptional  
**R**espectable



FAMILY CAREGIVERS ANNUAL MINI-CONFERENCE Baltimore County Department of Aging "Strategies for Successful Caregiving: Overcoming Barriers in Caring For Those with Dementia or Mental Health Illnesses" for relatives caring for older loved ones Saturday, April 6, 2019 8:45 a.m. to 12:30 p.m. BYKOTA Senior Center First floor Gymnasium 611 Central Avenue, Towson 21204 Open seating. Free admission. Refreshments sponsored by AARP Maryland. No registration needed, plenty of seats

**AARP**  
Real Possibilities

DRIVER SAFETY COURSE at the Catonsville Senior Center (501 N Rolling Rd, Catonsville, MD 21228) Register and pay in adv inside office. \$15 for AARP members and \$20 for non-members. Checks or money orders only, payable to AARP. April 15, June 24, August 26, October 28 Check with your insurance company to see if they will give you a discount on your insurance if you take this course.

**AARP**  
Real Possibilities

LIVING WELL: Take Charge of Your Health!

Elkridge 50+ Center

6540 Washington Blvd, 21075

(410) 313-3506

April 4, 11, 18, 25 & May 2

10am - 12:30pm

If you are living with one or more chronic health conditions, this evidence-based, self-management program has been created for YOU!

This interactive, supportive approach can help participants experience positive health outcomes & improve quality of life.

START LIVING WELL TODAY!