

The Caregiver's Advocate

June 2014

RCI Celebrates Caregivers of the Year!

Each year the CARE-NETS are given the opportunity to nominate family, volunteer and para-professional caregivers in their region. In the last newsletters, you met the

Family and Volunteer Caregivers of the Year



“A gentle Spirit”, that is the way our Georgia Para-Professional Caregiver of the Year was described over and over in the essays submitted on her behalf. A gentle spirit. A lovely young woman who brings her cheerful smile

with her everywhere she goes every single day.

For the past four years, she has served as the night nurse for Mr. Ross Mason, who requires 24 hour medical care. But “night nurse” really doesn’t tell the full story of the role she plays in Mr. Mason’s life. In addition to ensuring all his needs are met, cooking meals, and assisting with the work of Mr. Ross’ foundation, the Healthcare Institute for Neuro-Recovery and Innovation, she also works with his entire medical staff as his caregiver.

Jason Brown, a member of that team says this about her:

“I was a real estate broker with no background in healthcare. I am extremely grateful for her patience and willingness to work with me until I was able to

work on my own. She works incredibly hard, never complains when she has to pick up the slack from the others on the team and always goes the extra mile without ever being asked. She simply and quietly takes the initiative without ever looking for attention or praise.”

I could stop right there and no one would question why this woman was selected as our winner this year. But there is another part of the story about this gentle spirit with the brilliant smile - it is a dark story. At the age of 12, she lost both of her parents to the genocide in Rwanda. She witnessed brutality that we cannot even imagine. Many people would have become filled with hatred seeking vengeance after such tragic loss and suffering. Instead, this child turned her heart towards love and service. So dedicated is she to serve others as a nurse, she has earned her nursing certification in two other nations, first in Rwanda, then in South African when she relocated there. She is currently studying yet again to become a nurse here in the United States. No one can doubt her dedication or her determination to make positive difference in this world by helping others.

Dr. Martin Luther King once said: *“Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.”* This young woman is the personification of those words.

Johnson and Johnson, sponsors the RCI Summit and Gala Awards Banquet each year. Georgia Southwestern’s Rosalynn Carter Institute for Caregiving was created in 1987 in honor of former First Lady and GSW alumna Rosalynn Carter. Through research, education, advocacy and service, the RCI promotes the mental health and well being of individuals, families, and professional caregivers.

The Caregiver of the Year awards are presentations of the

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**Message from the
Executive Director
Dr. Leisa Easom
Rosalynn Carter Institute
for Caregiving**

Balancing Family, Caregiving and Work

Balancing family, caregiving and work can be a challenge. We know it is difficult to manage everything we have to do every day, especially if you work out of the home. We know no one can do it all 100% of the time, going in so many different directions. Be positive, even when you do not get everything accomplished.

First make a list of your priorities. What is important to you personally, in your caregiving role, with your family and with your employment. Don't be concerned with less important items, if you can. But above all, taking care of yourself is the most important.

Talk to your employer to see if there are any flex time schedules offered or if part time work is available. Be sure to keep your work and caregiving duties separate. Respect your employers, make phone calls during lunch or break times, not during business hours.

Be sure to talk to other family members, you may need their assistance from time to time. Everyone, even children can help with caregiving in some way. You may need to call a family meeting. This will allow options to be discussed how everyone can help, hopefully preventing from you being "burned out". Sometimes you may need outside help. A friend or

neighbor, or co-worker could walk the dog, prepare a meal or help with household chores. If possible, you may consider hiring someone.

Caregiving may be one of the most important roles you will undertake in your lifetime. Typically it is not an easy role, nor one for which most of us are prepared. There may be times when you need to use community resources, such as Meals on Wheels, or professional caregivers, or adult daycare. You may want to talk to a financial advisor about this journey you are on as a caregiver. There may be other services that are free in your county. You may just have some questions. Nationwide call the Eldercare Locator at 1-800-677-1116 or visit www.eldercare.gov to see what is available in your area. In Georgia you can contact the Aging and Disability Resource Connection at 1-866-552-4464 or visit www.georgiaadrc.com/

Taking care of yourself is a priority as you care for others. Staying active with the things you like to do will help you mentally and physically. Be sure to eat healthy meals and get plenty of rest. If you are feeling overwhelmed, call a friend, or family member that you are comfortable talking with. You may find it easier to talk with a counselor or health care provider. Be sure to reach out, do not let things bottle up inside of you. Especially if you are depressed, and trying to find ways to cope, such as drinking alcohol or taking prescription or other drugs to help you through this situation.

At some point you may need to reassess your role in this caregiving journey and you have every right to do so. Ask for help, ask questions and see what is available in your area.

You are not alone. At the RCI, we care about you and your loved one.

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On April 10, 2014 SouthWest GA CARE-NET held a Caregiver Conference. Pictured are some of the individuals that attended. A good time for all sharing information and visiting the different booths.



Dr. Leisa Easom, executive director of the Rosalynn Carter Institute (RCI) spoke at the Atlanta CARE-NET meeting on April 16th. She shared about the many programs and trainings that are available at RCI currently.



On May 6, 2014 Southern Crescent CARE-NET held their annual Caregiver's Day. With umbrellas and grass skirt on the tables, caregivers were able to escape to a little piece of paradise for a few hours.

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Leesa Rickman, CARE-NET Coordinator for the Middle GA CARE-NET recently spoke at the Faith and Wellness Conference . She shared on her concerns for caregivers, in their journey to care for their loved ones.



The Central Savannah River Area recently met to discuss their future plans for their Caregiver event and caregiver of the year awards.



On May 27, 2014 Coastal Georgia held their quarterly CARE-NET meeting for their executive committee. Items on the agenda were funding raising ideas, as well as discussion for the Day of Care for the Caregiver. The next meeting is planned for August 26th. If you would like to join this or any CARE-NET click on this link: <http://www.rosalyncarter.org/Georgia%20CARE-NET%20Coalition/>

Alzheimer's Association 24/7 Helpline

When you have questions about Alzheimer's disease, caregiving or brain health, the Alzheimer's Association 24/7 Helpline has answers. Staffed around-the-clock by professionals who understand the disease and its impact, their 24/7 Helpline connects callers to information and support whenever you need it. Their toll-free number is [1.800.272.3900](tel:1.800.272.3900).

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On June 9, 2014 The Rosalynn Carter Institute hosted the quarterly CARE-NET Coalition meeting at The Methodist Children's Home in Macon. In attendance was Former First Lady Rosalynn Carter; Special guest speaker, LaToysa Scaife-Rooks, MPH, Volunteer and Family Services Coordinator with Lewy Body Dementia Association, Inc. and the members of each CARE-NET from around the state. After Dr. Leisa Easom, Executive Director and Elaine Larkin, Training and CARE-NET Coordinator welcomed everyone, each CARE-NET then presented the events in their region and what plans they have for the future. Next Mrs. Carter said a few words to express her gratitude and appreciation for all the hard work from the CARE-NETS supporting caregivers in their regions. Mrs. Carter stated that attending this meeting and hearing about the programs is one her of her favorite things to do.

After lunch, LaToysa Scaife-Rooks shared her knowledge on "Lewy Body Dementia (LBD): When it isn't Alzheimer's" with the group. The group had many questions and comments on the topic.

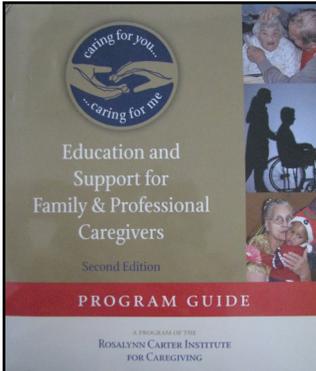
In closing, Dr. Easom discussed the different programs at RCI, such as Operation Family Caregiver, Care Consultation, RCI REACH, and Caring for You, Caring for Me. Mrs. Carter spoke about the hard work that comes from such a small staff at RCI and how proud she is of them. Elaine Larkin reminded the Coordinators about the search for Caregivers of the year. The next meeting will be September 9, 2014.

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Caring for You, Caring for Me



The Rosalynn Carter Institute for Caregiving located on the campus of Georgia Southwestern State University will having free caregiver classes every Monday evening at 5:30 pm until 7:45 pm. These sessions will start on September 15, 2014 and the last session will be on October 13, 2014.

This 10-hour program, conducted in five two-hour modules, addresses the needs of family and professional caregivers by bringing them together in a relaxed setting to discuss common issues, share ideas, and gain a better understanding of each other's perspective on what it means to be a caregiver. The goals are for caregivers to have the opportunity to:

- Gain information on various topics related to caregiving
- Learn ways of coping with the stresses and strains of being a caregiver
- Learn what resources are available locally, regionally and nationally
- Discover ways of working together to reduce frustrations and barriers in the caregiving experience
- Share common concerns and issues.

If you are a caregiver, or know a caregiver who would like to attend or have questions, please call Elaine Larkin at 229-931-2786 or email her at: Elaine.larkin@gsu.edu.

Class size is limited, so registration is necessary.

Dessert with Mrs. Carter

- The first weekend in May in the hometown of former First Lady Rosalynn Carter the first Plains Chautauqua was held. It was a Friday and Saturday filled with events. Ending on Sunday with a Community Church Service.
- On Thursday Dr. Leisa Easom and Mrs. Carter spoke to nearly 300 students that are currently enrolled in Health Occupation fields.
- On Saturday, Mrs. Carter invited Dr. Leisa Easom and Elaine Larkin from RCI to attend a tasty event "Dessert with Mrs. Carter" along with over 100 Chautauqua members.



A few of the Ladies from Plains that prepared desserts for the event.

- Also during this event



- Mrs. Carter and Dr. Easom signed the newest book, *Helping Yourself Help Others*. Mrs. Carter shared with the group about growing up in Plains and how she met the young, later to be, President Jimmy Carter. And Dr. Easom gave a presentation on the Rosalynn Carter Institute and the



Carter Center. It was a special and "sweet" day for all who attended.

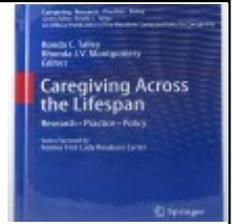
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Did you know that The Rosalynn Carter Institute for Caregiver has books for sale? Check out this site: <http://www.rosalynncarter.org/catalog/>



Quarterly meeting at Northeast GA CARE-NET. Looks like they have some big plans!



The photo above, left to right is Dr. Gary Bonvillian, President of Thomas University. Ada Brown, Family Caregiver Program Coordinator, SOWEGA Council on Aging. Ms. Brown is also the CARE-NET Coordinator for SouthWest GA. Elaine Larkin, Training and CARE-NET Coordinator, Rosalynn Carter Institute. And Dr. Steve DePaola, Associate Professor of Psychology, Thomas University. Pictured below is some of the individuals that attended the first Southwest Georgia CARE-NET meeting held in Thomasville at Thomas University.



Cindy Holloway, Special Projects Manager, Rosalynn Carter Institute recently held a training session for the staff at LifeStream Services, Inc. in Yorktown, Indiana on BRI Care Consultation Evidence Based Program Training.



Senator Elizabeth Dole with Dr. Leisa Easom, Rosalynn Carter Executive Director. Dr. Easom was invited by the Dole Foundation to attend the release of the Rand Study to the press. The Rand Study—a survey of military caregivers needs and available services—was commissioned by the Dole Foundation.

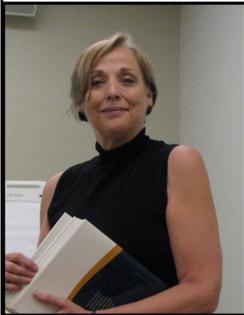
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Caring for You, Caring for Me



A one-day Leader Preparation Workshop was held at the Rosalynn Carter Institute for Caregiving (RCI) on April 29th. Gayle Alston, director of the Training Center of Excellence held the training for those that would like to continue learning and helping Caregivers in their journey. The workshop has been approved for 5.5 hours of continuing education credit by National

Commission for Health Education Credentialing (NCHEC). The workshop is offered through two means: (1) directly by the RCI in various locations throughout the U.S. (For a schedule visit the RCI website.); and (2) at the request of sponsoring organizations for a maximum of 30 participants per workshop. Cost dependent upon circumstances, contact RCI if interested at 229-928-1234.



Above photo: Newest Program Leaders for Caring for You, Caring for Me. Left: Rebecca (blindfolded), Karen and Willie working on "Building Cooperative Relationships".

A few words from Karen Cooper/AARP

Think about your community for a moment. Are there public parks close to your home? With well-lighted streets and sidewalks to lead you there? Is public transportation easily accessible to take you to shopping areas or community activities? Perhaps your local schools involve older residents in events and activities? Whether you are 8 or 80, your community should be an inclusive and accessible environment that encourages active and healthy aging – an Age Friendly Community.



In April of 2012, Macon-Bibb, Georgia, was the first community to receive designation as an Age-Friendly Community in the AARP Network of Age-Friendly Communities, an affiliate of the World Health Organization. Georgia is well represented in the AARP Network. Augusta, Georgia, received designation as an Age Friendly Community in January of 2014, and Atlanta received designation in May of 2014. The Network helps participating communities – of which there are now just over 24 in the United States – become great places for ALL ages by adopting such features as safe, walkable streets; better housing and transportation options; access to key services; and opportunities for residents to participate in civic and community activities.

The AARP Network of Age-Friendly Communities program encourages states, cities, towns and rural areas to prepare for the rapid aging of the U.S. population by paying increased attention to the environmental, economic and social factors that influence the health and well-being of older adults – which benefits community members of all ages.

For more information on the AARP Network of Age Friendly Communities, or helping your community become an Age Friendly Designated Community, take a look at the website at www.aarp.org/livable, or email the Age Friendly team at livable@aarp.org, or AARP Georgia State Office Associate State Director for Community Outreach Karen Cooper at krcooper@aarp.org.

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On April 24, 2014 the Rosalynn Carter Institute held their first Advisory Board meeting for the year. Co-Chairs Kathy Cade and Mike Cheokas welcomed everyone. Followed by Former First Lady Rosalynn Carter speaking to the group. One of the items that Mrs. Carter shared with the group was a letter that she and President Carter had received and was written in regards to one of the staff members. In this letter a caregiver had shared her appreciation of Elaine Larkin for helping her through a difficult time with her parents care. Following Mrs. Carter's statements was approval of the Fall 2013 minutes, then Dr. Brian Alder, Vice President of Academic Affairs, giving the Georgia Southwestern State University's Presidents Report. Next were some of the usual business sessions. However, after lunch the group divided up into their "Committee Focus Groups". The purpose of this, was so that the group could have conversation face to face, rather than by email or telephone. Next the committees gave their reports with plans for what they would be working on next and what outcomes they hoped to accomplish long term. Mrs. Carter gave closing remarks and the meeting was adjourned. Dinner was held in the private dining hall in the GSW Marshall Student Center.

The next Advisory Board meeting will be held on September 18, 2014 in Atlanta, Georgia at the Carter Center.



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A sneak peek of the Summit

October 22, 2014—For \$25 round trip, those arriving at the airport in Atlanta can reserve transportation on our charter bus; it will depart the Atlanta airport at 3 pm on Wed. and make a return trip to the airport on Sat. morning, departing Americus at 9 am. Any other travels arrangements will be the responsibility of the individual.

October 23, 2014— On this day RCI will host two different training events. First, we are offering **two free workshops**, presented by Betsy Arnold and her daughter Molly Arnold Gay. Betsy is the daughter and Molly is the granddaughter of Coach Frank Broyles whose notable accomplishments include college athlete, sports broadcaster,



er, and coach of the University of Arkansas Razorbacks. Coach Broyles lost his wife of 59 years, Barbara, to Alzheimer's disease in October 2004. Since Barbara's passing, the family has committed their lives to helping caregivers using the lessons they learned from their years as caregivers. Betsy Arnold will speak on Caregiver Tips and Strategies and Molly will speak on Caregiving from the 3rd Generation. If you would like to know about their work, please click on this link: <http://www.caregiversunited.com/>. Each morning session will be repeated in the afternoon, so no need to worry about missing a session. ENROLLMENT LIMITED!

The second event will be a special **RCI REACH Training & Certification Class**. Approved for reimbursement by the Administration on Community Living, bring this evidence-based program that supports Alzheimer caregivers to your community! Training/certification consists of: 3 hrs. online instruction to be completed prior to class and 7 hrs. classroom interactive instruction, followed by 1.5 hr. demonstration of skills via Skype within 2 weeks of classroom training.

For cost of the training and more information or to register, contact Gayle Alston at 229-931-2707 or via email: Gayle.Alston@gsw.edu. ENROLLMENT LIMITED!

For Summit attendees, there is a free **reception** Thursday

night at the Lee Council House. Registration is required.

October 24, 2014—The 2014 RCI National Summit and Training Institute "**Supporting the Unsung Heroes behind our Heroes**" will take place. We are excited to announce that our keynote speakers will be the Rensburg Family from Arizona; Craig and his wife Annie, and Craig's son, Army Ranger Sgt. 1st class Cory Rensburg who was left partially paralyzed and with severe brain injuries after being hit by a roadside bomb in Kandahar, Afghanistan. You may recall seeing Cory and his father at the State of the Union Address this past



January where they received a standing ovation after President Obama told his heartfelt story. To learn more about Cory and his journey, read this story from AARP: <http://www.aarp.org/home-family/caregiving/info-2014/caregiving-cory-rensburg-war-hero.html>.

Attendees will also hear from agencies across the country that will share the results of their evidence-based caregiving programs that support Alzheimer's caregivers and military caregivers. Testimonials from those who participated in these programs will also be featured.

Government and private sector partners will conclude the summit with policy and advocacy updates on the progress of the RCI's 2012 Recommendations for Averting the Caregiving Crisis. Strategies for taking effective caregiver support programs to scale will be part of this discussion.

The annual awards **Gala** will take place Friday night, with former First Lady Rosalynn Carter making the 2014 Georgia Caregivers of the Year and Rosalynn Carter Leadership in Caregiving Award presentations.

For more information on all events visit: http://www.rosalyncarter.org/2014_Summit/



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RCI goes to the White House

On April 11, 2014, Former First Lady Rosalynn Carter, Dr. Leisa Easom and Laura Bauer travelled to Washington to attend the Joining Forces Caregiver event. Military and veteran caregivers from across the nation came to share and announce commitments that will strengthen the support provided to the friends and loved ones caring for our wounded warriors.

If you would like to view the Joining Forces event click on this link: <http://www.whitehouse.gov/photos-and-video/video/2014/04/11/first-lady-michelle-obama-speaks-joining-forces-caregivers-event>

Operation Family Caregiver (OFC) coaches the families of returning service members and veterans to manage the difficulties that arise with transistioning home. OFC is a personalized program, tailored specifically to the struggles of each family. Through proven methods, the program teaches military families the skills needed to best navigate their challenges, resulting in stronger and healthier families. Currently the Rosalynn Carter Institute for Caregiving has four sites serving families throughout the United States, in person or via phone/Skype. See the website www.operationfamilycaregiver.org to connect with a program.

Coming home can be hard, for both service members and their families. Learning to live with post-traumatic stress, a TBI, or a physical disability takes work—by both those who have been injured and the loved ones who take care of them. Operation Family Caregiver helps the families of returning service members and veterans adjust to the “new normal” by coping more effectively with problems they never imagined.

We provide free and confidential support to the families of those who have served since 9/11. Our specially trained coaches help military families learn how to overcome the obstacles they face and manage any challenges that might come along. They work for com-



From left to right: Senator Elizabeth Dole, Leisa Easom, Executive Director of RCI, Former First Lady Rosalynn Carter, Melissa Faye Meadows, family caregiver, First Lady Michelle Obama, Second Lady Jill Biden, and Kathy Cade, RCI Board Chairperson.

munity organizations, not the military, and will come to your home, to customize a 16 to 24 week program that is unique to your family.

Together, you will come up with strategies that can help you through the tough times and make plans for how to manage over the long term. And over time, you will grow stronger, as you learn to cope with problems you never imagined you might confront.

If your agency is interested in serving your community in this area, please call RCI at 229-928-1234 or email Laura Bauer at laura.bauer@gsw.edu. Currently there are locations in New York, Pennsylvania, Texas and California.

Operation Family Caregiver is a program of the Rosalynn Carter Institute for Caregiving and is generously supported by Johnson & Johnson.

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On April 22nd, Dr. Leisa Easom, Executive Director of the Rosalynn Carter Institute for Caregiving, served on a panel for the National Advisory Council for Cancer Experience Registry Caregivers in Philadelphia, PA. The council will explore the meaning and experience of cancer caregiving.



On May 17, 2014 Phoebe Sumter Medical Center (PSMC) hosted a Women's Conference on the campus of Georgia Southwestern State University. The conference was titled "Stroke is No Joke". Pictured is Elaine Larkin, Training Coordinator and Care Coach with Pope Fellow Sally Anne Russell showing the booth by the Rosalynn Carter Institute for Caregiving. On this day Mrs. Larkin and Ms. Russell shared about the Caregiving Support Center at PSMC. And offered an opportunity for a free memory assessment to individuals in the local area. Approximately 250 woman were in attendance.

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In early May, Gayle Alston, Director of RCI Training Center for Excellence spoke at the 28th Annual Awards Luncheon for Caregivers. The event was hosted by Gwinnett Council for Seniors Community Organization, located in Lawrenceville, GA. The theme was, "The Stars of Gwinnett". Their goal is for seniors to help seniors. For more on the event click on this link: <http://graysonlocal.org/2014/05/20/the-stars-of-gwinnett-gcfs-28th-annual-awards-luncheon/>

Laura Bauer, Director of National Initiatives for the Rosalynn Carter Institute (RCI), recently spoke to Nursing Students at Georgia Southwestern State University (GSW). She shared the many different programs and trainings that RCI has to offer to caregivers and professional agencies. The nursing students will be professional caregivers for years to come. They will have such an important role to play in our society as America ages. GSW is the only



college to have an accredited caregiver certificate program available in the United States. If you have any questions about this program or any other trainings available, call 229-928-1234.



Dr. Leisa Easom, Executive Director at the Rosalynn Carter Institute recently spoke at the Caregiver Expo in Jacksonville, FL. She shared that Caregivers are the Heart of Caregiving.



It was a day filled with celebration and renewal for family caregivers and those they care for.

Caregivers mean so much to society and are extremely valuable to all of us, not just the one(s) they are caring for.

"There are four kinds of people in the world: Those who have been caregivers, those who currently are caregivers, those who will be caregivers, and those who will need caregivers."

*Former First Lady
Rosalynn Carter*

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CARE-NET Calendar

Meeting dates third quarter 2014:

Atlanta Regional	7/16 & 10/22
Central Savannah	7/23
Coastal Georgia	8/26 & 10/22
Heart of Georgia	11/19
Legacy Link	TBA
Middle Georgia	9/18
Northeast Georgia	9/16 & 11/11
Northwest Georgia	TBA
South Georgia	TBA
Southwest Georgia	9/19 & 12/19
Three Rivers	7/22
West Central Georgia	7/22 & 9/23 & 11/18

For additional information you may contact the CARE-NET Coordinator for each region. Their contact information can be found at:

http://www.rosalynncarter.org/georgia_carenets/

Webinars for CARE-NETS

Our webinar series has no new webinars on the calendar right now. You can view all of them that have been archived at:

http://www.rosalynncarter.org/gdas_trainings/

Sponsored by RCI and GDAS

2014 Coalition Meeting Schedule

All Meetings will be held at the:

Methodist Children's Home

Macon, GA

10:00 AM—2:00 PM

September 9, 2014

December 9, 2014

Do you know someone that would like to receive this newsletter, if so, please share it. Did a friend send you this newsletter? Would you like to be sure you continue to receive it, then sign-up by sending an email to: Elaine.larkin@gsw.edu to receive future editions.



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RCI in the News

http://www.huffingtonpost.com/former-first-lady-rosalynn-carter/in-military-families-care_b_5063165.html

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<http://www.ledger-enquirer.com/2014/04/06/3031518/columbus-woman-urges-caregivers.html>

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<http://www.whitehouse.gov/photos-and-video/video/2014/04/11/first-lady-michelle-obama-speaks-joining-forces-caregivers-event>

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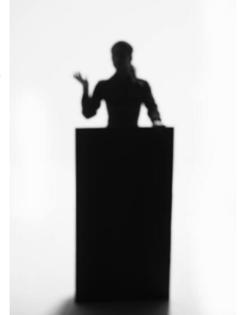
<http://abcnews.go.com/blogs/politics/2014/04/obama-biden-carter-dole-team-up-for-wounded-warriors/>

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<http://www.gpb.org/alzheimers-hope-and-help>

Speakers Bureau

Do you need someone to speak to your group? The Rosalynn Carter Institute has professionals in the area of Caregiving and Alzheimer's care who can speak to your church and/or social groups in the communities we serve. Call 229-928-1234 to start a conversation on how RCI can help. Our goal is to help individuals care for loved ones by sharing our expertise. Presentations can be based on your specific needs in Caregiving.



YES! I want to make a tax-deductible contribution to The Rosalynn Carter Institute . Tax ID 58-1386358

Enclosed is my donation of \$_____.

Name _____

Address _____

City/State/Zip _____

Phone (work) _____ (home) _____

I am making this gift in memory of honor of

Name _____

Address _____

Please make check payable to the Rosalynn Carter Institute and send to: 800 Georgia Southwestern State University (GSW) Drive, Americus, GA 31709. **You may also contribute online by visiting www.rosalynncarter.org.**

This gift is to be used as follows: (check one below)

Endowment Funds

CARE-NET

Education and Training

Undesignated Funds .

Development

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