



An intergenerational program of the **Seniors Resource Centre NL**
E-Bulletin for December 2015

COI-NL supports Caregivers with:
Information Resources Support Solutions Access to Services

Information for:

- Caregivers and the person they CARE for
- Anyone who supports caregivers in their community, work or practice: service providers, employers, professionals, community organizations, service groups, city-town halls, faith groups, constituency offices and more.

1. Webinar for all Caregivers - Free

December 10, (7:30 pm Newfoundland Time) 6 pm EST

“Taking care of yourself through the ups and downs of Caregiving.”

Brought to you by the brainXchange in partnership with the Parkinson Society Canada, Multiple Sclerosis Society of Canada and Alzheimer Society

This webinar is open to all caregivers, not only those supporting a person who has Parkinsons, MS or Alzheimers.

[Scroll for details](#)

2. PBS Documentary - Caregiving

Mimi and Dona answers the question, “What happens when love runs out of time?” For 92-year-old Mimi, who has spent much of her life caring for 64-year-old Dona, her daughter with an intellectual disability, it means facing the inevitable — the likelihood that she will not outlive her daughter and the need to find her a new home.

See preview, clips and the full film (55 minutes):

www.pbs.org/independentlens/films/mimi-and-dona/

3. **New Provincial GUIDE gets user friendly update**

Programs and Services for Individuals and Families,

Department of Seniors, Wellness and Social Development - 87 pages.

Covering: Financial Help; Housing, Shelter and Home Supports; Education and Learning Help; Employment (Job) Help; Medical, Health and Wellness; Justice and Legal Help; Other Services.

An Initiative of the Poverty Reduction Strategy. To view:

www.swsd.gov.nl.ca/poverty/guidebook/pdf/guide_to_gov_programs_and_services.pdf

Printed copies or alternate formats are available upon request by calling 1-866-883-6600 or via email at povertyreduction@gov.nl.ca.

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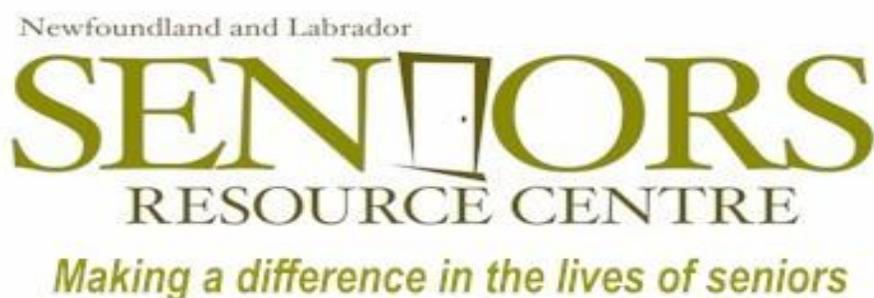
Taking care of yourself through the ups and downs of Caregiving.

Caregivers play a major role taking care of family members with neurological health conditions like Alzheimer’s disease, Parkinson’s and Multiple Sclerosis. Many caregivers would not have it any other way. Yet, caregivers need help to see to their own needs. We know that stress can be a serious issue and can lead to poorer health for caregivers.

During this webinar you will explore:

- physical and emotional changes that can come with each stage of caregiving
- typical range of feelings (the ups and the downs) as a natural part of caregiving
- ways to spot stress and other mental health concerns
- tips to staying healthy and well

To register and learn more about the presenters, Bonnie Schroeder, MSW, RSW and John Parkhurst, the main caregiver support for his wife, Margot – go to: <http://brainxchange.ca/>



www.seniorsresource.ca

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Caregivers Out of Isolation NL

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