

The Caregiver's Advocate

December 2014

Interfaith Volunteer Caregiver—A Godsend



Who are interfaith volunteer caregivers? Simply, people of all ages—the youngest is about five, the oldest is over one hundred—who wish to put their faith into action through volunteer work. Further, 76 percent are recruited directly from congregations and see this activity as their ministry. They often

tell the directors of the programs that what they do is between themselves and their God. They want neither recognition nor reimbursement.

On the next page of this newsletter you will read about one interfaith volunteer caregiving organization called Project DANA. These interfaith volunteer caregivers help everyone regardless of age, race or religion, and they do so without any attempt to proselytize. They do not replace formal service providers in the community but rather fill in the gaps. Motivated by faith, the volunteers quickly develop a lasting relationship with the people they serve and often become family to one another. They receive training from professionals so that they are comfortable, confident, and competent when called upon to provide assistance.

The volunteers offer a broad range of services. Rose Nakamura is the administrator of the home office of Project Dana in Hawaii. Begun in 1990,

Project Dana was based on the Buddhist principle of *dana*, which in Sanskrit means “selfless giving” of the time and energy. At the time of program start-up, Mrs. Nakamura and Shim Kanazawa, the founder, had 400 volunteers who served 600 persons. Today the program has 850 volunteers and serves 1,000 participants every year with twenty-eight sites in the Hawaiian Islands, two in California, and two in Japan.

Take a moment to think about this....if we in our own congregations could set up a volunteer program to assist each other, especially those that are aging and/or disabled. We could spend two to four hours each week reaching out to those that are hurting. Our actions could make a huge difference in combating the isolation and challenges faced by many caregivers.

Congregations could bond together in the cause of caregiving. Theological differences could be set aside to form a coalition dedicated to the ministry of caregiving. With these efforts, an effective program may be created that responds to needs both within the congregation and in the wider community.

I had the privilege in mid September, to be the keynote speaker at the Project DANA caregiving conference and 25th Anniversary Celebration. On the next page you will read about the wonderful activities they do as a volunteer faith-in-action organization.

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Interfaith Caregiving



Project DANA is an interfaith co-operative effort providing support services for frail elderly and disabled persons. Through volunteers from congregations, putting faith into action...the principle of Dana

or selfless giving of time and energy, providing compassion and care is the project's mission...they provide care and compassion without the desire for recognition or expression of appreciation.

Project DANA trains volunteer coordinators from partner congregations for initiating or strengthening their ministries of caring. Next they provide training and education for volunteers within the congregations. They encourage congregations to care for their own members and reach out to the community.

Many agencies and individuals give referrals to Project DANA. Then they match a volunteer to those frail elderly needing assistance. They also coordinate the programs with the many different congregations.

Here are some facts about Project DANA:

Founded in 1989.

Comprised of a coalition of 32 churches/temples across Hawaii.

850 volunteers serve 1,000 persons totaling 50,000 hours annually.

Recipient of national awards and recognitions:

The first Rosalynn Carter Caregiving Award (1993).

Best Practice program by national senior Volunteers Summit (1998).

SHARE Award from GlaxoSmithKline of Pennsylvania

Institute on Aging (2001).

Project DANA recruits and trains volunteers to assist the frail and elderly with:

Friendly home visits

Respite services

Transportation to medical appointments, grocery shopping, and religious services

Telephone visits

Minor home repairs, light housekeeping

Home safety assessment/education

Family caregivers support

Volunteers are sensitive to diverse cultures and traditions. They receive initial and continual training and education from the project, and are managed by trained volunteer coordinators from partner congregations.

A few comments from one of the Mission groups:

Serving the elders while being mindful of their dignity

Giving back to the community of elders who have given so much to us

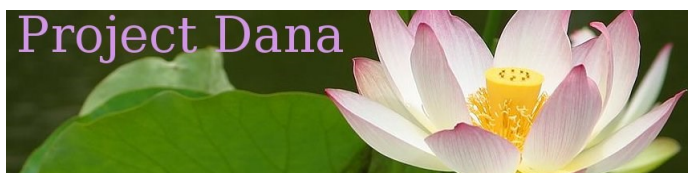
Developing deepening friendships

Enjoying the elders who are amazing people

Gaining a sense of satisfaction from caring for others

For more on Project DANA go to their website at:

<http://www.projectdana.org/>



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Georgia Caregivers of the Year

Daisy Emerson

Georgia Family Caregiver of the Year



This year's Georgia Family Caregiver of the Year learned caregiving skills at her Mama's knee as she watched her provide care for family members and neighbors through the years. When the time came for her dear Mother to need care, she was ready and willing. Even with caring for her mother while working

a full time job, her caregiving umbrella stretched far and wide as she helped out other relatives and neighbors as well. Just like most family caregivers, she was always too busy moving from one essential task to the next to think about how she was doing herself. But she had a best friend Roosevelt who was paying attention. And when he saw the stress mounting he would swoop in and take this dedicated caregiver for a ride around the country side. The knowing eyes of a mother saw more than friendship between the two. During her mother's final hospital stay, she pressed their hands together and expressed her gratitude knowing they had each other to lean on.

Less than a year later, best friends became husband and wife. But of course, that is not the end of this love story. You see the family caregiver of the year once again was ready and willing when her new husband was diagnosed with Pick's disease not so long after their marriage. And for the years that have followed, they have walked this journey together. She sets a beautiful example for all caregivers in that she eagerly participates in programs and services offered, such as the Chronic Disease Self-Management Program, classes and workshops offered through the Alzheimer's Association and the Area Agency on Aging in her area. It touched so many hearts to learn that RCI REACH played a role in sustaining the

caregiver of the year in caring for husband. She continues to use strategies she learned from REACH such as the Power of Music and Pleasant Events.

Finally, the family caregiver of the year is a staunch advocate for caregivers. From participating in the development of a local caregiver institute to speaking directly with legislators and even the governor, this advocate is always working to improve the lives of caregivers around the state of Georgia.

Angela Booze



Para-professional Caregiver of the Year

Two words come to mind when reading the nomination essay submitted for the Para-professional Caregiver of the Year: Transformative and heebie jeebies.

Transformative... that would be the word to describe the impact the 2014 Para-

professional Caregiver of the Year has on the families she serves. Heebie Jeebies... that is how the committee felt as they read the description of the challenges she has faced in serving families and their caregivers. Home maintenance and housekeeping are often the first activities to suffer when caregiving responsibilities take up so much time and energy. Sometimes home health care workers encounter situations that are just downright disgusting. Most of us would simply turn and run when faced with such a mess. Not so with the winner though. She has proven to be more than a trooper. In fact, she is something akin to a saint. Descriptions of the conditions she faced were so bad they were hard to read about much less deal with daily, however she has not only faced the problems, but completely turned them around for the better.

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(continued from page 3)

In the words of her supervisor:

"Since she has been their aide, not only has the condition of their environment changed but they look like a completely different couple."

Instead of complaining or making the families feel badly for their situation, she simply goes about the work of making things right. All the while setting an example for the family caregivers she serves. You know, we often forget the added value of the home health care workers who come into our homes to provide services. They can also serve as trainers and educators for families. That is certainly the case with this home health care worker. When a family caregiver does not show the appropriate level of involvement, she works with them and nurtures them into a better understanding of what is needed and how to provide it.

Modeling good caregiving skills and compassion can make all the difference. As one family caregiver states about her service:

"She never gives up on my parents. I love the fact that she is very attentive to them and you can tell that what she does is very genuine and from the heart."

Mary Frances Duren



Georgia Volunteer

Caregiver of the Year

Surprising thing about family caregivers... when their caregiver job is done, they generally tend to find someone new to care for. The Georgia Volunteer Caregiver of the Year did just that. After years of caring for first her mother and then her sister, she began a special ministry through her church for

members of the congregation with special needs. Her Sunday

School Class includes members who are challenged mentally, physically, and developmentally. Everyone is welcomed and made to feel special in the very best way.

Health concerns and mobility issues have not slowed down this volunteer dynamo. Since her retirement in 1999, she has faced down cancer without skipping a beat in her volunteer activities.

One good idea tends to spark another. Under the leadership of our award winner, a special summer camp is now offered for the church members with special needs. And just to be sure nobody gets bored during the rest of the year, every month she provides respite care for those who are developmentally disabled so that their caregivers can enjoy a night out. What a tremendous gift to the families in her community.

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 pro-



Some of the Regional Caregivers from CARE-NETS around the state: Daisy Emerson (Coastal), Angela Booze (Northeast), Shirley Williams (Southwest), Sha'keila Harris (Heart of GA), Former First Lady Rosalynn Carter, Tiny Wright (Southwest), Shirley Williams (Southwest), Mary Frances Duren (Heart of GA)

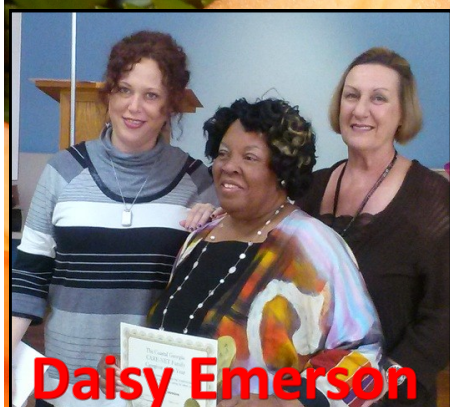
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Regional Caregivers from around the state



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More Regional Winners



Virginia Grimes



Helen Turley



Linda Hayes



Kim Mclyman



Angela Booze



Linda Moss



Catrailius Woodward



Christine Bouyer



Marie Fuller Davis

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Photos from the Gala



The Carter's with Col Steven Parker



The Carter's with Dr. Leisa Easom, Dr. Connie Blanchard, Dr. Kyungjin Cho and Dr. Yun-Jung Kim



President Carter with Betsy Arnold and her daughter Molly Gay and friend Eunice Khoury.



The Carters' with Dr. Connie Blanchard and Dr Kendall Blanchard (retiring on 12/1 as President of GSW)



The Carter's with Sgt. 1st Class Cory Remsburg



Mrs. Carter with the Dole Fellows

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Gala



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Photos from the Reception



Pictured below is Jay Bulot, VP for National Association of States United for Aging & Disabilities, (NASUAD) presenting Former First Lady Rosalynn Carter the Katie Beckett Award for her work as a national advocate for individuals with disabilities. To know more about the life of Katie Beckett, go online there are many interesting articles

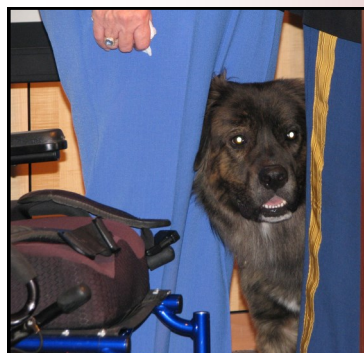


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The Day of the Summit



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Meeting new friends at the Summit and talking to the Unsung Hero's.

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On December 9, 2014 the CARE-NET Coalition met in Macon, GA at the Methodist Home for Children and Youth. The guest speaker was Laura George, is an Emergency Management Disability Liaison. She has developed a plan to assist caregivers of people with disabilities, the elderly and others in case an emergency should happen. For more visit Laura's website: www.laurageorge-emdl.com

After Laura's presentation the group broke for lunch and time for fellowship. The Children's home was decorated so beautifully for Christmas.

When the group gathered again, Elaine Larkin, Training and CARE-NET Coordinator shared the calendar for 2015 and led the open discussion about Caregiver of the Year nominations for 2015 and other items for the upcoming year. Next, Dr. Leisa Easom, Executive Director shared with everyone current and future endeavors at RCI.

Dr. Easom adjourned the meeting wishing everyone a blessed Christmas and Happy New Year.



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Southwest GA CARE-NET recently held a caregiver event "Caregivers Live for Today, Laugh for Tomorrow and Love Forever" Ada Brown, Coordinator stated "Sir Mackie had everyone in attendance rolling with clean wholesome laughter".



Elaine Larkin recently attended the Caregiver Conference "MIND, BODY & SOUL" held by Heart of GA –Altamaha CARE-NET . In addition to Elaine the other speakers were Nancy Kriseman, keynote speaker and Geriatric Consultant; Cliff Burt, Caregiver Specialist with GA Dept. of Aging Services; Gail Thompson, Director of HOGA Area Agency on Aging; and Ginny Helms, VP of Chapter Services & Public Policy, Alzheimer's Association, GA Chapter.



Laura Bauer, Director of National Initiatives with the Operation Family Caregiver implementation team from Augusta Warrior Project.

West Central CARE-NET meet on December 16th, sharing good cheer with everyone in the group.



Southwest GA CARE-NET and a great group of caregivers!

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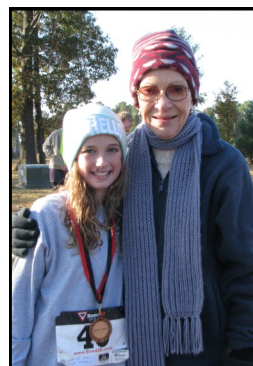
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On November 15th the 2nd annual RYNO 5k run and fun walk was held. This event was held in memory of belated RCI employee, Ryan Coleman. His friends, family and co-workers get together each year to remember him and to raise money for his favorite charity, the Rosalynn Carter Institute for Caregiving.



The Ryan Coleman Foundation



The 1 mile fun run winners were: 1st - Coleman Peebles, 2nd - Russell Coleman and 3rd - Presley Giglio.



First places winners for the 5k were: Ridge Roland and Ashlee Coleman; Second place: Bryce Benton and Tammy Sanders; Third place: Will McCoy and Avery Coleman.

Pictured left : Ryan's entire family; Former First Lady Rosalynn Carter with Avery and Reagan, Ryan's daughters; and John and Joanna Edge presenting Mrs. Carter and Dr. Leisa Easom a framed t-shirt from the first 5k run that was held in 2013.

Ryan, we all miss you very much!

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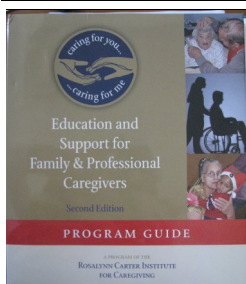
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Southwest GA CARE-NET Caregiver support group held meeting in Albany. Meet new friends and people that care about you on this journey.



Dr. Leisa Easom and Laura Bauer visited "The Hill" in Washington, D.C. and visited the offices of a few Senators. Their goal was to inform regarding the Operation Family Caregiver program. **Mission accomplished.**



RCI will host Caring for You, Caring for Me Workshops on 5 consecutive Mondays from February 2nd through March 2nd. If you are a family caregiver or a professional caregiver and live in Americus or surrounding areas and are interested in signing up, call Elaine Larkin at 229-931-2786 for more details.

RCI will also host a Train the Trainer for CFY,CFM in March. Call for more details.

Pictured are: presenters for the workshops, Betsy Broyles Arnold and her daughter Molly Gay sharing their Alzheimer's Playbook with Cindy Holloway, Program Manager/BRI Care Consultation.



RCI in the news

http://www.americustimesrecorder.com/news/local_news/rci-recognizes-outstanding-caregivers-at-annual-awards-gala/article_11dc1e22-65f9-11e4-a77b-7f04c3b6951b.html

http://www.americustimesrecorder.com/news/rci-pope-fellows-honored-at-gsw/article_1b0b7e54-639f-11e4-a090-876c007a21aa.html

http://www.americustimesrecorder.com/news/rci-expands-operation-family-caregiver-program/article_62d31f62-6138-11e4-b051-234f28bc868a.html

http://www.americustimesrecorder.com/news/rci-awarded-federal-grant/article_555693d2-5571-11e4-801d-dfabf52c4775.html

Click on this link to read and watch video clips on the journey the Remsburg family is taking.

<http://www.aarp.org/home-family/caregiving/info-2014/caregiving-cory-remsburg-war-hero.html?intcmp=ATMBB2>

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Dr. Leisa Easom was recently the keynote speaker at the National Respite Conference. She is pictured here with Jill Kagan, Director of ARCH National Respite and Resource Center.



Gayle Alston, Director of the Training Center for Excellence at RCI is preparing to host a training of RCI REACH.

Dr. Leisa Easom, Executive Director and Laura Bauer, MPA Director of National Initiatives recently attended the 2014 annual Geological Society of America meeting held in Atlanta, GA. They are shown standing in front of the "RCI poster".



Elaine Larkin, Training Coordinator with RCI travelled with Dr. Kyungjin Cho and Dr. Yun-Jung Kim from RCI-Korea to visit the Executive Director and some of her Staff at the SOWEGA Council on Aging. Pictured are: Elaine Larkin, Brian Ramey, Georgia Cares Program; Liz Lewis, Community Care Service Program (CCSP); Dr. Yun-Jung Kim; Kay Hind, Executive Director; Dr. Kyungjin Cho; Jami Harper, Senior Enrichment and Wellness Programs and Babs Hall, Aging & Disability Resource Connection (Gateway/ADRC), Home & Community Based Services (HCBS) and Money Follows the Person program.



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I Heart Caregivers

At the end of my grandmother's remarkable 94 years of life, my aunt moved her into her home to be with her and care for her. My aunt did not call herself a caregiver, but a daughter. My mother was there when my widowed brother was discharged from a two-month hospital stay after a dozen surgeries resulting from an

industrial accident. She did not call herself a caregiver, but a mom.

The contributions of family caregivers should not be overlooked, and in fact they are championed through organizations like RCI and AARP. Caregiving is now a common family dynamic, as Mrs. Rosalynn Carter speaks to in her statement that there are only four kinds of people in the world – those who have been caregivers, are currently caregivers, who will be caregivers and who will need caregivers.

Family caregivers do remarkable things every day to care for their loved ones – but it is not without challenges. More than three in 10 family caregivers are very or extremely emotionally stressed. For family caregivers who provide assistance, sacrifice time away from family and friends, or live with the loved one for whom they are caring, stress is, not surprisingly, increased.

On an upside, when my husband's mom came to live with us, it gave him an opportunity to spend more time with her than since he had left the family home at 18. He experienced again her sense of humor, and enjoyed having the time to listen to stories about past family vacations and do-it-yourself projects his dad regularly took on with his brothers-in-law. My husband did not call himself a caregiver, but a son.

To recognize those who give with their hearts to help their loved ones, AARP has launched a new initiative, "I Heart Caregivers" – aarp.org/iheartcaregivers – so family caregivers across America can share their stories and make their voices heard.

You may have an experience that talks to benefits of the Care Act, which supports family caregivers when their loved one goes into the hospital, and provides training on medical tasks they will need to perform once their loved one returns. Or share how your employer supports you in using your medical leave to take your mom to a doctor's visit; how a nurse became your family's lifesaver; or how a neighbor steps in every Wednesday to provide you with a well deserved break.

Please take a moment to visit aarp.org/iheartcaregivers to find out more about family caregivers in Georgia and other states. You will see yourself in some of the stories, and be reminded how remarkable these spouses, brothers, sisters, aunts, uncles, friends, daughters, sons -- these caregivers (you) – really are.

And then take another moment to share your story!

Karen Cooper
Associate State Director
– Community Outreach
AARP GA



Pictured are Karen Cooper, Associate State Director/Community Outreach AARP GA; Dr. Leisa Easom, Executive Director RCI; Elaine Larkin, Training Coordinator RCI; and Myrtle Habersham, AARP Executive Council Member. Recently the four met to discuss caregiving opportunities in 2015. The plans are to collaborate on upcoming projects and programs that will benefit caregivers.

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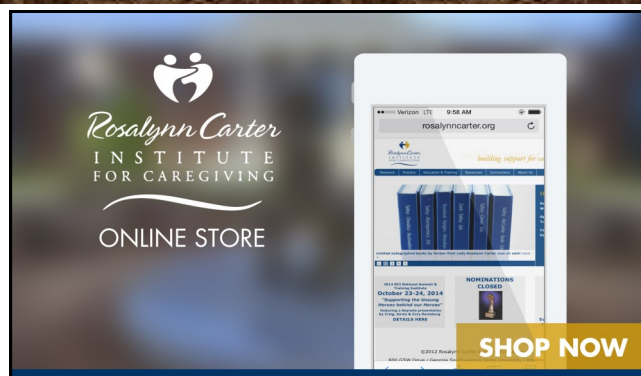
CARE-NET Calendar

Meeting dates first quarter 2015:

Atlanta Regional	February 17th
Central Savannah	January 28th
Coastal Georgia	February 24th
Heart of Georgia	TBA
GA Mtns./Legacy Link	TBA
Middle Georgia	January 15th & March 19th
Northeast Georgia	January 13th
Northwest Georgia	TBA
Southern Crescent	TBA
South Georgia	need coordinator
Southwest Georgia	January 16th
West Central Georgia	February 24th

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/



Don't miss your chance to get copies of Caregiving Series books signed by former First Lady Rosalynn Carter available for limited time in our Online Store. Click anywhere on photo above.

2015 Coalition Meeting Schedule

All Meetings will be held at the:

Methodist Children's Home

Macon, GA

10:00 AM – 2:00 PM

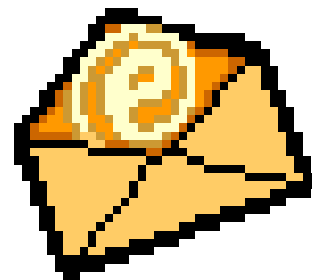
March 10, 2015

June 8, 2015

September 8, 2014

December 8, 2015

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@gsu.edu to receive future editions.



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Mrs. Carter with the RCI Staff

Former First Lady Rosalynn Carter and the Staff from the Rosalynn Carter Institute for Caregiving would like to wish you and your families a wonderful Christmas and happy and prosperous New Year!

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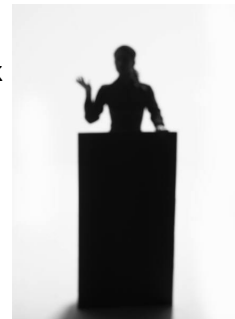
Dementia Capability Webinars

Our webinar series is a great training tool you can use for new employees or as a refresher. All of them that have been archived at: http://www.rosalynncarter.org/gdas_trainings/

Sponsored by RCI and GDAS

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 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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