



Newsletter #9 - September 2021

National Family Caregivers Month

Caregiving is a tough job. This November, we remember the people who lovingly give baths, clean houses, shop for, and comfort the millions of elderly and ill people who are friends and loved ones. November is National Family Caregivers Month and this year's theme is "Caregiving Around the Clock." <https://nationaltoday.com/national-family-caregivers-month/>.

A SPECIAL THANK YOU

by

Ira Asherman

As we celebrate National Family Caregiver Month, I can't help but think about the past two years of the Covid pandemic and the non- family caregivers who have been part of our life.

Those of us who are caregivers to loved ones have found ourselves particularly challenged. All of us had to make a number of very difficult choices. One of the most difficult was whether or not to retain the services of the aides or companions we had working with us. There was no right answer. Each of us had to make our own "right" decision. Mine was to ask Michele, and eventually Francesca who joined us in 2020, to work with us through the pandemic. We all took a risk. With some luck, lots of hand sanitizing, wearing masks, and not getting too close to each other, none of us got Covid.

I do not think I fully appreciated all that Michele and Francesca did ---- nor the importance that non-family caregivers play in our lives and the wellbeing of those we care for. This note is my way of saying thank you to Michele, Francesca, and the many non – family caregivers who put their own well-being at risk to help us care for our loved ones. They are an extraordinary group of people who have made a very profound difference in our lives and those of our loved ones. Yes, they get paid, but money in no way equals the care, consistency, and kindness. Thank you and know that you are deeply appreciated.

Caregiver Stories

A series of personal stories by spouses, children and grandparents,

[Artist Portrait: Scotty Perry - “When Artists Become Caregivers”](#)

[An Alzheimer's Love Story: The First Day of the Rest of My Life](#)

[Dementia Couple's Remarkable Story of Love, Commitment and an Unusual Bicycle](#)

[A Marriage to Remember | Alzheimer's Disease Documentary](#)

[Life Goes On: Living with Alzheimer's](#)

[Into the Fog: Living with Early Onset Alzheimer’s Disease](#)

Caregiver Support Materials

A series of sites that provide training materials for Caregivers.

<https://www.healthline.com/health/alzheimers-disease/>

<https://www.uclahealth.org/dementia/caregiver-education-videos/>

<https://training.mmlearn.org/caregiver-training-videos/topic/alzheimers>

[https://www.nia.nih.gov/health/video-how-alzheimers-changes-brain.](https://www.nia.nih.gov/health/video-how-alzheimers-changes-brain)

Note: If you are familiar with any other Caregiver resources, please send them to us and we will publish them in future issues.

Presidential Proclamation

President Biden issued a proclamation celebrating National Family Caregivers Month. It reads as follows:

Every day, millions of Americans provide essential care and medical assistance to their loved ones. These acts of love, commitment, and compassion enable their family members to receive the support they need to live a life with dignity. This has been especially true throughout the COVID-19 pandemic, during which Americans of all ages have made substantial sacrifices to keep family members safe and healthy. During National Family Caregivers Month, we recognize the important role of our Nation's family caregivers and thank them for the invaluable and instrumental care they provide. Continue reading at:

[https://www.whitehouse.gov/briefing-room/presidential-actions/2021/10/29/a-proclamation-on-national-family-caregivers-month-2021/.](https://www.whitehouse.gov/briefing-room/presidential-actions/2021/10/29/a-proclamation-on-national-family-caregivers-month-2021/)

Remember

- Check the [event calendar](#) on our [website](#) on a regular basis. We are constantly adding new events.
- Get your name on our mailing list. Email your request to: contact@adrcnyc.org