

MONTHLY NEWS

National Family Caregiver Awareness Month

November was declared **National Family Caregiver Awareness Month** by President Barack Obama in 2014.

The theme this year is **#caregivinghappens**

You have a meeting for work, but get a call the person you are a caregiver for needs to be seen by the doctor immediately **#caregivinghappens**

You have a doctor's appointment but the person who was going to watch your loved one calls out sick **#caregivinghappens.**

At Southern Maine Agency on Aging, we understand that **#caregivinghappens.**

The Family Caregiver Support Program Specialists are available to discuss resources, long-term plans, respite care, and education with you. We also offer monthly support groups (in person and virtually). In honor of National Family Caregiver month, we have amped up our monthly classes/offerings, and hope you will be able to join us for some of these special events!

Preschoolers from Smartyants in Saco



"Bucket Fillers"



One of the best parts of my son's preschool curriculum is the time they spend talking, and learning, about being helpers. The teachers give them each a kindness "bucket," and if they are "caught" being a good friend, they get a sticker on their bucket. The children discuss what being a "bucket filler" can look like- sharing a toy, letting someone have the last good

snack, giving comfort to a friend who is missing their mom or dad. This past week, a group of Smartyants worked with their teacher to make the thank you sign above. They learned what "caregiver" means in the simplest of terms. Building off of this lesson, my son and I talked about being "bucket fillers" forever- even when you stop earning stickers! These little learners (and we at SMAA), thank YOU ALL, for being bucket fillers every day.

~Becky Hadiaris

Family Caregiver Support Program Coordinator

FEATURED PRESENTATIONS



Kelly McCarthy, author of "Brass Ring Memoirs" will be joining us in person on Wednesday, **November 2nd from 2-3 pm**. Kelly has been working with older adults in the health industry for over 20 years. She is a Licensed Nursing Home Administrator and Certified Dementia Educator. She is certified as a Master Trainer for the Alzheimer's Association Train the Trainer program.

During this presentation, Kelly will review the first four chapters of her book, "Brass Ring Memoirs." All participants will receive a free copy of the book, and Kelly will be available after the event to sign your copy!

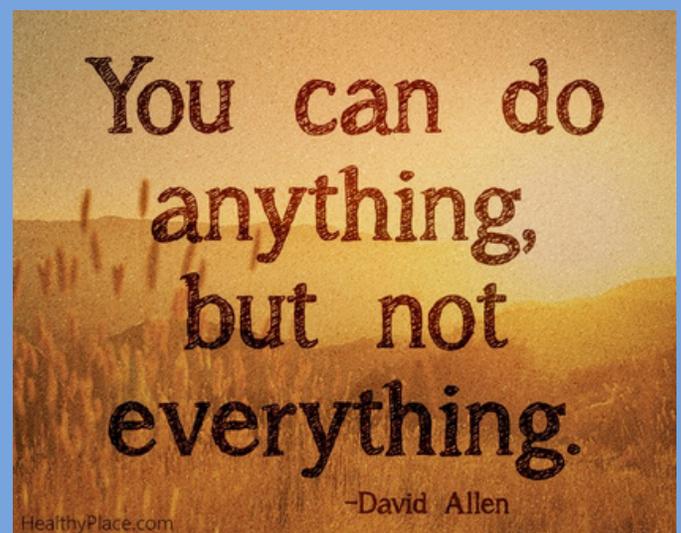


Sarah Kilch Gaffney is a writer, caregiver, and brain injury advocate living in central Maine. She offers community workshops on the power of writing and journaling through difficult times.

We are more than excited that Sarah will be joining us in person at SMAA on Friday, **November 4th, from 9-10am** to present, "**Writing Through Caregiving**." In this workshop, caregivers will come together to learn how writing and journaling can help them through their caregiving experience. Participants will hear readings, try out writing prompts, and learn about the benefits of writing and keeping a journal. Writing will be explored as a tool for processing, and as a form of self-care. Participants will be provided a journal to bring home with them to continue their writing practice. No writing experience is necessary.

Facebook Caregiver Support Network Group

Don't forget to join us in our brand new, statewide, Facebook group- Caregiver Support Network Group- Maine. We are sharing tips, ideas, resources, stories and support. This is a private group, and members will be screened prior to acceptance.



* QUESTIONS or suggestions for the Family Caregiver Support Program team? *

* Please feel free to call Becky, Lori and Robyn at: 207-396-6541
* or email: familycaregiver@smaa.org *

NOVEMBER 2022

NOVEMBER EVENTS



To Register Visit:
[www.smaaa.org/
events](http://www.smaaa.org/events)

11/1 Tuesday 1-2 pm:

Support Group- Zoom
Lori Campbell

11/1 Tuesday 1-2 pm:

TAI-CHI Program for
Caregivers
Cohen Center

11/2 Wednesday 2-3 pm:

Author: Kelly McCarthy-
Brass Ring Memories
Cohen Center

11/4 Friday 9-10 am

Writing Through Caregiving
Sarah Gaffney
Cohen Center

11/7 Monday 1:30-2:30 pm

Getting Through the Holidays
Hospice of Southern Maine

11/8 Tuesday 11am-1pm

Memory Cafe
Cohen Center

11/9 Wednesday 1:30-
2:45 pm:

Support Group- Cohen
Center
Lori Campbell

11/15 Tuesday 1-2pm:

TAI-CHI Program for
Caregivers
Cohen Center

11/17 Thursday 4-5pm

Support Group- Zoom
Lori Campbell

11/18 Friday 11am-12pm

Dementia Conversations
Alzheimer's Association
ZOOM

11/21 Monday 9-10am

Art Therapy
Hope Rogers
Cohen Center

your care matters most of all



Respite for ME is a \$2,000 grant

from the State of Maine, to lend a helping hand to those giving care to a loved one living at home.

To see if you're eligible, visit
maine.gov/givecare



Aging and Disability
Resource Center:
1-877-353-3771



If you have questions,
please call your local
Agency on Aging at
207-396-6500