

# Reach Out

A publication of the Catholic Charities Caregivers Support Services

(518) 449-2001

Please call us!

## From the Executive Director

*Living a healthy life is our theme for this edition.*

How is this theme at attracting you? Ok, honestly, it makes me hesitate about reading further. This is because I know that there are many things each of us can do to improve our level of health, but I and maybe you simply avoid doing anything about it.

But then I ask myself if maybe I could take a small step. Just today, for example, I promised myself I would make at least one healthy choice. So instead of drinking a can of soda at lunch I had some seltzer water. This does not save the world or stop global warming, I agree, but it is one healthy choice.

Here are a few other ideas that, if you tried them, wouldn't ruin your day but be moving you in the right direction. See how many you can do each day to help yourself stay well.

1. Brush your teeth
2. Walk in place during TV commercials
3. Sit up straight
4. Eat an apple or healthy snack
5. Stretch
6. Drink a glass of water
7. Ask to have your salad dressing on the side
8. Remember to breathe
9. Wear your seat belt
10. Wash your hands well and often
11. Put on skin lotion
12. Check your blood pressure
13. Hug your kids, partner, or pet
14. Replace your next cup of coffee with a cup of tea
15. Take a quick walk

*Peace,*

*Renée Goldsmith Benson*  
Executive Director

## Inside

Seniors Have Options to Help Them Stay Active .....	2
Board of Directors.....	2
Summer Fresh Food.....	3
Going to the dogs .....	3
Can you improve your memory? Or walk away from dementia? .....	4
Aging Well: A Challenge That Can Be Met.....	5
Aging in Place: Putting together the puzzle pieces .	6
New Model Reports Released by CDC on Perceived Cognitive Impairment.....	6
From Peggy's Corner.....	7
Health Quiz.....	7
Did you know?.....	8
Study Focuses On Caregivers Of Alzheimer's Patients.....	9
Critical Elements And Key Factors For Kinship .....	9
Women's Health Care Chartbook.....	9

Catholic Charities Caregivers Support Services *Reach Out* newsletter is produced 3 times a year. If you have any inquiries, please contact Renée G. Benson, MA, LMSW, Executive Director at (518) 449-2001.

Summer  
2011

Catholic Charities Caregivers Support Services  
100 Slingerland Street, Albany, New York 12202  
Telephone: 518.449.2001 • Fax: 518.426.3662 • www.cccaregivers.org

*Board of Directors***Membership List**

Mark McCarthy, *President*

Carol Brinkman, *Vice President*

Nancy T. Daggett, *Secretary*

Steven Willard, *Treasurer*

Michael Seereiter

Deanna Fox

Jason Ellis

Meg Wallingford

Michele Puleo O'Hare

## *Seniors Have Options to Help Them Stay Active*

By Richard E. Rowlands, Esq.

The benefits of exercise for older Americans cannot be understated. Recent months have seen a wealth of studies add to an already compelling collection of evidence linking active seniors to better mobility, emotional health, and intellectual prowess.

An American Journal of Geriatric Psychiatry study showed the Chinese martial art Tai Chi can provide lasting relief from depression for people 60 years of age and older. A University of Kansas Hospital study showed how yoga can reduce irregular heartbeats, anxiety, and depression after three months of practice; and a Medicine & Science in Sports & Exercise study showed seniors can reverse age-related muscle loss and pack on 2.5 pounds of lean body mass after 20 weeks of resistance and weight-training exercises.

One catch to all this good news is that seniors often need to go to health clubs to use weight-training equipment or participate in Tai Chi and yoga classes. Seniors on fixed incomes might be reluctant about paying membership fees to go to such clubs. Many seniors might not be aware that they could receive health club and fitness class memberships as part of a Medicare Advantage plan.

With Medicare Advantage Plans, which are sometimes called "Part C," private companies approved by Medicare provide additional coverage, along with hospital (Part A) and medical (Part B) insurance coverage. Many Medicare Advantage plans feature wellness benefits, such as coverage for health club memberships and fitness classes, smoking cessation classes, and health education materials. In the Capital Region, examples of companies that offer Medicare Advantage plans are MVP Health Care, Fidelis Care, and Senior Whole Health of New York.

I'll second the findings of scientific research and say it's valuable for seniors to try to remain active. But while exercise can help seniors defy the effects of aging, it is important to remember that Old Man Time catches up with the best of us. Even some of the fittest seniors may eventually need some form of long-term help, be it help cooking and bathing at home, an assisted living facility, or skilled care at a nursing home. According to the U.S. Department of Health and Human Services, 70 percent of Americans over 65 years old will require some long-term care services. With age, that likelihood will only increase.

Knowing this, I'd recommend seniors also have a plan in place to ensure the inordinate costs associated with long-term care do not leave them in a financially weakened state, even if they have worked hard to stay physically strong. Some of our traditional planning strategies may be affected by New York State's recent expansion of the definition of "estate" for the purposes of recovery of the amount of a Medicaid lien. An estate planning attorney can help you determine the best method for preparing for long-term care.

*Richard E. Rowlands, Esq., is a partner in the trusts and estates practice at Tully Rinckey PLLC, a full-service law firm located in Albany, NY. For more information about the estate planning and elder law practice please visit [www.albanyestatelawyer.com](http://www.albanyestatelawyer.com). If you would like your legal question or topic answered in the next issue, please contact Richard Rowlands at 518-218-7100 or [rrowlands@tullylegal.com](mailto:rrowlands@tullylegal.com).*





## Summer Fresh Food

By Theresa Anderson, Kinship Caregiving Case worker

Your grocery bill doesn't have to skyrocket for the summer when the kids are home. Here are some tips to help you survive the summer grocery bill and encourage healthy eating habits.

- **Encourage the kids to drink water.** Keep a pitcher of water in the refrigerator. At my house, we also keep several frozen bottles in the freezer for trips to the park. Cold water is the only thing that quenches your thirst on a hot summer day. It is also very affordable when coming from the tap. We all need 8-10 ten cups of water a day.
- **Eat fresh, seasonally grown produce.** The key to affording fresh produce is to eat what is in season. According to the website <http://localfoods.about.com/od/searchbyregion/a/nyseasons.htm>, carrots and greens such as asparagus and broccoli are in season for June. Your local markets may also have more information. There are several community options available to help. If you have children under 5 years of age in the household, check with your local WIC office. If you are 65 or older or if you are disabled, the Office for Aging offers discount coupons for you to use at most of the farmers' markets. Did you know you can purchase vegetable and fruit seeds with Food Stamps? Planting a small garden or potted vegetable plants will save you money as well. Children are more likely to eat something that they have had a role in planting and caring for. Check out your local Cornell Cooperative Extension for their information on gardening. If you need to find your local offices go to <http://cce.cornell.edu/Pages/Default.aspx>. There are many youth programs at their offices as well.
- **Keep the kids active.** The more activity kids are involved in, the less time they have to sit around and snack. Whether your kids go to the park or the library for a summer activity, keep them busy moving and learning. Many communities have free summer lunches for children. For more information about location, times, and dates in your area contact The Nutrition Consortium at 518-436-8757 ext.21 or <http://nutritionconsortium.org/> or email Rachel at [rachel.rupright@nutritionconsortium.org](mailto:rachel.rupright@nutritionconsortium.org).

There is a statewide Summer Food Program Hotline number as well, 1-800-522-5006.



### GOING TO THE DOGS

By Renée G. Benson MA, LMSW, Executive Director

For the preparation of this newsletter I reviewed several articles related to healthy living. One article on WebMD was "[5 Ways Pets Can Improve Your Health](#)" by Jeanie Lerche Davis (Reviewed by Brunilda Nazario, MD).

What I loved about this article is that it looked at several situations in which having a pet can improve your efforts at healthy living. It did not describe all the challenges that come with pet ownership or the costs of maintaining a pet. But it did a convincing job of arguing that having a pet offers certain wonderful health benefits. Among the good outcomes you would expect is the unconditional affection one can get from a pet. One knows that cuddling with Spot is a sure thing for lowering blood pressure and reducing anxiety. Therapy dogs are now standard treatment in many hospitals, nursing homes, and treatment centers.

What I did not know is that a growing number of studies have suggested that kids growing up in a home with "furred animals"—whether it's a pet cat or dog, or large animals on a farm—will have less risk of allergies and asthma. This from a researcher referenced in the article named James E. Gern, MD, a pediatrician at the University of Wisconsin-Madison (repeated from an article in the *Journal of Allergy and Clinical Immunology*).

*Continued on sidebar on page 4*

## GOING TO THE DOGS

(Continued...)

I also did not know that heart-attack patients who have pets survive longer than those without; this was noted in several studies, according to this article. The studies reported that male pet owners have fewer signs of heart disease—lower triglyceride and cholesterol levels—than non-owners.

I remember learning in school that serotonin and dopamine were the chemicals released in the brain that made us feel better. Apparently research has also shown that playing with a dog can elevate levels of serotonin and dopamine. Of course this could come about from most enjoyable activities and is not limited to activities with pets. Still it is there in our faces: "man's best friend," our companion, wagging its tail and encouraging us to walk, toss a ball, and engage in

*Raise money*  
for Catholic Charities Caregivers  
Support Services

by searching the Internet with  
GoodSearch.com (powered by  
Yahoo), or shopping online with  
[GoodShop.com](http://GoodShop.com).

[www.cccaregivers.org](http://www.cccaregivers.org)



## Can you improve your memory? Or walk away from dementia?

By Mary Moller MSW, Elder Caregiving Program Social Worker

This edition of the newsletter focuses on living a healthy life. It would seem that living a healthy life means the same thing to most people. It encompasses health, wellness, diet, and exercise, with hopefully a holistic approach that can benefit the mind, body, and spirit. What about the mind? Perhaps this is most important part of living a healthy life!

For the past 24 years Catholic Charities Caregivers Support Services has been helping people care for their aging loved ones. With respite, counseling, and support groups, caregivers are able to catch their breath and take a quick break from their caregiving responsibilities. The emotional burdens of caregiving can be overwhelming, putting the caregiver at risk by not taking adequate care of themselves. Perhaps the most draining caregiving situation is when an aging loved one has memory impairment or a form of dementia. Dementia is a loss of brain function that affects memory, thinking, language, judgment, and behavior. Alzheimer's Disease is the most common form of dementia, further defined as a general term for memory loss and other intellectual abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 50 to 80 percent of dementia cases. Currently in the United States 5.4 million people have Alzheimer's disease, and, in New York State alone, reports the Alzheimer's Association, there are presently 320,000 people living with this disease.

So this brings us back to living a healthy life. Can dementia be prevented? Can I improve my memory? The answer is no and yes. The greatest risk factor for developing Alzheimer's disease is age and genetics. While we can't control our genetics and aging, the good news is that you can improve your memory with the help of exercise. AARP reports, in an article entitled "Walk away from Dementia," that, according to epidemiologist Lewis Kuller, M.D., "Looking at the relationship between brain changes and walking suggests that walking may be beneficial — and walking is the most common physical activity of older people." Although the study described doesn't prove that walking prevents loss of brain function, it does suggest that people who walk do better down the road. The article further states that "Dodging dementia may be as simple as slipping on a pair of walking shoes and heading out the door. A study from the University of Pittsburgh found that walking about six miles a week seems to protect against brain shrinkage, which in turn may slow the progress of cognitive decline." "Based on current evidence, physical activity stands as one of the best ways to lower the risk of dementia," says neurologist Daniel Kaufer, M.D., of the University of North Carolina-Chapel Hill.

Improving your memory with exercise and learning more about the risk factors associated with dementia can help you live an active healthy life. Combined with a healthy diet, proper rest, and taking a break from caregiving responsibilities, you can live a healthy life. So grab your sneakers and enjoy the warmer days ahead.



## Aging Well: A Challenge That Can Be Met

Michael Friedman, L.M.S.W. Read his blog post in full at <http://www.huffingtonpost.com/michael-friedman-lmsw>

Have you noticed that age is so identified with disability that when older people who are not disabled say they are "old," they are quickly assured that they are not. "You're only as old as you feel." Or "Age is a state of mind." Or you'll hear some other well-worn line.

In fact, the Older Americans Act says you are old at 60. Medicare puts it at 65. Social Security is 66, phasing up to 67. Whatever the number, if you're lucky, sooner or later you will be old.

When you are, you may be in poor health. You may not be able to get around easily or at all. You may have significant memory impairment. You may need help dressing, eating, going to the bathroom or paying bills.

But chances are that you will still have most of your capabilities. The vast majority of people 65 and older are under 80, in decent health and mostly independent. Even at age 85, fewer than 50 percent of people are disabled and in need of help for basic functions.

It is a mistake to equate age and disability. It is a mistake to believe that it is normal for old people to be incapable of leading active, involved, satisfying and personally meaningful lives.

Friends and family remain an important part of the lives of old people. Love, intimacy and -- yes -- sex can be central parts of their lives. Many older adults continue to work. Careers that are valued for their personal fulfillment and for their contribution to society can continue past ordinary retirement age. Work that generates an income and makes it possible for us to support ourselves and our families and to have daily contact with people we enjoy can also continue well past retirement age and provide both pride and pleasure.

Those who do retire often find so much to do that a common complaint is, not having enough time to participate in all of their interests. Of course, aging does require some psychological adaptation. We need to adjust when our own children grow up, when our physical and mental skills diminish, when we have chronic illnesses, when the deaths of friends and family mount up and when we face mortality. In addition, the chances of becoming disabled and needing help increase with age.

Aging well for those who are not disabled is easy enough to understand. The key is staying active and involved and avoiding what the developmental psychologists call "despair." Satisfactions are found more in the moment and from pride in the past and contributions to the future of those who will survive us.

The key to aging well for people who are disabled and dependent may be finding satisfaction in contact with those they love and in activities that they find interesting and pleasurable. For those with limited memory, there are still satisfactions in the moment.

*Continued on sidebar on page 6*

### AGING IN PLACE: PUTTING TOGETHER THE PUZZLE PIECES (Continued...)

ian Society and Capital District Senior Issues Forum are hosting a program called Faith Communities Respond to Seniors Aging in Place. It will take place on July 12 at the Carondelet Hospitality Center, in Latham. Registration is free, but space is limited. Call the Albany Guardian Society's registration line at 518-434-2160.

Faith communities and mission-driven agencies offer an extensive array of services. These may include home-delivered meals, transportation, visitation, care teams, parish nurses, phone reassurance, spring and fall clean-ups, and keeping-in-touch services (through cards and various mailings). Often there are educational and training opportunities that are happening in local areas that can be helpful. Sometimes even a call to the church or temple could link you to a committee that helps those who need assistance getting to shopping or taking a break from caregiving. Faith communities can be a great source of help.

It can be confusing when you find there is no single one way to navigate the maze of services and service infrastructures. But by accessing the information we have described, you should get a clearer picture of what is available. In this issue of the newsletter we salute all of the wonderful staff members in those agencies who work to cherish aging community members and do all that they can to help them age in place and to feel valued and part of the community.

## AGING WELL: A CHALLENGE THAT CAN BE MET

(Continued...)

For both "healthy" and "disabled" populations, aging well depends also heavily on social conditions. Having enough money to lead a life you find satisfying, having family or paid caregivers to help you stay in the home you choose, having access to good health care, being connected with a community that includes you and accepts responsibility for people who need help and living in a nation that makes support and services available to sustain a decent human life in old age -- these are all critical to aging well.

## NEW MODEL REPORTS RELEASED BY CDC ON PERCEIVED COGNITIVE IMPAIRMENT

CDC's Healthy Aging Program, along with partners, developed a set of questions for use in the Behavioral Risk Factor Surveillance System to assess and monitor the public's beliefs about the perceived impact of cognitive impairment. In 2009, five states (CA, FL, IA, LA and MI) included the Impact of Cognitive Impairment Module in their state BRFSS survey. These data were highlighted in a series of model reports designed for states, policy makers and the general public. To find a link to these recently-released reports and more information about the Cognitive Impairment Module, please visit the website: <http://www.cdc.gov/aging/healthybrain/surveillance.htm>

## *Aging in Place: Putting together the puzzle pieces*

By Mary Moller MSW

There are a variety of ways to get help so that you or someone you know can stay living at home even when assistance is needed. Staying in a home, community, and neighborhood you're familiar with helps make you feel safe and secure. It is important for you to know that resources can be found at Federal, State, and local levels (including county, senior-center, and other service agencies), and faith-based or mission-driven sources. Putting together all of these pieces can usually create a workable solution.

**Federal Sources.** Medicare, Medicaid, Heating Assistance, and other services are funded through the federal government. Information about these resources can be obtained by simply going to the Internet and seeking information. For example, you can do a simple search that will uncover a government web page such as <http://www.medicare.gov/caregivers/caregiver-topics-basics.html> that will supply many answers. You can also make a phone call to your local Medicare office or even to your local Area Agency on Aging for answers. Every county in NYS has an area agency!

**State Sources.** You can find your local Area Agency on Aging by going to this link: <http://www.aging.ny.gov/NYSOFA/LocalOffices.cfm> or by calling the toll free number for the Senior Citizen's Help Line 1-800 342-9871. The services offered are very diverse and may include information about health care, insurance, nutrition (such as arranging for home-delivered meals), wellness, legal help, financial assistance, taxes (such as information about the STAR program and other exemptions), housing resources, energy, transportation, employment, and volunteering. Some of the counties manage to provide the services themselves, and others contract the services out to local agencies that do the work and bill the county for contracted expenses.

**Local services and resources.** Many of the services that are funded either through the State or through the county are delivered by local agencies. Some of these agencies are operated for profit, and others are not-for-profit. Local services may include community senior centers and care agencies that offer services by home health aides, health professionals, adult day centers, and more. These are the services that are linked through common funding sources that are governmental. However, don't ignore other local services and resources that may be funded by grants, United Way, or other similar funders or those that charge a fee for their services. These local resources can be found through referrals from the county or state, from friends, and from your faith community. A great example is a program coming up soon. The Albany Guard-



*Continued on sidebar on page 5*



## From Peggy's corner

As the most senior employee of Catholic Charities Caregivers Support Services, I was asked to contribute my "words of wisdom" to this edition. I am 81 years old and work with the agency eight hours a week. My job is to secure advertisers for this newsletter and to assist our fiscal director with preparing invoices for entry into the fiscal system.



I am not an expert, but I have learned a few things. Some you already know about, like diet, exercise, and managing stress. Of those items that I think is the most important is diet. Of course it is only my opinion, but if you start off with good nutrition, it allows you to feel able to undertake the others. I also exercise; it helps the mind stay alert. And lately I have been trying to stay away from pesticides. I think if it's poison, it can't be good for you. The last thing, but really important, is that I learned how to deal with stress. I repeat to myself, "let it go," and then I take a deep breath and let it go.

These are all things that you can find out about in most magazines. But if you ask me, I'll tell you that part of the secret is to keep yourself busy with meaningful work, such as volunteer work. Sometimes it is the work that is important, and sometimes it the people who make the difference. I find that mingling with people from different age groups is important because they keep you in touch with what is happening in our culture and give you the opportunity to share insights. I feel wanted and needed by being with my co-workers; they add value to my life. When they tell me stories about their children or about a problem they may be facing, I feel good about being there to listen, and, if they seek my advice, I offer it.

So what is healthy living? Being healthy, choosing healthy activities and foods, getting the right amount of water, sleep, and exercise, and not forgetting to be social with others. It is so important to have a sense of belonging.

## Health Quiz

Circle true or false.

- (a) The body needs less oxygen when we exercise.  
TRUE FALSE
- (b) Endorphins make us feel good.  
TRUE FALSE
- (c) Muscles become smaller when exercised.  
TRUE FALSE
- (d) Weight-bearing exercise develops strong bones.  
TRUE FALSE
- (e) The digestive system improves with exercise.  
TRUE FALSE
- (f) There is a direct relationship between your level of physical activity and how much energy you use up from the food you eat?  
TRUE FALSE

Answers (a) false (b) true (c) false (d) true (e) true (f) true



### Helping families cope with the challenges of caregiving

Bright Horizons is an affordable, innovative, and caring solution for today's caregiver.



- The Beltrone Living Center •
- St. Joseph's Provincial House • Pine Grove United Methodist Church

[www.brighthorizonsocialcenters.org](http://www.brighthorizonsocialcenters.org)

For information call Bright Horizons Senior Centers at 459-2857 ext. 322.

Funded in part by the Albany County Dept. for Aging, the NYS Office for Aging, US Administration on Aging, the Town of Colonie and participant contributions.

## Help support our programs and services

### You can Donate by mail:

100 Slingerland Street • Albany, NY 12202

### Or telephone:

(518) 449-2001

### By check or credit card

### Or online, through Paypal:

[www.cccaregivers.org](http://www.cccaregivers.org)



## Did you know?

- Giving your partner a hug doesn't just warm the heart, it can protect it too. A study by the University of North Carolina in 2005 found that hugging your other half for 20 seconds could lower blood pressure and reduce levels of the stress hormone cortisol. High levels of cortisol have been linked to heart disease and other conditions such as diabetes.
- The 2010 Dietary Guidelines for Americans recommend limiting sodium to less than 2,300 mg a day – or 1,500 mg if you're age 51 or older, or black, or have high blood pressure, diabetes, or chronic kidney disease.
- The salt shaker contributes only about 10 percent of the sodium in the average American diet. Generally 80 percent of sodium intake is from processed foods, such as canned tomato products, soups, processed meats, snack chips, cheese and even bread. Too much sodium increases blood pressure and the risk for heart disease and stroke.
- The bulk of what determines happiness is your personality and – more modifiable – your thoughts and behavior. So, yes, you can learn how to be happy – or at least happier.
- Research suggests that medications and nicotine replacement therapies can double and sometimes even triple the chances that a smoker will successfully quit. Some of these treatments also help to minimize weight gain while quitting.



RESURRECTION HEALTH CARE

*For all of you, all of your life*

*Are you looking for skilled nursing care for a loved one?*

Resurrection Nursing Home is an 80 bed skilled nursing facility co-sponsored by the Sisters of the Holy Family of Nazareth and the Sisters of the Resurrection.

#### **Long and short term services include**

- 24 hour skilled nursing
- Comprehensive therapy; physical, occupational and speech
- Complete nutritional support services
- Dementia care, tracheostomy care and respiratory care
- Intravenous (IV) therapy
- Podiatry care, including diabetic and stasis ulcer care
- On site dental care
- Psychiatric and psychological care
- Pain management program
- Hospice care, provided through The Community Hospice Program
- Short term rehabilitation for stroke and post joint replacement
- Spiritual services for all residents, including Catholic Mass.

Clergy of all faiths are welcome to come to Resurrection Nursing Home

For more information or to schedule a tour, please contact the Admissions Coordinator at 518-732-7617 ext 114 or [tlee@resnursinghome.org](mailto:tlee@resnursinghome.org)  
To learn about Resurrection Nursing Home please visit our web site at [www.reshealthcare.org](http://www.reshealthcare.org), click on locations, select nursing homes, and scroll down to Resurrection Nursing Home.

RESURRECTION NURSING HOME  
90 NORTH MAIN STREET  
CASTLETON, NY 12033



## Study Focuses On Caregivers Of Alzheimer's Patients

A recent report by the National Alliance for Caregiving focuses on the positive and negative impacts of Alzheimer's disease on family caregivers. While past research has focused exclusively on the negative impacts of Alzheimer's on family caregivers, almost two-thirds of the 1,000 caregivers in this online survey report that caring for their loved ones gives them an opportunity to give back, while 46% of caregivers report feeling that they have a closer personal relationship with their care recipient. However, 61% of caregivers report feeling highly stressed, 40% report feelings of guilt for not doing more, and 39% report feeling angry at themselves for becoming frustrated with their loved one. Nine out of ten family caregivers report that their ability to recognize events and situations led them to suspect dementia or Alzheimer's disease, while only 31% report that a doctor's diagnosis contributed to their thought that Alzheimer's or dementia was present. For more information, visit the website of the National Alliance for Caregiving and read their report "What Made You Think Mom Had Alzheimer's?" <http://www.caregiving.org/data/NAC%20Alzheimers0411.pdf>

## Critical Elements And Key Factors For Kinship

Many children thrive in kinship care. Children living with relatives maintain connections to their family members, traditions, and identity. In many cases, kinship caregiving enables sibling groups to remain intact. The children are able, to a greater extent than foster children not in kinship care, to maintain relationships with their birth parents and other family members. Children in kinship care also have more stable living situations than those in non-kin foster care placement. Children placed with kin by the child welfare system are less likely to experience multiple placements, and are more likely to stay within the same community and school system.<sup>i</sup> Not only are children in kinship care usually familiar with their caregivers and therefore less traumatized by moving into kin care, but often also express feeling "loved." Despite this, the caregivers and children face many challenges. Excerpt from [Grandparents and Other Relatives Raising Children: A Primer for the KIDS COUNT Network](#) Authored by Jaia Peterson Lent, Public Policy Director, Generations United April 2005

<http://www.kidscount.org/kcnetwork/resources/documents/Grandparentsback-groundpaperfinal.doc>

<sup>i</sup> Report to the Congress on Kinship Foster Care. (Washington DC: U.S. Department of Health and Human Services, 2000) available at <http://aspe.hhs.gov/hsp/kinr2c00/> and Jennifer Ehrle Macomber, Rob Geen, Rebecca L. Clark. Children Cared for by Relatives: Who are They and How are They Fairing? (Washington DC: The Urban Institute, 2001)

## WOMEN'S HEALTH CARE CHARTBOOK

The Kaiser Family Foundation has released a new Women's Health Care Chartbook. Among the key results of the national survey it was found that one in ten women were caregivers to frail or ill family members. One in five of these women reports spending more than 40 hours per week on caregiving with strains on their family finances as a consequence. The survey of women ages 18 to 64 provides a look at the experiences of women in the health care system. The chartbook presents a wide range of data on women's health issues, including insurance coverage, affordability of and access to care, use of health care services, prevention, and family health. The survey was conducted in 2008, and builds on data collected during previous women's health surveys conducted by the Foundation in 2001 and 2004. The Kaiser Women's Health Care Chartbook is now available on line at: <http://www.kff.org/women-shealth/upload/8164.pdf>



JOANN CURRY  
VICE PRESIDENT

**ACCU CARE**  
**HOME HEALTH SERVICES, INC.**  
"QUALITY NURSING CARE"  
HOME CARE • PRIVATE DUTY • STAFF RELIEF

87 WASHINGTON STREET  
RENSSELAER, NY 12144

TEL: (518) 449-1142  
FAX: (518) 449-1320

Health Care Services for you or someone you love

- \* Bathing/Grooming
- \* Meal Preparation
- \* Medication Reminders
- \* Light Housekeeping
- \* Companionship
- \* Errands



**We accept Catholic Charities Grants (if eligible)**

Personal Care Aides \* Home Health Aides

Licensed and Registered Nurses \* Live-In Aides

**Free Assessment by a Registered Nurse**

NYS Licensed \* Insured and Bonded \* 24 hours/7 days a week

**518-438-6271**

**5 Computer Drive West, Albany, NY 12205**

## Seton Health Home Care

All the services you need  
under one roof ... your own.

Nursing • Physical Therapy  
Maternal/Infant/Pediatric Care  
Occupational Therapy  
TeleHealth • Home Health Aides  
Nutrition • Speech Therapy  
Medical Social Work

Serving Albany, Rensselaer and Saratoga Counties

We're Just a Telephone Call Away!  
24 Hours a Day • 7 Days a Week  
(518) 233-1802 • [www.setonhealth.org](http://www.setonhealth.org)



## Trusted Care for the Senior You Care for.



Being able to live at home can be one of the most important comforts in a senior's life. Our carefully selected CAREGivers™ help make that possible, with a wide range of non-medical services, welcome companionship and a ready smile. At Home Instead Senior Care, we treat each senior as we would a member of our own family.

**WE PROVIDE**

- Wide variety of services, including meal preparation, light housekeeping, medication reminders, shopping, errands, and incidental transportation.
- Bonded, insured CAREGivers who complete a stringent background check.
- Short-notice staffing, including 24-hour, long-term and weekends.
- Thorough, ongoing training process for each care professional.
- Regular quality control checks to ensure prepared, responsive care.

**Home Instead**  
SENIOR CARE

*With a little help  
from a friend.*

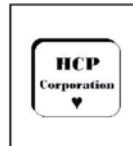
Call for a free,  
no-obligation appointment:

Albany: 518-437-0014  
Schenectady: 518-346-6769  
Saratoga, Washington & Warren  
Counties: 518-580-1042

Each Home Instead Senior Care franchise office is independently owned and operated.

[homeinstead.com](http://homeinstead.com)

### Home Health Care Partners



Professional Nursing Services  
Home Health Aide Services  
Companion/Homemaker Services

**YOUR HOME - YOUR CARE - YOUR CHOICE**  
**1-800-342-1426**

[www.newyorkhomehealthcare.com](http://www.newyorkhomehealthcare.com)



Services for Older Adults and Caregivers

### Program of Catholic Charities Senior Services in Schenectady

107 Nott Terrace, Schenectady, NY 12308  
A Social Model Adult Day Program  
Enabling Seniors to Remain at Home &  
Giving Caregivers much needed Respite  
Call for Information – 346-1852



# WESLEY

## WOODLAWN COMMONS

Greater Health. Greater Life. Greater Saratoga.



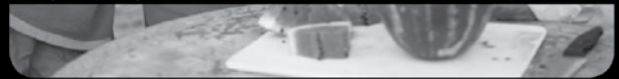
Our **independent living** community is for active people who have relinquished the responsibilities of owning their own home for the benefits and enjoyment of living in a private, maintenance-free one or two-bedroom apartment.

The **enriched living** program is licensed by the NY State Dept. of Health with a licensed RN on site. Programs are tailored to meet residents' individual needs while allowing them to enjoy their independence.

156 Lawrence Street, Saratoga Springs, NY 12866  
Call to schedule a tour! 518-691-1563  
[www.wesleyhealth.com](http://www.wesleyhealth.com)



Thank You to Caregivers Support Services on your 23 years of service



### HARRIS BEACH <sup>PLLC</sup>

ATTORNEYS AT LAW  
Lawyers you'll swear by. Not at.\*

FOR MORE INFORMATION CONTACT  
MARK J. MCCARTHY  
MMCARTHY@HARRISBEACH.COM  
677 BROADWAY, SUITE 1101 • ALBANY, NY 12207  
518.427.9700 • [www.harrisbeach.com](http://www.harrisbeach.com)

ALBANY, BUFFALO, ITHACA, LOCKPORT, LONG ISLAND, NEW YORK CITY, NIAGARA FALLS, ROCHESTER  
SARATOGA SPRINGS, SYRACUSE, WHITE PLAINS, YONKERS, NEW HAVEN, CT, NEWARK, NJ

## THREE COMMUNITIES, ONE GREAT WAY OF LIFE: ATRIA SENIOR LIVING



Atria Senior Living offers older men and women high-quality independent and supportive living, including delicious dining, more than 200 monthly events scheduled transportation and short-term stays.

Call one of our three Albany area communities today!

ATRIA CROSSGATE*	518.869.0211
ATRIA GUILDERLAND†	518.218.0506
ATRIA SHAKER	518.465.4444

[www.atriaalbany.com](http://www.atriaalbany.com)

\*Operating under licensure with the New York State Department of Health as an Enriched Housing program.

† Licensed as an Assisted Living Residence by the New York State Department of Health.  
321-50906



### ASSOCIATION DEVELOPMENT GROUP, INC.

It's never business as usual. Let us manage your day to day needs through our association management services.



COMMUNICATIONS & DESIGN

Who says looks don't matter? Create eye-catching pieces that reach and motivate your target audience.



Keep the conversation going. Adopt and implement a social media strategy that engages a wider audience.

[www.adgcommunications.com](http://www.adgcommunications.com)

Kathleen A. Van De Loo, President



An Agency of  
Catholic Charities  
Diocese of Albany

100 Slingerland Street  
Albany, NY 12202

United Way  
of the Greater Capital Region



Non-Profit Org.  
U.S. Postage  
**PAID**  
Albany, NY  
Permit No. 272

## Need a Helping Hand?



Over 40 years of experience in providing a variety of home care and staffing services.

- Companions, Aides and Nurses
- Personal Care, Medication Management
- Shopping and meal preparation
- Care provided under the supervision of an RN. Call for a free in home assessment!

*Our caregivers are bonded, screened and insured. 300 offices throughout the United States*

4 Offices in NY's Capital Region and Berkshire County, MA

Call 800-464-3655

To reach your local office

**Interim**  
HEALTHCARE®

[www.interimhealthcare.com](http://www.interimhealthcare.com)

## Join our Partnership Drive!

Name: \_\_\_\_\_  
Company: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/St/Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_  
E-Mail: \_\_\_\_\_

I/We would like my name to appear in all donors listings as follows:

\_\_\_\_\_

This gift is made:  In honor of  In memory of: \_\_\_\_\_

My employer will match my gift. The form is enclosed.

*Enclosed please find my tax-deductible gift of:*

\$\_\_\_\_\_ to support Caregivers in the community.

I will fulfill my pledged gift in the following manner:

MC/Visa/American Express

Check Enclosed

Card # \_\_\_\_\_

Gift of appreciated stock

Signature \_\_\_\_\_

Expiration Date: \_\_\_\_/\_\_\_\_

I would like to fulfill my pledge in \_\_\_\_\_ payments over a period of \_\_\_\_\_ months beginning on \_\_\_\_\_ date. Please send pledge reminders.

Please send me information about how to make a bequest in my will or estate plans

I would like my gift to remain anonymous