



Caring Together Newsletter

This Issue: Caregiving Through the Generations

Spring 2020

Welcome to the first issue of *Caring Together*!

I want to introduce you to our leadership team, the Caregiver Coalition Executive Committee. This committee is made up of professionals in the aging industry who **volunteer** their time, resources and expertise to the development and maintenance of the Caregiver Coalition. The dedication and compassion of our Executive Committee members drives the Coalition to accomplish our goals and improve the lives of caregivers in Northeast Florida.

- **Chair-** Earl Evens, *Executive Director of Baptist AgeWell Center*
- **Vice Chair-** Justine Conley, *Jacksonville Field Coordinator for AARP*
- **Treasurer-** Gloria Crawford, *Chief Senior Services Division, City of Jacksonville*
- **Secretary-** Cari Eyre, *Program Coordinator for Social Responsibility, Baptist Health*
- Linda Levin, *CEO of ElderSource*
- Terri Barton, *CEO of Aging True*
- Jim Monahan, *Vice President of Education and Community Engagement, Community Hospice and Palliative Care*
- Toulou Wootan, *Toulou's Tips for Caregivers*

Please feel free to share this newsletter with fellow caregivers, or reach out to us and share your caregiving story. We look forward to *Caring Together*.

Kandise Chrestensen
Coalition Coordinator



[Monthly Blog](#)



[First Caregiver Conference:](#)

Look out for our monthly blog every
third Wednesday!

Featuring topics such as:

- Finding Moments for Mindfulness
- Nutrition and Meal Planning
- In-Home Safety tips
- and more!

Date: May 9, 2020

Time: 9:00am-2:30pm

Location: Ramada Inn Mandarin

More information coming soon.

Questions? Call: 904-391-6603

The Sandwich Generation Feels the Caregiving Crunch

From AARP



As the American population grows older, more families have more members with caregiving needs. Caregivers often face looking after multiple family members of various ages. When juggling competing responsibilities, try to stay mindful of the following tips:

- 1) Beware the slow creep of responsibilities
- 2) Provide care by need, not "fairness"
- 3) Learn to delegate tasks

[Click here to read the full article](#)

Tips for Spousal Caregivers

From Today's Caregiver

Caring for a spouse with dementia can feel burdensome and lead to many challenges and obstacles in a relationship. If you don't know how to navigate the issues properly, it can lead to increased tension and rifts in the relationship.

[Click here to continue reading for tips.](#)



Member Resources

Active Daily Living

Active Daily Living is a feature on the ElderSource website that contains a sizable library of **practical resources** for caregivers and seniors to use in their daily lives. Filled with videos, articles and newsletters, we hope this tool is a valuable resource to those they serve.

[Click here to visit Active Daily Living.](#)



Active Daily Living

Virtual Caregiver Support Group

ElderSource Institute hosts a Virtual Caregiver

Virtual Caregiver Support Group



Support Group making it possible for caregivers to connect face-to-face in real time with other caregivers using today's technology. Any caregiver living in Northeast Florida can sign up; however the group will be focused on those who feel they cannot leave their loved one to attend a support group but would benefit from participating in one. [Click here to learn more or sign up.](#)

alzheimer's association®

24/7 Helpline
800.272.3900

24/7 Helpline

The Alzheimer's Association 24/7 Helpline is available around the clock. Through this free service, specialists and master's-level clinicians offer confidential support and information to people living with the disease, caregivers, families and the public.

Upcoming Member Events



Alzheimer's Community Forum
Alzheimer's disease, dementia and memory loss

Alzheimer's Community Forum

Thursday, March 5

Time: 11:00am - 1:00pm

Location: 10688 Old St. Augustine Rd.
Jacksonville, FL 32257

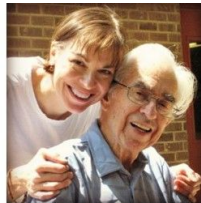
Come hear a brief overview on Alzheimer's, dementia and memory loss. Bring a friend who has been affected by the disease. Share your thoughts about how we can help people in your community. Light refreshments will be provided.

[Registration is requested.](#)
[Please call 800-272-3900](#)



present the first annual

**Caregivers
Conference**



What all caregivers need to know!

for ages 18 to 98

**"You will either be a caregiver or
you will need a caregiver."**

Fruit Cove Baptist Church Caregivers Conference

Saturday, March 14

Time: 9:00am - 3:00pm

Location: 501 SR 13, Jacksonville, FL
32259

Cost: \$10 per person

[Click here to sign up](#)
or call 904-287-0996

St. Johns County Caregiver Conference



Saturday, April 25th
Time: 8:30am-1:00pm
Location: *Stephen R. Chapman Family
Community Campus*
1355 US Highway 1 South, St. Augustine,
FL 32084

Join Community Hospice for a one of our FREE conferences to discuss common struggles and discover resources available to help you as a caregiver.

[Click here for more information.](#)

View our full Event
Calendar

For more information,
or if you're interested in
volunteering or joining
the Caregiver Coalition, please contact:
kandise.chrestensen@myeldersource.org
904-391-6603



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Visit our website

If your caregiving situation has changed and you no longer wish to receive these communications, simply unsubscribe below.

The Caregiver Coalition of Northeast Florida is supported by ElderSource, and operates in partnership with local organizations to provide support and education to caregivers of Northeast Florida. Partners include: ElderSource; Alzheimer's Association Central & North Florida Chapter; Baptist Health AgeWell Center for Senior Health; AARP; Community Hospice and Palliative Care; Aging True; City of Jacksonville, Senior Services Division; Brooks Rehabilitation; YMCA of Florida's First Coast; St. Johns Council on Aging; Jewish Family and Community Services; Mayo Clinic Florida; Berg Bryant Elder Law Group PLLC.. Contributions for Coalition activities are received by ElderSource, a 501(c)(3) nonprofit organization, and are tax-deductible by law.