

# Taking Care



Catholic Charities  
Southwestern Ohio  
Serve | Engage | Empower

Newsletter of the Caregiver Assistance Network – a program of Catholic Charities Southwestern Ohio

## Creative Connections NEW Location!

- **NEW - Faith Community UMC;** 8230 Cox Rd, West Chester; Beginning Monday, April 15, 1:30 – 3:00 pm
- **St. Clare Convent;** 60 Compton Rd, Wyoming; Beginning Monday, April 15, 10:30 am – 12:00 pm
- **Knox Presbyterian Church;** 8600 Michigan Ave, Hyde Park Beginning Wednesday, April 10, from 1:30 – 3:00 pm (**join waitlist**)

In collaboration with the Giving Voice Foundation, Creative Connections offers people with dementia to engage in a weekly music and movement program while their care partners meet for support. Space is limited and registration is required. Please call 513-869-4483 or email [can@ccswoh.org](mailto:can@ccswoh.org) for more information or to register for this 10 week program.

## Managing Caregiver Stress

Reduce stress and gain hope! You will learn the steps for effective stress management, discuss tools to reduce stress, develop a plan for reducing stress and try a relaxation activity that is easy to incorporate into your daily life. Sponsored by Catholic Charities Southwestern Ohio Senior and Caregiver Support Services.

- **Thursday, Apr 11, 6:00 – 7:00 pm,** North Central Library, 11109 Hamilton Ave, 45231; RSVP to Jason Noel at 513.391.5905
- **Sunday, Apr 14, 11:30-1:30 pm,** Lunch and Learn at Mt. Washington Presbyterian Church, 6474 Beechmont Ave, Cincinnati, OH 45230, Call (513) 231-2650 to register.

## Powerful Tools for Caregivers

**Register:** Call (513) 869-4483 or email [can@ccswoh.org](mailto:can@ccswoh.org)

Join us for this evidenced based six-week class teaching caregivers how to access resources, communicate effectively, manage emotions and reduce stress.

- **Wednesdays, Apr 24 - May 29, 7:00 – 8:30 pm** – Zoom class sponsored by Mt. Washington Presbyterian Church
- **Thursdays, Apr 25 – May 30, 1:00 – 3:00 pm** – Jewish Family Services, 9395 Kenwood Rd, Blue Ash, 45242
- **Thursdays, Apr 25 – May 30, 5:00 – 7:00 pm** – for Caregivers of Children with Special Health and Behavior Needs, Beech Acres Parenting Center, 615 Elsinore Place, Ste 500, Cincinnati, OH 45202

## Aging Connections

**Tuesday, April 9 from 2:00 - 4:00 pm, Walnut Hills Library**  
2533 Kemper Lane, 45206

There's so much to learn as we age! Join Council on Aging and a team of experts to get connected to programs, services and resources that can help you or a loved one live life to its fullest. There is no fee for the event, however, advance registration is required. Please register by April 5. Questions? Call Lisa at 513-345-2019 or use QR code to register.

## Useful Websites & Phone Numbers

- **Caregiver Assistance Network**  
[can@ccswoh.org](mailto:can@ccswoh.org) (513.869.4483)
- **Council on Aging** (for 5 SWOH counties) [www.Help4seniors.org](http://www.Help4seniors.org) (513.721.1025)
- **Giving Voice Foundation** (Purposeful Planning, Brains in Bloom, & More)  
[www.Givingvoicefdn.org](http://www.Givingvoicefdn.org) (513.399.6065)
- **Journey to Hope** Coaching Groups  
[www.JtoH.org](http://www.JtoH.org)
- **Local Resource Guides** for Ohio and Northern KY [www.seniorimpact.com](http://www.seniorimpact.com)
- **Our Family Our Way** – Miami University Care Planning & Family Meeting Guide  
[www.miamioh.edu/scrippsaging/ofow](http://www.miamioh.edu/scrippsaging/ofow)
- **People Working Cooperatively**  
[www.pwchomerepairs.org](http://www.pwchomerepairs.org) (513.351.7921)
- [www.ProseNIors.org](http://www.ProseNIors.org) (513.345.4160) (Legal help, LTC Ombudsman)
- **St. Vincent de Paul Charitable Pharmacy** (513.562.8841)  
[www.svdpcincinnati.org/pharmacy](http://www.svdpcincinnati.org/pharmacy)
- [www.Theconversationproject.org](http://www.Theconversationproject.org) (how to talk about end of life)
- **Teresa Youngstrom**, Dementia Specialist  
[www.Teresayoungstrom.com](http://www.Teresayoungstrom.com)
- **Veterans Caregiver Support**  
[www.caregiver.va.gov](http://www.caregiver.va.gov) (855.260.3274)
- **United Way Cincinnati** (211) [uwgc.org](http://uwgc.org)
- **Uplift** – For Individual Counseling Call 513.896.7887 or email [uplift.butler@bbhs.org](mailto:uplift.butler@bbhs.org)



# We Are Not Alone

**With Art in Mind - Wednesday, Apr 3, 10am – 12pm**, Cincinnati Art Museum; With Art in Mind programs allow people of all abilities and their care partners to socialize and engage in activities in a safe, welcoming environment. Please join us for a gallery tour and art time. Free and welcoming to all. Contact Shannon Braun to register at [sbraun@erslife.org](mailto:sbraun@erslife.org) or call 513.979.2302.

**Su Casa Health Fair - Sunday, April 14, 1:00 – 4:00 pm**; St. Julie Billiard, 229 N. 3rd St., Hamilton, OH 45011 This is a free event, open to the public that will offer blood pressure screenings, weight control screenings, childcare information, free consultations with doctors, information for caregivers of people with disabilities, vision exams, dental information, free mammograms, and depression and anxiety screenings. Sponsored by the Ohio Commission on Minority Health. Contact Su Casa at 513-926-2531 for more information.

**Steady as We Go – Monday, April 8, 6:00-8:30 pm**; Community of the Good Shepherd, 8815 E. Kemper Rd, 45249; Register at <http://www.good-shepherd.org/55-ministry> or by calling 513--489-8815; We will hear from three experts on some steps we can take to ensure we are more steady on our feet. There is no charge for the workshop, but please register so we can allow for enough seating, handouts and refreshments.

**Creative Minds at HeART – 3rd Thursdays, Apr 18, 10:30 – 11:30 am**, Bell Tower Arts Pavilion, 3270 Glendale Milford Rd, 45241 Join us as we create our own piece of art with a little instruction and lots of encouragement. Program is free and welcoming to all. Contact Sarah Shaffer at [sshaffer@erslife.org](mailto:sshaffer@erslife.org) or 513.972.2302 to reserve your spot.

**Dementia Expert Series, Thursday, April 18, 6:30 – 8:00 pm**, Council on Aging Offices 4601 Malsbary Rd, Blue Ash (also available via Zoom), Understanding Alzheimer's and Dementia AND the Top 10 Mistakes Made on the Elder Care Continuum presented by the Alzheimer's Association and the Law Practice of Dennison Keller. Learn how to protect yourself and those you love for what may lie ahead. Call 800-272-3900 or use QR code.



**Brains in Bloom – 3<sup>rd</sup> Friday, Apr 19, 1-2pm**, Montgomery Community Church, 11251 Montgomery Rd, 45249; The Giving Voice Foundation is partnering with Druffel Gardens to offer fun, inclusive floral arrangement classes for individuals with dementia (at any stage) and their loved ones. All materials provided and no green thumb required! Contact Kristin to register for upcoming dates: [kcooley@cincinnatiateriatricpsych.com](mailto:kcooley@cincinnatiateriatricpsych.com)

**When Dementia Moves In – April 29, at 12:15 pm**; Family Education Event, Anderson Township Sr Center, 7970 Beechmont Ave. Presented by Teresa Youngstrom, learn how to avoid common family frustrations. Positive and appropriate communication with those living with dementia is very important to maintaining successful interactions. Call (513) 474-3100 to reserve your seat.

**Caring for the Caregiver – Tuesday, May 7, 10:00 am – 12:00 pm**; A free, reflective and supportive virtual writing experience. No writing experience necessary. Annette Januzzi Wick & Pauletta Hansel lead online creative writing experiences designed to help family caregivers, past or present, explore the gifts and challenges of their lives through poetry, storytelling, and journaling. Contact Breanna Williams to register at [bwilliams@muchmorethanameal.org](mailto:bwilliams@muchmorethanameal.org) or (513) 244-5492.

**Confident Caregiver Workshop and Luncheon - Friday, April 26 from 10:00 am - 3:00 pm, Atrium Medical Center**, One, Medical Center Dr, Middletown, OH 45005; Join us for this free informative workshop for those caring for someone with dementia. Learn how to overcome communication struggles, manage caregiver fatigue and navigate professional care options. Lunch is provided. There will be a virtual version of this program for anyone unavailable to attend in person. Sponsored by the Alzheimer's Association call 800-272-3900 to register.

## AddnAide

**AddnAide** is an app available in the Google Play Store, Apple App Store or at [addnaide.home52.org](http://addnaide.home52.org). It's an enhancement of the self-directed care model, offering a secure space where older adults who need in-home care can match with care providers. In AddnAide, older adults and direct care workers create personalized profiles to improve the matching process, giving older adults and workers more control of the caregiving relationship. For providers serving people in Hamilton and Warren counties who are enrolled in ESP. To learn more about AddnAide, visit [home52.org/addnaide](http://home52.org/addnaide) or contact [addnaide@home52.org](mailto:addnaide@home52.org).