

# Taking Care

October 2024



Catholic Charities  
Southwestern Ohio

Serve | Engage | Empower

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

## Powerful Tools for Caregivers

Join us for this evidenced based six-week class teaching caregivers how to access resources, communicate effectively, manage emotions and reduce stress. Unless otherwise noted, please register by calling 513-869-4483 or email [can@ccswoh.org](mailto:can@ccswoh.org)

- **Tuesdays, Oct 1 – Nov 5, 1:30 – 3:00 pm** – St. Maximilian Kolbe, 5720 Hamilton Mason Rd, 45011
- **Mondays, Oct 14 - Nov 18, 4:30 - 6:00 pm** - 7864 Camargo Rd, Madeira, 45243

## Hyde Park Caregiver Group

**Thursday, Oct 3, 1:00 - 2:30 pm**

Hyde Park Library, 2747 Erie Ave, 45208

Whether you need support right now or are just planning for the future, we are here for you. Join us as we support and learn from each other, discussing topics such as self-care, communicating with family, tools and resources for aging in place and how to choose between long term care options. Call 513-869-4483 or email [can@ccswoh.org](mailto:can@ccswoh.org) for more information or to register.

## EVR Talk Caregiver Training

**Fridays, October 25 - November 22, 3:00 - 4:30 pm**

Cincinnati Music & Wellness Coalition

Centennial Barn, 110 Compton Rd, 45215

Join us for 5 weeks of training; Topics include Caregiver Burnout, Incontinence Conversations, Medication Management, Handling Hallucinations and End of Life Wishes. Program is free, respite will be provided on site through HealthRHYTHMS, but space is limited. Call 513-869-4483 or email [can@ccswoh.org](mailto:can@ccswoh.org) to RSVP.

## Scripps AVID

**Begins the first week in October**, Free Virtual Program – join from anywhere! Are you looking for a fun, creative way to connect with others from different generations? Our research-based, intergenerational art program, ScrippsAVID, is the perfect opportunity for you! Younger and older adults of different generations will be matched to virtually meet weekly and work together on art-based activities such as visual art, music, poetry, and stories. No artistic background is necessary to join. For questions or information on signing up, please contact: Krysta Peterson | 440-340-8537 | [ScrippsAVID@MiamiOH.edu](mailto:ScrippsAVID@MiamiOH.edu)

## 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)
- Meals on Wheels of SWO/NKY for meals, transportation, pet support, activities, and more (513.661.2777) [www.muchmorethanameal.org](http://www.muchmorethanameal.org)
- Our Family Our Way – Miami University Care Planning & Family Meeting Guide [www.miamioh.edu/scrippsgaging/ofow](http://www.miamioh.edu/scrippsgaging/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 Podcast [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

**Nurturing the Mind** - Fridays, Sept 27, Oct 11, Oct 25, Nov 8, 1:00 - 2:30 pm, Civic Garden Center; Each session will include a slide show and short lecture about international plant habitats and cultural agricultural practices, followed by an interactive, hands on horticultural activity. Free and welcoming to all. Contact Sarah Shaffer at [sshaffer@erslife.org](mailto:sshaffer@erslife.org) or 513-979-2302 to register.

**With Art in Mind** - Wednesday, Oct 2, 10:00 am – 12:00 pm, 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.

**Mental Health First Aide** – Thursday, Oct 3, 9:00 am - 3:30 pm; Catholic Charities Southwestern Ohio, 7162 Reading Rd., floor 7. Mental Health First Aide helps reduce stigma, teach signs and symptoms and prepare first aiders to use a 5 step action plan in the event of a mental health crisis. The class involves 2 hours of online pre-work that will be provided 2 weeks prior to the class. Registration is available through this link:

<https://form.jotform.com/241915349484162> Call Mary Anne Bressler at 513-672-3714 for more information.

**Songs in Mind** – Thursdays, Oct 3 - Dec 12 1:00 - 2:30 pm; Good Shepherd Lutheran Church, 7701 Kenwood Rd, 45236. Partnering with Keys for Success, music therapists will lead a choir for people living with dementia and their care partners. Register by contacting Sarah Shaffer at [sshaffer@erslife.org](mailto:sshaffer@erslife.org) or 513-979-2302.

**Death Cafe** - Friday, October 4, 7:00 - 9:00 pm; Mt. Auburn Presbyterian Church, 103 William Howard Taft Rd, 45219; At a Death Cafe people, often strangers, gather to eat cake, drink tea and discuss death. A Death Cafe is a group directed discussion of death with no agenda, objectives or themes. It is a discussion group rather than a grief support or counseling session. All are welcome, no registration required. Sponsored by the International End of Life Doula Association.

**Wild about Minds** - Tuesday, Oct 15, 10:00 – 11:30 am, Cincinnati Zoo. Please join us for a guided tour and free admission to the Cincinnati Zoo, including parking. Free and welcoming to all. Contact Sarah Shaffer at [sshaffer@erslife.org](mailto:sshaffer@erslife.org) or 513-979-2302.

**Solutions for Empowering the Sandwich Generation and Their Parents** - Wednesday, Oct 16, 2:00 - 3:30pm; Sharonville Public Library, 10980 Thornview Dr, 45241; Part 1 of a 5 month series of free seminars covering a variety of topics that affect seniors, their caregivers and their loved ones. October's topic is estate and end of life planning, presented by Olivia Smith, Esq and Nancy Macke, End of Life Doula. Sponsored by the Cincinnati Senior Connection Foundation. Register at the library or online at

<https://cincinnati.library.bibliocommons.com/events/66d880da71e2b82800b7b12f>

**Life and Death Cafe** - Thursday, October 24, 6:30 - 8:00 pm; Blue Ash Library, 4911 Cooper Rd, 45242. At a Life & Death Cafe, people come together to talk about life and death. The goal is to increase awareness of death to help people make the most of their lives. This is a group-directed discussion; there are no agendas or objectives. Death informs life. By talking about it, by holding the conversation, and by caring listening, today's choices about how we want to live our lives can become much more clear. Sponsored by Compassionate Transitions. Register at <https://compassionatetransitions.org/death-cafes>

**Caring for the Caregiver** - Thursday, Nov 14, 10:00 am – 12:00 pm, Virtual – join from anywhere! Annette Januzzi Wick & Pauletta Hansel lead a creative writing experiences designed to help family caregivers, past or present, explore the gifts and challenges of their lives through poetry, storytelling, and journaling. In this workshop, participants write to reflect on their own journey and to share as much or as little writing in a supportive and safe circle of other caregivers. No previous writing experience is necessary. Sponsored by the Giving Voice Foundation. RSVP to Breanna at (513) 244-5492 or Email: [bwilliams@muchmorethanameal.org](mailto:bwilliams@muchmorethanameal.org)

**Call the CAREline at 513-869-4483 or email [can@ccswoh.org](mailto:can@ccswoh.org) for questions or more information.**