

♥ Credo: ♥ (spoken to yourself!)

*I Love You
I Trust You
I will not hurt you
I will not judge you*

**Learn More Today!!
Caring For the Caregiver**

Sponsored by:

St. Bede's Episcopal Church
220 Berry Hill Road
Syosset, NY 11791-2102

St. Thomas of Canterbury
29 Brookside Drive
Smithtown, NY 11787
Phone: 631-265-4520



**You are not alone, and help
can be a phone call away...**

Phone: 516-921-0755

Caring Circle Meetings

Every 1st and 3rd Wednesday, at 7:30pm
Every 2nd and 4th Thursday at 1:30pm
St. Bede's Parish Hall

Starting July 13

St. Thomas of Canterbury
Every 2nd & 4th Wednesday, 7:30pm

E-mail: info@caringforthecaregiver.org

www.CaringForTheCaregiver.org
A Message of Hope and Help for Caregivers

Caring for the Caregiver, a year in photo review:



Phot. Philip Lashley



Giving Support to Those Who Care for Others

"Caring is universal.

*There are only four kinds
of people in the world:*

- Those who have been caregivers
- Those who currently are caregivers
- Those who will be caregivers
- Those who will need caregivers"

Rosalyn Carter

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A Message of Hope and Help for Caregivers



If you are a minister, priest, Rabbi or manage a public service group, or a corporation:

You may already know that 1/3 of the households in your congregation contain a caregiver! They are givers of help – but they have no concept of seeking help for themselves. And they need it desperately.

If you are an employer, a recent Met Life study suggests that caregivers "have more unplanned absences. Their performance on the job is also compromised by a lack of focus on their work... They need solutions so that they can be healthier and perform better."

Caring For The Caregiver offers real help. It is a two part program: A Caregivers' Fair, followed by a Caring Circle. Can we explore the possibilities with you? For full details, please read on.

What is a Family Caregiver?



A family caregiver is someone who's been pressed into service of an ailing family member. There are 44.4 million Americans, age 18 and older, functioning as unpaid caregivers. On average, each spends 41 hours a week giving care – some over 100 hours a week. The value of this volunteer support has been calculated at \$375 Billion dollars per year!



How It Began

When his wife contracted breast cancer, Craig Jennings suddenly became a caregiver. He and his wife each struggled to manage – she fighting her disease with all the resources of modern medicine, he to set aside his role as a businessman, and take on the role of caregiver. Ms. Jennings succeeded, and has been in remission for some years; Mr. Jennings learned first-hand about caregiving, struggled with this new and challenging role, and took it one step further: "I resolved to create a program for caregivers that would keep them from being blindsided, as I had been."

In 2008, Mr. Jennings initiated the first "Caring For The Caregiver" program, at the Unitarian Universalist Congregation in Manhasset, NY. Subsequently, the Bishop's Committee of St. Bede's Episcopal Church in Syosset, NY took on the program, supported it, has developed a fund-raising process, and is now committed to bringing it to many communities on Long Island.

How We Can Help

We offer information, guidance and resources.



First, we'll help you manage the development of **The Caregivers' Fair**, a celebration of Caregiving which powerfully reaches out to your community to attract caregivers and invite them to a free half-day program of inspiration, information, and connection. Here they'll learn more about the caregiving dilemma, and discover that they are not alone!

Then we'll help you develop a regularly-scheduled **Caring Circle** support group. **The Caring Circle** offers a welcoming and secure environment where at last the Caregiver can speak freely to an audience which completely understands his/her circumstances. To support this, we have a ground rule – no-one may sit in the circle who is not or has not been a caregiver.



The Caring Circle is a 90-minute group support program run by two or more trained facilitators.



The program allows a free exchange of dialogue between the facilitators and the caregivers, ranging from the expression of anger, frustration, hope, and fear to the generation of freedom, action and new problem solutions.

The Caring Circle is actually a Healing circle. Caregivers are not great at caring for themselves, but in the protection of the Caring Circle, they actually heal each other.

Over time, we have been gratified to see **Caregivers** in this environment move from solitude and despair to partnership, action and increased self-esteem in just a few months. We have been able to measure their progress on a 5-point Likert scale, from Victim, to Complaint, to Reporting, to Intention to Act, to Action.

You're invited to sit in on one of our **Caring Circles** and see for yourself. Currently, a **Caring Circle** has been running in Syosset for about 12 months, and has had over 400 attendances, and is now running afternoon and evening sessions. We expect to create **Caring Circles** in at least 4 more communities in Long Island before the end of the year.

We are developing a special program designed for corporations to help both the caregiver and the corporation deal with Caregiving and its consequences in the corporate world.

What Does It Take?

To start, we would like to explore the possibilities of bringing this program to your Church or Organization.

You will need:

- **A Group Leader** - Priest, Rabbi, Minister or other responsible individual who wants to create support for the caregivers in his constituency.
- **A Champion** - A group member with leadership skills willing to create a public event by generating cooperation and activity from your people.
- **A Facilitator team** - A team of two or three who will work with caregivers regularly, help them re-balance their lives, help them restore their own self-images, and care effectively for themselves and for their care-receivers.
- **A team of workers** - to distribute flyers and posters broadly, enroll local support, and manage the many small tasks involved in a large project like this.

For the **Caregiver's Fair**, you'll need a hall or public place where we can manage 80-100 attendees at tables for half a day. For the **Caring Circle**, you'll need a private room with a table which can seat 8-12.

You will also need funding to manage the advertising and promotion necessary to get caregivers in your community to actually leave their caregiving situations and attend the event. The St. Bede's Bishop's Committee can contribute a significant amount of the funding required, plus necessary guidance and leadership..

Structure and design:



We have a 90-day process for generating the **Caregiver's Fair** and working with your people. We have a 40 page manual of procedures and process to guide you. Once the **Caregivers' Fair** is complete, we'll provide guidance, training and support to help your facilitators manage their **Caring Circle** effectively and comfortably.

If you would like to take on this project and if you have some motivated constituents in your congregation or synagogue, we'd like to offer our help in engaging them. Ask us about our **"Mission In A Box"** program. Please call us at **516-921-0755** or email to **info@caringforthecaregiver.org**. Feel free to check out our website at **www.caringforthecaregiver.org**

The Bishop's Committee of St. Bede's Episcopal Church Syosset, NY.