

THE CAREGIVER PROGRAM

SERVICES NOW FOR ADULT PERSONS, INC.



What Is Your Best Hope for Caregiving?

It goes without saying that caregiving is not easy. Putting your needs to the side to ensure that someone else's needs are met daily is difficult. When we think about caregiving or anything that causes stress, we can become stuck in the problem if we are not careful. This is not to dismiss the challenges or the reality of the situation. Yet, if our mindset revolves around what is wrong, then wrong is all we will see. While we cannot control what is happening, we can control how we respond to it.

Part of controlling your response is to reflect on what you hope for in the midst of caregiving. If what you hope for is obtained, how would that thing make a difference in your life? For example, if you hope for peace and tranquility amid turmoil, it could make a difference in your life because you may be less reactive to arguments and able to handle challenges with less anxiety.

Obtaining what you hope for is not unobtainable because every single person is resourceful enough to get what they need. If you do not feel that way at this moment, that is okay. Because we grow in connection, the Caregiver Program of SNAP encourages you to reach out for guidance along the way. We want to help you obtain the future you want for yourself and are here to support you!

Support Groups

All support groups are held via Zoom. If you are interested in joining a group please call 718-527-5380 to speak with the facilitator of the group.

All Caregivers:

March 7	1:00 PM-2:30 PM	Facilitated by Bernadette
March 26	10:30 AM-12:00 PM	Facilitated by Bernadette

Adult Children:

March 14	10:30 AM-12:00 PM	Facilitated by Karima
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Working Caregiver:

March 7	6:30 PM -8:00 PM	Facilitated by Karima
March 19	6:30 PM -8:00 PM	Facilitated by Bernadette

Dementia

March 5, 19	10:00 AM -11:00 AM	Facilitated by Karima
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Spouses Group:

March 1, 8, 15, 22	10:00 AM -11:00 AM	Facilitated by Izobella
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March Workshops

ALL WORKSHOPS ARE HELD VIA ZOOM UNLESS OTHERWISE STATED

IF YOU ARE INTERESTED IN JOINING A WORKSHOP, CALL 718-527-5380 FOR MORE INFO

Wellness Workshop with Serena: Nutrition Wellness

March 1st

3pm to 4pm

Join us for an interactive workshop. Our guest, Serena Culoso, personal training, yoga teacher and precision nutritionist, will help us learn how to start eating "clean" and what you should eat. She will walk us through understanding portion control, how to be supermarket savvy and so much more!



Alzheimer's Association Webinar Series: Understanding and Responding to Dementia-Related Behaviors

Friday, January 12th

11am to 12pm

Join us for an informative Dementia Care Partner Workshop! This workshop provides essential tools and resources for caregivers to understand and respond effectively to behaviors associated with dementia. Learn practical strategies tailored to your caregiving journey, empowering you to provide compassionate care while prioritizing your own well-being. Don't miss this opportunity to gain confidence and support in navigating the complexities of dementia care.

March Workshops

ALL WORKSHOPS ARE HELD VIA ZOOM UNLESS
OTHERWISE STATED

IF YOU ARE INTERESTED IN JOINING A
WORKSHOP, CALL 718-527-5380 FOR MORE INFO

From Strain to Strength: A Resilience Workshop for Caregivers

Part 1: Thursday, March 21st

Part 2: Thursday, March 28th

2pm to 4:30pm

Explore the dimensions of well-being in caregiving through the lens of "Happier, No Matter What" by Tal Ben-Shahar, PhD. In this two-part workshop, you will receive practical guidance on the five key elements for resilience: spiritual, physical, intellectual, relational, and emotional well-being. Drawing strength from strategies grounded in science and research, you will discover actionable approaches that can be implemented from home to endure and find happiness even in the midst of overwhelming responsibilities.



You Come First



You come first. That is one of the trickiest sentences to digest. The thought of putting yourself before anyone else can sound selfish and egotistical. Especially if you have children or are caring for someone incapable of caring for themselves. You may ask questions like- How can I put myself first if doing so would leave my mom alone, and she cannot be alone? How can I enjoy going to get my nails done when my husband is at home suffering? And rightfully so; you are not wrong to feel this way. Caring for another person above yourself shows your thoughtfulness, selflessness, and humility.

When I say you come first, at no point would I ever encourage you to abandon your responsibilities as a caregiver. Saying you come first means that it is essential, and highly vital, that your physical, mental, emotional, recreational, relational, and spiritual health is a priority in your life to continue caring for another person with more internal strength.

Caregiver burnout is a genuine phenomenon. It has been researched and studied for the past three decades. The Caregiver Program of SNAP exists because the awareness of caregiver burnout developed, so the federal government implemented programs like ours to help people like you. As the years have passed, we have realized that while we can provide an aide or assist with financial purchases toward caregiving responsibilities, this is only a drop in the bucket to all that caregiving entails.

Many caregivers feel like they are losing themselves in the process of caregiving. Your identity and who you were before caregiving slowly fade, and you take on this new identity. You are now a caregiver where you were once a daughter, son, wife, husband, niece, friend, etc.. Your relationship with the other person becomes more transactional and less intimate. I know this is not the case for everyone, but I am confident this is true for most. There may be a sense of “who am I outside of caregiving?”

This is where “you come first” comes into the picture. It is so important to take the time to reflect on the things that bring you joy and contentment. To rediscover who you are and what makes you resilient. It means to really take time to think about and implement, in your life, what you need to feel refreshed and have the ability to navigate the complex.

What does this look like in real life? Perhaps your physical health is waning, and you need to add exercise and healthier eating into your daily routine. You may feel like you are not connecting with others, so joining a support group or workshop will help you feel less alone. It could also look like going back to your place of worship or engaging in spiritual practices. Whatever helps you reconnect to yourself, it is crucial to do so that you can continue to care for another with more resiliency. The beautiful thing is that none of these activities cost you more than what you are currently doing (you do not have to join a gym to exercise!)

As you read this, I hope it sparked a thought on rediscovering and protecting who you are in your caregiving journey. And I leave you with this- if you did that thing you wanted to do for yourself, what difference would it make in your life, and how would you know the difference was made?

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