alzalaska.org

# Managing Stress for Caregivers 7 Techniques for Calming Stressful Situations

#### By **DailyCaring.com**

Caring for an older adult is a stressful job. What helps is using a variety of different ways to reduce and manage stress.

That keeps daily frustrations from becoming overwhelming and causing caregiver burnout.

We explain 7 techniques that help in managing stress for caregivers. Use these coping methods to reduce frustration and stress, stop negative thinking, and boost your mood. 1. Plan ahead. Come up with strategies so you'll know what to do if a tough situation comes up. Deciding ahead of



time "if X happens, I'll do Y" helps you feel more in control and gives you confidence that you'll be able to handle it.

- **2. Focus on breathing.** When you feel anxious or upset, practice breathing in a slow and controlled manner like <u>square</u> <u>breathing.</u>
- **3. Exercise.** Physical activity stimulates endorphins and is a great stress reliever. Even a few minutes of getting your blood (Cont. page 2)

### One Caregiver's Experience / A Long Search Before Finding Help

#### By Anonymous

I'm new to Alzheimer's Resource of Alaska and am very glad I've finally found the help for which I've been searching for over 15 years. I've tried to find answers and support to allow me to help my husband.

I had three medical doctors tell me that there "was nothing wrong" with my husband. One went so far as to ask him "how things were at home," as if I caused the familial dementia issues (we're still in the process of obtaining a diagnosis). I recently changed medical providers and finally got a referral for testing and an evaluation by a neurologist. If I weren't persistent, where would we be?

Because I am resourceful (I ran and developed an alternative-like school and

currently own a small business), I kept pushing and digging. I needed support. A friend told me about Alzheimer's Resource of Alaska. I called, and Amy Becia entered the scene.

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#### **Offices & Contact Information**

#### **Anchorage**

1750 Abbott Rd. Phone (907) 561-3313

#### **Fairbanks**

565 University Ave., Ste. 2 Phone (907) 452-2277

#### Juneau

3225 Hospital Dr. Phone (907) 586-6044

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#### Mat-Su Valley

777 N. Crusey St., B101, Wasilla, AK Phone (907) 746-3413

Copper River Basin (907) 822-5620

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# Managing Stress for Caregivers 7 Techniques for Calming Stressful Situations (Cont. from page 1)

moving will do a world of good for your mood.

Try this <u>quick exercise</u> technique next time you need a break.

**4.** Avoid asking "what if?" The longer you spend worrying about every

possible outcome, the more time you'll spend focused

on negative thoughts.

Instead of speculating endlessly, force yourself to take a break from worry, even for just 10 minutes, to break out of the negative rut.

Or try turning your worry into something productive.

5. Focus on the positives.

This is our favorite tip.
Keep a go-to list of positive thoughts and things you're grateful for. That way, in times of stress, you can immediately focus on them. Putting positive thoughts in your head shifts your mindset away from negativity and instantly improves your mood.

6. Reject negative self-talk.

When we're stressed, the voices in our heads often becomes extra-negative toward ourselves.

Notice when this happens and identify those harsh self-criticisms as just thoughts, not facts.

Instead, speak to yourself in a neutral or positive way to significantly reduce stress.

7. Forgive. Nobody is perfect and we shouldn't hold onto blame toward ourselves or others. That will only add to our stress and frustration.

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#### Letter from the Executive Director

Dear Friends,

We're now more than four months beyond the declaration of this health emergency. We're adapting, and we know you are too. Some of the changes, though abnormal, are beginning to seem routine: maintaining social distances, wearing masks as recommended, keeping our social circles small. It's not like it was before, but all of us are adapting. Hearing how you are adapting inspires us.

Here are some of the ways that we've adapted: You can access most of our events, classes, programs and support groups online via Zoom. Even our chorus, Voices of the Last Frontier, is practicing together virtually. Some programs, like Memory Cafés and Art Links, have been moved to Facebook Live.

Caregivers are facing a huge hurdle now, as there are very limited ways for them to socialize safely in person. That old adage applies: Necessity is the mother of invention. We're continuing to hold our Memory Cafes, Art Links sessions, Brain Games and the Chorus – so those familiar ways of maintaining social contacts are available. See links on page 7 and learn how to join in.

I think you'll enjoy the account from one of our family caregivers on the front page. Her point that she didn't know about ARA, or that our services were open to anyone no matter what form of dementia or disability, strikes home. We surely wish we had a bigger budget for getting our name out there. But you can help us reach a broader public by sharing our social media posts, forwarding our e-mails to people who you think may need our help and, if you hear an Alaskan with a disability or dementia needs help, let them and their caregiver know that we are here.

Finally, 'SAVE THE DATE' friends. Your mission, should you decide to accept it, is to join us for a virtual party (and silent auction) on November 13. We're calling it "Mission: Possible", and the planning committee has some amazing things in store for all of us. There's a preview on the back cover.

Very best wishes,

Pamela Kelley
Executive Director

### One Caregiver's Experience / A Long Search Before Finding Help

By Anonymous (Cont. from page 1)

Amy is amazing, knowledgeable, patient, caring, available for phone calls, and has so far answered all of my many questions that have bothered me for a long time. She's given me tips on how to react or not to react, suggested strategies, and has helped me immensely. Amy has provided

written support, Teepa Snow videos, and various other a truly difficult time, it is extremely reassuring to have Amy on my team.

What a HUGE difference it has made to me to have kind, gentle, support! Think of the others out there who

are being told there's "nothing wrong...he passed our word articles for me to read. During memory test," etc. I'm glad for your help!

> I do have a suggestion: there's got to be more publicity for ARA. I didn't know ARA was for individuals with all types of cognitive issues, not just Alzheimer's. I thought I couldn't call because my husband might not have Alzheimer's. \*

This caregiver has a great suggestion!

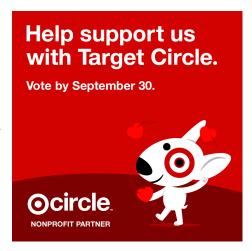
If you have ideas on how we can get more publicity, please contact Francy Bennett at 907-561-3313 or fbennett@alzalaska.org



Members of Alzheimer's Resource of Alaska Education Team, from left to right, Kay, Kevin, Amy and Debbie outside the Anchorage ARA office.

## **We've Partnered with Target Circle!**

We are excited to have an opportunity to partner with Target Circle, a free nationwide program that offers you personalized deals and supports local non-profits. If you join and shop at Target stores or online at Target.com, you will receive deals from Target and will be able to vote to direct Target's giving in Alaska to Alzheimer's Resource of Alaska or three other Alaskan nonprofits. To participate, go to Target.com/circle. Each purchase earns you votes that you can cast through the same website. Voting ends September 30. 🕇



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### **Grants Available — Apply Today**



www.alzalaska.org/mini-grant

The Alaska Mental Health Trust Authority provides grants up to \$2,500 per year; available for individuals with Alzheimer's disease or related dementia (ADRD) to purchase items or services that are not covered by other funding sources to help improve quality of life and increase independent functioning.

For more information contact Kevin Silver at 907-561-3313 or email ksilver@alzalaska.org

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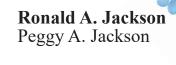
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#### **Caregiver Support Groups**

#### Statewide

Every 1st Saturday, 1-2 pm Every 3rd Wednesday, 1-2 pm Dial-in using 1-877-216-1555, Code 927989#. For additional information, contact Gay Wellman, 822-5620 or 800-478-1080x5

#### **Anchorage**

Every 4th Thursday, 5:30-7 pm CONTACT: Debbie Chulick, 561-3313

#### **Eagle River**

Every 2nd Thursday, 5-6:30 pm CONTACT: Debbie Chulick, 561-3313

#### **Fairbanks**

Every 2nd Tuesday, 4:30-6 pm Every 3rd Tuesday, 1:00-2:30 pm CONTACT: Joan Adams, 452-2277

Every 2nd & Every 4th Thursday, 2:30-3:30 pm CONTACT: Pam Hooker, 235-7655

#### Ketchikan

Call for current schedule. CONTACT: Bernice, 255-8080

#### Kodiak

Every 4th Thursday, 12:30-1:30 pm **CONTACT: 486-6181** 

#### **Mat-Su Valley**

Every 2nd Tuesday, 1:30-3 pm **CONTACT: Janice Downing** 746-3413

Every 1st Friday, 10-11:30 am **CONTACT:** Kim Jung, 746-3413

#### Seward

Every 4th Thursday, 1-2 pm **CONTACT: 244-5604** 

#### Sitka

Call for current schedule **CONTACT: 747-4600** 

#### **Soldotna**

Every 2nd and Last Tuesday, 1-3 pm CONTACT: Judy Warren, 262-1280

Every 1st Tuesday, 1-2 pm CONTACT: Judy Warren, 262-1280

#### **Talkeetna**

Every 1st Monday, 10-11:30 am **CONTACT:** Kim Jung, <u>746-3413</u>

#### Willow

Every 1st Monday, 1:30-3 pm CONTACT: Kim Jung, 746-3413

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### Classes & Events around the State

Classes and events are being offered online via Zoom and are available to attend statewide. All classes listed below require registration.

### **CAREGIVING 101**

For more information or registration assistance contact: our education department at 907-561-3313

Bathing Without the Battle Monday, 7/6, 1pm-2:30 pm REGISTER HERE

Being a Friend: Staying Involved Saturday, 7/11,1pm-2:30pm

REGISTER HERE

\* OR \*

Wednesday, 7/15 10:30am-12pm REGISTER HERE

Sleep & Dementia
Promoting a Good Nights Sleep
Monday, 7/13,1pm -2:30pm
REGISTER HERE

Alaska Legal Services
Presentation
Monday, 7/20,1pm -2:30 pm
REGISTER HERE

When Does Forgetting
Become a Disease
Tuesday, 7/21,5:30 pm-7pm
REGISTER HERE

The Power of Music Monday, 7/27,1pm - 2:30pm REGISTER HERE

Being the
Decision Maker
Friday, 7/31,1pm - 2:30 pm
REGISTER HERE

Behaviors That Challenge Monday, 8/3,1-2:30pm REGISTER HERE

**Driving & Dementia**Saturday, 8/8
1-2:30pm

\* OR \*

Wednesday, 8/12 10:30am - 12:00 pm REGISTER HERE

The Gems: Using
Skills that
Make a Difference
Monday, 8/10,1p-2:30pm
REGISTER HERE

Home and Community Safety Monday, 8/17,1p-2:30pm REGISTER HERE

Fall Prevention
Tuesday,8/18,5:30pm-7pm
REGISTER HERE

Wandering and Dementia Monday,8/24,1-2:30pm REGISTER HERE

Assisted Living
If, When, and How
Friday,8/28,1-2:30pm
REGISTER HERE

Healthy Body, Healthy Brain Wednesday 9/9 10:30am-12:00pm REGISTER HERE

\* OR \*
Saturday, September 12
1pm-2:30pm
REGISTER HERE

Lifestory
Reminiscing
Monday,9/14,1-2:30pm
REGISTER HERE

Dining & Dementia
Tuesday,9/15,5:30pm-7p
REGISTER HERE

Medicaid Waiver Monday,9/21,1-2:30pm REGISTER HERE

Overview of Dementia
Friday,9/25,1-2:30pm
REGISTER HERE

Care for The Caregiver Monday,9/28,1-2:30pm REGISTER HERE

Follow us on Social Media for the latest information







### Mind Matters | Brain Works

Support for those who have been recently diagnosed with Alzheimer's or related dementia, or those living with moderate memory loss, and their care partner.

Screening & Pre-registration required

For more info contact: Amy Becia at 907-561-3313 or email: abecia@alzalaska.org **Memory Café** 

To register contact: Ann Farris at <u>561-3313</u> or email: afarris@alzalaska.org

Thursday, 7/9 1-2pm Thursday, 8/13 1-2pm Thursday, 9/10 1-2pm

#### **Art Links**

To register contact: Janice Downing at 746-3413 or email: idowning@alzalaska.org

Thursday, 7/2, 1-1:45pm Thursday, 7/16,1-1:45pm Thursday, 8/6, 1-1:45pm Thursday, 8/20,1-1:45pm Thursday, 9/3, 1-1:45pm Thursday, 9/17,1-1:45pm

#### **Brain Games**

To register contact:

Debbie Chulick at

907-561-3313 or email:

dchulick@alzalaska.org

Thursday, 7/23, 1-2pm Thursday, 8/27, 1-2pm Thursday, 9/24, 1-2pm



support people with dementia and their care-partners To register contact: Ann Farris at 907-561-3313 or email: afarris@alzalaska.org

#### **Savvy Caregiver**

Screening &
Pre-registration required
To register contact:
Gay Wellman at
907-822-5620 or email:
gwellman@alzalaska.org

Saturdays, 9/12-10/17 10am-12:00pm

### **Professional Webinars**

**Questions or registration assistance, contact:** 

Amber Smith: 586-6044 or asmith@alzalaska.org

Engaging People
Living with Dementia
Tuesday 7/14, 12 pm - 1:00pm
REGISTER HERE

Engaging People Living with Dementia: The Environment
Tuesday 8/18, 12 pm - 1:00pm
REGISTER HERE

Engaging People Living with Dementia: Redirection
Tuesday 9/15,12 pm - 1:00pm
REGISTER HERE



Statewide Support Groups Click here



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