Greetings caregivers of SE Alaska,
Our primary focus is supporting the family and friends who are caregivers to the seniors in the Southeast region of Alaska. The goal is to help lighten the burden of caregiving by providing relevant services which include:

Information • Caregiver grants • Home visits • Assistance with Caregiver Training
Individual phone support • Provide education on self-care • Group activities
Referrals to other supportive agencies • Monthly call-in Peer Support Group

What is caregiving?
It is an act of love. A caregiver expresses their love and concern by assisting a family member or friend. There can be much satisfaction in doing this and there may be challenges that a caregiver will encounter along the way. So in these strenuous times, I believe support is a positive tool you can utilize to uplift your state of mind and help shoulder the weight of responsibility that you carry. When you realize the path of a caregiver is unique and no two are alike, the common factor is that you are not alone, you have support, you have the power to re-direct your caregiver path and unite with those that want to support you because we are grateful for you.

Our team is here for you, our caregiver champions!
**Bringing Support Home to You**

**Why Call-in?**
- Talk with people who will understand your experience.
- Know that you are not alone on your journey.
- Receive support from peers.
- Learn more about self care and develop caregiving skills.

**Caregiver**

**Who is eligible to participate?**
Individuals living in Southeast Alaska who are caring for an elder, family or a friend.

In Juneau, call 463-6177 and toll free throughout Southeast, call 1-866-746-6177 for more details or to get questions answered.

**Next Call-in Meeting schedule:**
- Thursday, Sept 13th
- Thursday, Sept 27th
- Thursday, October 11th
- Thursday, October 25th
  12:00PM to 1:00PM

**On any scheduled Thursday call: (605) 472-5263 to access our group support session, then enter this access# 574234 you will be instantly included in our group call.**

**From the desk of a Caregiver**

**Thoughts about support and other services we have provided:**

Success is something I achieve when I give a loved one help needed because they can’t do themselves. Hoonah caregiver, August 2018

I honor myself as I honor my loved one, we are both very valuable. Juneau caregiver, July 2018

I like when you say, that your help is only a phone call away. I find comfort in that and it just makes me feel better! Juneau caregiver, August 2018

Be happy in the day you have, it’s one of a kind. Juneau caregiver, August 2018

**Need assistance?**

**Contact us!**

We are well into the new fiscal year and Southeast Senior Services (SESS) is accepting grant applications for Respite, Personal Care Assistance (PCA), Chore, and Supplemental Services. Caregivers, please utilize this offer to apply for some well desired relief for self-care.

Please don’t wait to express interest, your needs warrant possible extra funding through the year.

Please call 1-866-746-6177 or in Juneau call 463-6181. You can also email your request to: kelsey.wood@ccsjuneau.org

Please note there is a registration assessment process to determine eligibility for all Caregiver Grants.
Tai Chi 8-week class series begins Sept 11, 2018
Time: 5:30PM to 6:30PM on Tuesdays & Thursdays
NO COST * Location: The Filipino Community Hall * NO COST
A Free Health Promotion Program: Tai Chi for individuals age 60 years +
The benefits of Tai Chi for elders are many including increased strength, energy, flexibility and balance. Studies show the practice of Tai Chi reduces the risk of falling. These classes are designed for participants 60 years and older. No previous experience needed. Registration is required. Call 463-6113 to register.

Elder Abuse Awareness
Vulnerable adults may suffer abuse if they appear to be neglected or to be abused in an intentional or reckless non-accidental manner. If the elder appears exploited by another person or a sign of apparent neglect of essential services by self or by others in control of the elder, there may be abuse. You can help!
Any person may report a confidential matter in good faith, you are protect by law from retaliation. You may also report a matter anonymously.
Call: 800-478-9996 Adult Protective Services

Phone Support Group
Connecting Caregivers across the State
Facilitated by Gay Wellman

Wednesday Sept 19th
&
Wednesday October 17th
Time: 2PM to 3PM
Call Alzheimer’s Resource of Alaska
prior to event for info 907-822-5620
Ask about other upcoming events
Ketchikan

Are you a caregiver caring for an elder?
Do you want to talk to others in a similar situation?

“We are here to help”

We hold a caregiver support group the second Friday of every month, from 2-3pm, at Saxman/Ketchikan Senior Center 2401 Eagle Ave.
Call Bernice Metcalf for more information:
(907) 225-8080

Sitka

“Be of Brave Heart”

Caregiver Support
Manager’s House of the Sitka Pioneer Home
Fourth Monday of Every Month at 6 pm
Homemade soup, salad, and bread provided.
Contact Maury to RSVP or for information at
747-4600 or
maury@braveheartvolunteers.org

“Lending Library is for you”

The Senior and Caregiver Resource Center has a variety of resources available for loan to caregivers and elders. In addition, we offer a variety of books and educational materials on caregiving skills and self-care. If we don’t have material that you are looking for, we will help you find it. Feel free to stop by our lending library in Juneau or give us a call and we will gladly ship items promptly to you if are in the Southeast Alaska area.

We have “Tai Chi” DVDS too!
Call us at 907-463-6181

Southeast Senior & Caregiver Resource Center

Southeast Senior Services
Catholic Community Service
419 Sixth Street
Juneau, AK 99801
(907) 463-6177
www.ccsjuneau.org
Serving All of Southeast

“The Senior and Caregiver Resource Center receives financial support from the Juneau Community Foundation’s Hope Endowment Grant and of the City and Borough of Juneau Social Service Grant and the State of Alaska, Senior and Disabilities Services.”
Southeast Senior Services is a division of Catholic Community Service
Accredited by the Council on Accreditation