



Caring Together Newsletter

This Issue: Caregivers and Self Care

January & February 2025

*"You have two hands. One to help yourself,
and one to help others"*
- Audrey Hepburn

In Case You Missed It... Here's the "Prepare to Care" Webinar



The Caregiver Coalition of Northeast Florida teamed up with AARP to go over the "Prepare to Care" Guide, as well as some best practices for caregivers during this hour-long presentation.

This presentation was beneficial for both new and experienced caregivers, as well as those who are preparing to take on the role. During the webinar, an AARP volunteer and experienced caregiver Cheryl Jefferson covered some tips for balancing your life and the care of your loved one,

while ElderSource Care Coordinators offered additional information and resources like TCARE and the Virtual Caregiver Support Group.

[Click Here to Watch](#)

[Resources Provided During the Webinar](#)

National Caregivers Day - Feb. 21

2025

February

MON	TUE	WED	THU	FRI	SAT	SUN
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

Did you know that February 21st is National Caregivers Day? Take a moment to pat yourself on the back for the things you do every day.

As a caregiver, you may have a hard time finding resources. AARP has compiled a master list of caregiver resources, which can help you navigate nation-wide resources. For those that reside in Northeast Florida, the Caregiver Coalition can provide some information as well. Check out the links below.

[Click Here for the List](#)

[Caregiver Coalition Website](#)

The Power of Caregiver Stories



As you may know, the Caregiver Coalition of Northeast Florida is a program of ElderSource, a nonprofit organization that provides resources for seniors, caregivers and adults with disabilities.

The Caregiver Coalition is looking to elevate the voices of caregivers to increase awareness of the lengths you go to for your loved ones. We would like to hear from you --- your challenges, your joys, your needs. By gathering caregiver stories, the Coalition believes that collectively we can uplift and advance the stories and needs of caregivers. Please consider sharing your story by completing the information in the link below. Thank you!

[Click Here to Share Your Story](#)

Mindful Moments to Bypass Burnout



Grounding Can Help Calm Your Nervous System Quickly

As a caregiver, you likely experience some intense emotions. "Grounding" is the act of centering your attention to the present moment. It is proven to provide a quick reset to your nervous system, which may offer feelings of calm and focus.

In times of intense stress, grounding can provide you with a breath of fresh air and a renewed perspective.

[Grounding Methods for a Quick Reset](#)

Upcoming Events

ElderSource Virtual Caregiver Support Group

Every Wednesday, 1:00pm

Online

ElderSource's Virtual Caregiver Support Group gives caregivers a safe place to share information, ask questions, voice personal feelings and stories. The support group makes it possible for caregivers to connect face-to-face in real time using today's technology. This group is a perfect fit for a

caregiver who has a limited schedule or may not be able to physically leave their loved one but still wishes to connect with other caregivers for support. For information on how to register, email CaregiverSupport@MyElderSource.org.

Caring for the Caregiver Workshop from Baptist Health

Friday, January 24, 8:30 am - 1:00 pm

Southbank Plaza

1660 Prudential Drive, Jacksonville, Florida, 32207

Innovation Center, 4th Floor

FREE

Baptist Health is hosting a free seminar to discuss the clinical tools and resources available to help facilitate the caregiver journey. There will be a variety of topics, including things like preparedness planning, accessing community resources, and emotional challenges faced by both the caregiver and their loved one.

[Click here to RSVP.](#)

Artful Moments

Friday, February 7, 1:00 pm - 3:00 pm

Cummer Museum of Arts & Gardens

829 Riverside Ave, Jacksonville, Florida

FREE

The event will be guided by specially trained Cummer Museum staff who will offer a dementia-friendly experience that allows you and your loved one to enjoy the Cummer in a comfortable and unique way. The program, a strategic collaboration between the Cummer Museum and the Dementia Care and Cure Initiative Jacksonville Task Force (DCCI) is part of a larger effort to create a dementia-friendly community.

If you have any questions, reach out to MCJMEMORYDC@mayo.edu.

[Click here to register.](#)

Dealing with the Details

Wednesday, February 19, 11:30 am

River Garden, Cohen Auditorium

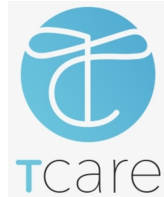
11401 Old St. Augustine Road, Jacksonville, Florida, 32258

FREE

Planning for the end can be stressful. This event coordinated by River Garden Hebrew Home will be a great opportunity to get questions answered regarding wills and other topics that can bring peace of mind regarding the future.

To register, email KBell@RiverGarden.org.





Sign Up to Prevent Caregiver Burnout

ElderSource offers a caregiver support program called TCARE, which stands for Tailored Caregiver Assessment and Referral System Program. **There are now openings to participate in the program!**

How can TCARE help?

- Reduces your stress and provides strategies for reducing root causes of caregiver burnout.
- Creates a care plan just for you that offers support and improves your effectiveness as a caregiver.
- Connects you with resources that best meets your needs.
- Promotes aging in place and may delay nursing home placement for your loved one.

[Click here to register for TCARE](#)



Looking for easy to access tips on how to be the best caregiver you can be? Caregiving.com offers FREE resources for older adults and caregivers. The platform creates a personalized journey, addressing various aspects of caregiving, including training, skills, finances, emotions, connections, spirituality, culture, and more. From articles to videos, you'll find the guidance and encouragement you can rely on throughout your caregiving journey.

[Click here to visit](#)



Offering Consumable Medical Supplies to Those in Need

Are you looking for ways to give back to the community? Please mark your calendar for our upcoming Shop and Drop event scheduled for Friday, January 24, from 8:00 am - 5:00 pm and Saturday, January 25, from 9:00 am - 12:00 pm!

ElderSource is marking one year since the establishment of the Sharing and Caring Closet. Thanks to the support and generosity of the community, more than 100 people were able to tap into the supply of consumable medical goods. Additionally, over 100 individuals and companies donated much needed products.

The inventory for the Sharing and Caring Closet has diminished and ElderSource is calling on the community again to replenish supplies.

Items most needed include adult incontinence products such as undergarments, bed pads, liners, etc. ElderSource holding a two-day Shop and Drop event at its office located in Jacksonville.

Can't make it to the event? Consider purchasing items online and having them delivered directly to ElderSource. Click here for the list and shopping link!

For more information, reach out to SharingCloset@MyElderSource.org.



**Click here to
find out how!**

Parkinson's Support in Northeast Florida

Jax Hope for People with Parkinson's is a support group for caregivers and individuals living with Parkinson's. Information shared includes how to prepare for a natural disaster to resources for transportation and clinical trials. Click for more information!



Books by Mail

Caregivers of Duval County: you can now check out books, DVDs and music BY MAIL from the Jacksonville Public Library! There are two different service plans, and the books are delivered through the United States Postal Service. You can select to have items curated for you based on your preferences and place holds online, or you can select to only check out items you've placed holds on through the library's website. If you are interested, you can apply online, call (904) 255-2665 and apply on the phone or call and request a paper application by mail.

[Learn more or apply now!](#)

Even More...



Seven Easy 30-Minute Dinners for Every Night of the Week

From AllRecipes

Here are seven recipes that will be finished in thirty minutes, with "easy" in mind. These meals are prepared quickly, with minimal clean-up, so you can spend less time on dinner.

[Click to View Recipes](#)



Eleven Chair Yoga Poses You Can Do at Home

From Very Well Fit

This link offers a list of poses with descriptions and videos to support you through your at-home yoga class, which will take place on your own terms and at your own pace.

[View the article](#)

Our Members

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@CaregiverCoalitionNEFL
www.caregivercoalition.org

If your caregiving situation has changed and you no longer wish to receive these communications, simply unsubscribe below.

The Caregiver Coalition of Northeast Florida is supported by ElderSource, and operates in partnership with local organizations to provide support and education to caregivers of Northeast Florida. Contributions for Coalition activities are received by ElderSource, a 501(c)(3) nonprofit organization, and are tax-deductible by law.

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