

January 2012 Calendar of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5 Network Group 7:00 -9:00 pm	6	7
8	9	10	11 Network Group 10:30 am- 12:30 pm	12	13	14
15	16	17 Renewal & Rejuvenation 6:30 -8:30 pm Summerhill	18	19	20	
22	23	24 Celebrating Creativity 6:30 -8:30 pm WVCHC*	25	26	27	28
29	30	31				
* West Vancouver Community Health Centre						

You are a caregiver if you provide emotional support, assist with decision making, do housework, prepare meals or provide personal assistance for a family member or friend.

Caregiver Network Groups: We meet each month in two groups: the first Thursday of the month from 7:00 to 9:00 pm and the second Wednesday of the month from 10:30 am to 12:30 pm. Join us in an atmosphere where it is okay to discuss the challenges and positive experiences of caregiving. Learn how to access health care and community services, take the time to care for yourself, and increase your confidence in your caregiving skills. Meetings take place at North Shore Community Resources, Room 103, Capilano Mall, 935 Marine Drive, North Vancouver.

All programs are for unpaid family or friends caring for someone with an illness or a disability. All programs are free, unless otherwise noted.

Renewal and Rejuvenation—Caring for Yourself through Difficult Times

This interactive session will focus on sharing experiences and challenges, recognizing personal signs of stress and exhaustion, and learning relaxation strategies and self-care ideas for honouring your limits and creating more balance in daily life. Facilitated by Karyn Davies, RSW, North Shore Caregiver Support Program. **January 17, 6:30 to 8:30 pm**, The Summerhill Retirement Residence, 135 West 15th, North Vancouver. Register at 604-982-3320, or by email karyn.davies@nscr.bc.ca.

Celebrating Creativity

For those who find inspiration, solace, release, or expression in being creative. For this cozy evening display, you are invited share your short stories, poetry, music, painting, textiles, photography, or ceramics. Please include a short description or title of your work. Facilitated by Karyn Davies, RSW, North Shore Caregiver Support Program. To submit your work contact Karyn by January 17 at 604-982-3320, or email karyn.davies@nscr.bc.ca. Open for all to attend. **Tuesday January 24, 2011, 6:30 to 8:30 pm** at West Vancouver Community Health Centre, Garden Room, 2121 Marine Drive, West Vancouver.

Coping with Transition to Residential Care

This workshop explores some of the challenges and issues surrounding the decision to transition an aging relative into residen-

tial care. Caregivers will learn how to plan for a successful move, receive valuable checklists and resources, and learn to better understand the roles caregivers play in helping loved ones adjust to their new living environment. **February 10, 1:00 pm to 3:00 pm**, Lion's Gate Hospital Auditorium, 231 East 15 Street, North Vancouver. This workshop is facilitated by Wendy Johnstone, gerontologist and founder of Keystone Eldercare Solutions, in Comox, BC. For more information, contact Helen at 604-982-3313 or helen.wait@nscr.bc.ca.

Caregiver Tax Credits 2011—Don't Pay too Much!

You will learn how to take advantage of all the deductions and credits available to you, including how to claim medical expenses for yourself and your dependants, how to apply for an attendant care expense deduction, and how to claim disability, medical expense, and caregiver tax credits.

Presented by Gabrielle M. Loren, certified general accountant and founding partner with Loren, Nancke & Company. **February 15, 1:00 pm to 3:00 pm**. North Shore Community Resources, 201-935 Marine Drive (Capilano Mall) North Vancouver.

Caregiver Tax Credits 2011 will also be offered as a webinar on **February 16, 7:00 pm to 8:30 pm**. To register call the Care-ring Voice Network at 1-866-396-2433 or register on-line at register on-line at www.caringvoice.com.

February 2012 Calendar of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Network Group 7:00 -9:00 pm *NSCR	3	4
5	6	7	8 Network Group 10:30 -12:30 NSCR	9	10 Transition to Residential Care 1:00-3:00 pm , Lion's Gate Hospital	11
12	13	14 Caregivers' Journey 1:30-3:30pm NSCR 	15 Caregiver Tax Credits 2011 1:00-3:00 pm NSCR	16 North Shore Memories and More Week 1 1:30-3:30pm St. Martin's Church	17	18 Humour in Caregiving 10am-3pm Summerhill
19	20	21 Caregivers' Journey 1:30-3:30pm NSCR	22 1-2-3 Lift NSCR 2:00-4:00 pm	23 Memories and More Week 2	24	25
						Webinar: Caregiver Tax Credits 2011, 7:00-8:30 pm
26	27	27 Caregivers' Journey 1:30-3:30pm NSCR	28			

* North Shore Community Resources Society

The Caregivers' Journey This four-week series focuses on building your skills to deal with the challenges and opportunities in caregiving. **Tuesday afternoons from 1:30 to 3:30 pm, starting February 14.** Topics covered include the experience of becoming a caregiver, how relationships change, the challenges of caregiving, enhancing ways of coping, caring for yourself, responding to losses, and seeing the positives that may come. This group is a place to openly share ideas, concerns and stories that have meaning for you. Held at North Shore Community Resources, Room 203, 935 Marine Drive (Capilano Mall), North Vancouver. **Please register at 604-982-3320, or email karyn.davies@nscr.bc.ca.**

All programs are for (unpaid) family or friends caring for someone with an illness or a disability. All programs are free, unless otherwise noted.



North Shore Memories and More

This 12-week two-hour social recreation program is designed for people with mild to moderate dementia and their family caregivers. Participants will learn coping strategies, experience laughter and meaningful moments, and connect with others with similar challenges.

An 12-week commitment is recommended to attain maximum benefit from the program.

Thursdays from 1:30 pm to 3:30 pm, beginning February 16, 2012, at St. Martins Church, 195 E. Windsor Road, North Vancouver. Registration is required. Spaces are very limited. For registration information, contact Julie at 604-984-6414 or by email at memoriesandmore@live.ca.

Finding Room to Laugh: Living with Humour and Playfulness

Humour specialist and recreation therapist Colleen Hussey will spend an invigorating day exploring: What makes you laugh, how to make playfulness part of your day, how humour helps us adapt to change, learning to recognize your limits, and finding your balance amidst the caregiving situation. **Saturday February 18 from 10:00 am to 3:00 pm**, at Summerhill Retirement Residence, 135 West 15th Street, North Vancouver. Register at 604.982.3320, or email karyn.davies@nscr.bc.ca.

1-2-3 Lift

Join physiotherapist Julie Bereziak and learn effective ways to protect your health while assisting others with daily activities. Learn about back care, safe body mechanics for assisting someone to move, tips for helping with eating and getting dressed, and assistive equipment for the home.

Wednesday February 22, from 2:00 to 4:00 pm at North Shore Community Resources, Room 203, at Capilano Mall, 935 Marine Drive, North Vancouver. Please register at 604.982.3320, or email karyn.davies@nscr.bc.ca.



Josie Padro, BSN, writer-researcher with the Caregiver Support Project, writes and edits the *Family Caregivers' Grapevine*. She worked as a nurse for over a decade and then became a stay-at-home parent. More recently she has been working as a health and lifestyles writer. Contact her at 604-985-7138, local 106, or josie.padro@nscr.bc.ca.