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Spring/Summer
2010

Merrimack County Caregiver Newsletter

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Volunteer!

Feeling blue? Frustrated as a caregiver? Looking for something new to do? Then why not consider volunteering? There are many opportunities available to do that. I recently started volunteering at Concord Hospital, and it has changed my life.

Following are excerpts from “The Health Benefits of Volunteering” put out by the Corporation for National Community Services.

- “Research demonstrates that volunteering leads to better health and that older volunteers are the most likely to receive physical and mental health benefits from their volunteer activities.”
- “Volunteering provides them with physical and social activity and a sense of purpose at a time when their social roles are changing.”
- You get back more satisfaction and joy than you expend in inconvenience and effort – the benefits are immeasurable.”

Reasons to volunteer:

- makes you feel needed
- learn new skills
- can help you deal with your own problems
- meet new people



More on volunteering at www.volunteeringinamerica.gov/

Submitted by Cindy Emery, member of Merrimack County Caregivers Coalition, ServiceLink Advisory Board member and a caregiver.

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BEING A VOLUNTEER

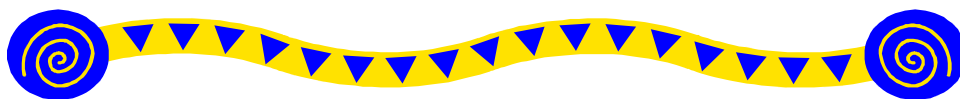
Webster's dictionary defines a volunteer as: "a person who chooses to do or offer to do something without promise of compensation." Volunteers fought beside General George Washington at Valley Forge to rid a fledgling country of the tyranny of British rule. This country was founded by volunteers, who met in secret to draft a constitution that would become the cornerstone of our republic. Volunteers fought in two great wars to rid the world of those who wished to oppress it. Many made the supreme sacrifice so others would be able to enjoy all that freedom brings. Many events in our country's history were shaped by those who gave freely of themselves and volunteered to become part of that history. They were not promised any fame and fortune or monetary compensation. They simply felt a moral obligation to make a difference in other people's lives.

Webster's definition of a volunteer has a flaw in it. That flaw is the word "compensation." Volunteers are compensated for their unselfish dedication to others. Not by coin of the realm, but by a feeling of well being that no drug or illicit substance can bring and a feeling of having made a difference in another human being's life. It is a great feeling.

Some wish to volunteer on a professional level. They serve their communities as volunteer firemen, policemen or an EMT on their local ambulance service, many of them paying for their training themselves and giving years of service.

So be a volunteer in any capacity you can, even if it is just an hour a week. Check on your neighbors; help a shut in by just sitting with them. Mentor a child, help your church, be a pack leader or coach. Umpire a ball game, take a friend fishing. The opportunities are endless, and the rewards are priceless. Bless all those who volunteer to make a difference.

Ralph E. Prince
Caregiver



Thanks to **Home Instead** for its generous donation of
“Stages of Senior Care: Your Guide to Making the Best Decisions!”
ServiceLink Resource Center now has a copy on hand
in the Merrimack County ServiceLink office for borrowing.
Read more!

Stages of Senior Care– Home Instead Senior Care of NH
Promotes New, One-of-a-Kind Senior Resource Guide
100% of Proceeds to Benefit Non-Profit, Senior-Specific Foundation

MANCHESTER, NH - ***Stages of Senior Care: Your Guide to Making the Best Decisions*** (November 2009/McGraw-Hill/\$18.95) offers a candid discussion of the many care options available today, financial planning for senior care, being a caregiver of an elderly parent, insurance options and the state of senior care in America. ***Stages*** was written with the purpose of empowering seniors and adult children to explore and plan quality of life care options. Experts agree that currently there is neither any book available nor an option that is at all comparable to the in-depth focus that ***Stages*** offers.

Proceeds from the book will support the Home Instead Senior Care Foundation (www.homeinsteadseniorcarefoundation.org), a non-profit dedicated to providing financial support for activities designed to improve the quality of life for seniors. Such opportunities may include research and development, education, scholarships, and/or advocacy for the health and well-being of older adults. Other programs are designed to reduce the isolation experienced by so many seniors and promote community inclusion.

For more information about Home Instead Senior Care or their services, please contact their local office at 603-668-6868 or go to www.homeinstead.com.

RESOURCES



Merrimack County Volunteer resources:

Volunteer NH- www.volunteernh.org

Volunteer NH is a nonprofit organization with a mission to promote the tradition of service in New Hampshire. Building on that strong volunteer spirit, we support and sponsor national service initiatives and provide training, recognition, and a central site for volunteers and volunteer programs to help them strengthen their communities.

The Friends Program - (603) 228-1193 or (800) 536-1193

Senior Companion - 1-800-856-5525

Merrimack County Caregiver Coalition - 603-228-6625, attn: Caregiver Specialist

Transportation Resources

As mom, dad or your other loved one ages, their ability to react and be safe on the road may diminish. At some point in time there might be a recommendation for them to stop driving, or you may have concerns. How can a caregiver get them everywhere they need to go? Here are some resources that may help when you can't be there to take the wheel or it's time to give up the keys.

- ❑ Concord Area Transit (225-1989) www.bm-cap.org Serving Concord area
- ❑ Central New Hampshire Transportation - (225-3303)
- ❑ Medicaid Transportation (271-3770) For medical related appointments
- ❑ Some companion care programs provide transportation such as Senior Companion (225-3295) and the Friends Program (228-1193)
- ❑ Senior Centers also may have a van or volunteers
- ❑ Call a neighbor; they're probably going that way anyway!
- ❑ Churches may have volunteers that can help
- ❑ Some home care agencies provide transportation for a fee
- ❑ Call ServiceLink for other ideas!



Senior Centers are a place to find companionship, activities and congregate meals. They also are resource hubs for information that may be helpful to you and your loved ones. Check out the local Senior Center near you for more information!

Merrimack County Senior Centers

<p>Chapin Senior Center* 37 Pleasant Street New London, NH 03257 (603) 526-6862 Serving Andover, Danbury, Grantham, Newbury, New London, Springfield, Sutton, Sunapee, Wilmot</p>	<p>Horseshoe Pond Place Senior Resource Center* 26 Commercial Street, Suite 105 Concord, NH 03301 (603) 228-6956 Serving Concord and surrounding communities</p>	<p>Mountain View Senior Center* 134 E. Main Street Bradford, NH 03221 (603) 938-2104 Serving Warner, Bradford, Henniker, Hopkinton, Newbury, New London, Sutton, Webster and Wilmont</p>
<p>Penacook Senior Center 76 Community Drive Penacook, NH 03303 (603) 753-9700 Serving Boscawen, Canterbury, Concord, Loudon, Penacook, Salisbury and Webster</p>	<p>Pittsfield Senior Center* 74 Main Street Pittsfield, NH 03263 (603) 435-8482 Serving Pittsfield and surrounding communities</p>	<p>Slusser Senior Center 14 Houston Drive Contocook, NH 03229 (603) 746-3800 Serving Hopkinton, Contocook and surrounding communities</p>
<p>Suncook Senior Center* St. John the Baptist, Parish Hall 10 School Street Suncook, NH 03275 (603) 485-4254 Serving Alton, Barnstead, Gilmanton and surrounding communities</p>	<p style="text-align: center;">*Associated with ServiceLink of Merrimack County</p>	<p>TRIP* Twin Rivers Intergenerational Program Smith/Canal Street Franklin, NH 03235 (603) 934-4151 Serving Franklin, West Franklin, Tilton, Northfield, Hill, Sanbornton, Salisbury, Andover, and Danbury</p>

"There are only four types of people in the world;
 Those who have been caregivers,
 those who are currently caregivers,
 Those who will be caregivers,
 Those who will need caregivers"
 -Rosalyn Carter.

C L O V E D O N E S R E S P I T E
 M O T R U S T T R E V I G E R A C
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Adult Day Care
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 Caregiver
 Community Bridges
 Cope
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 Family
 Help

Independence
 Loved Ones
 Meals on Wheels
 Memories
 Merrimack County
 Parent
 Respite
 Responsible
 Retirement

Safe
 Senior
 ServiceLink
 Spouse
 Stay At Home
 Stress
 Support
 Trust
 Volunteer

Upcoming Trainings and Events

Event	Date/Location	More Information/Register
Powerful Tools for Caregivers	Wednesdays May 5 through June 9, 2010 Horseshoe Pond Senior Resource Center 2:00-3:30 PM	ServiceLink (603) 228-6625
Governor's Conference on Volunteerism	May 11, 2010 8:00 AM - 4:45 PM NHTI 31 College Drive Concord, NH 03301	Sue Staples registration@volunteernh.org (603) 271-7206
Open House	May 12, 2010 Horseshoe Pond Place Senior Resource Center 9:00AM-1:30PM	Registration required by May 5 th by calling (603) 228-6956
<i>Living in Reverse: The Course of Dementia Near the End of Life</i>	May 26, 2010 8:00-9:30 AM Granite Ledges 151 Langley Parkway Concord, NH 03301	Keliane Totten (603) 224-0777
NH Conference on Aging	May 27, 2010 8:30-3:30 PM Manchester, NH	More information at www.nhconferenceonaging.org (603) 573-3302
Coalition of Caring Caregiver Conference	November 3, 2010 Attitash Grand Summit Hotel & Conference Center in Bartlett	Ellen Edgerly (603) 225-8400
Annual Merrimack County Caregiver Celebration	November 8, 2010 Bektash Temple Concord	ServiceLink (603) 228-6625

Join today! The **Merrimack County Caregiver Coalition** meets monthly to educate, support and empower caregivers to create awareness of community resources and services and to promote an understanding of the impact that caregiving has within our community.

If you would like to help develop newsletters like this one, conferences and other events to support caregivers, please call today to join our efforts! We meet in the Concord area, typically on the fourth Wednesday of the month from 1:30-3:00 pm. For more information, and meeting locations, please call (603) 228-6625 and ask for the Caregiver Specialist. You can help in many ways: by participating in meetings, by email and volunteering at events.

**Merrimack County ServiceLink
Resource Center
P.O. Box 1016
2 Industrial Park Drive
Concord, NH 03302-1016**

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