

Coping with Caregiving

Take Care of Yourself While Caring for Others



Across the country 42 million people, primarily women, between the ages 40 – 60 are faced with the challenge of providing care to their older family members and friends each and every day.

These are the unsung heroes of today. These caregivers support the people we all love. Caregivers take on a variety of roles as providing this care can come in all forms. From taking mom to the doctor's office, to managing medications, to total care of a loved one. New research suggests that caregiver's personal health and overall well-being can be greatly affected by the physical and emotional strain of caregiving, but many caregivers are reluctant to ask for help.

Since caregiving can be one of the most difficult jobs for anyone with around-the-clock care, little rest, possible stressful emotional situations, and oftentimes inadequate compensation, President Obama declared November as National Family Caregiver Month in 2013. Since its inception, the mission of National Caregiver Month has been to raise awareness for caregivers and to improve their overall life and well-being.

Even the most loving and patient caregivers will become tired and need to recharge to avoid emotional or psychological burnout because of stress and overwork.

The average non-professional caregiver is 50 years old and works an average 15-40 hours per week caring for their loved one. That is over 42 million people caring for approximately 15 million people who are ill or disabled. The older the caregiver, the more hours he or she spends doing caregiving, probably because their loved one is older as well. And the average caregiver spends four years providing this care, and 15% spend more than 10 years providing care.

The physical and emotional struggles in the home are not just the loved one's but the caregiver's as well. Not only do caregivers experience a higher degree of illness than non-caregivers, but they also have higher rates of depression and autoimmune disease. In fact, 30% of those providing care to their loved one die before the loved one, despite the loved one's illness. Caregivers ensure that their loved one gets food, rest, medications, and doctor's visits, but often are missing the same components of care for themselves.

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You might be having negative effects from caregiving if you:

- Lose your cool easily or feel angry, resentful, or irritable
- Cry, feel despair, or experience mood swings
- Have trouble falling or staying asleep or wake up fatigued
- Gaining or losing weight, especially more than 10 pounds
- Find it hard to motivate yourself to do things, to concentrate, or you get bored easily
- Experience a lot of aches and pains, headaches, get sick easily, notice skin changes, have hypertension, stomach or gut irritation or pain, or lose hair
- Become socially isolated
- Get complaints from your family that you are a control freak, do not spend enough time with the rest of the family, or that you get into fights often
- Significantly increase your intake of alcohol and/or tobacco
- Experience guilt out of self-imposed “shoulds, oughts, and musts.”
- Experience a lot of worrying from wanting the best for your loved one but are not necessarily limiting your concern to what you can control

There are simple things caregivers can try, even when you are significantly busy and find it hard to have the energy and the motivation. Investing in yourself is also an investment in your loved one. **So, let's see if we can work some of these tips into your week, one tip at a time, one day at a time.**

- Planning is everything. Start with the big picture, break it down into pieces, and start early. Develop your resources for the plan.
- Get help. Make a list of people who have offered to help. Make a list of things you need to get done. And then ask the appropriate people to assist you. They often REALLY want to be able to do something. Practice saying YES.
- Get a break. Even 30 minutes a day to laugh, pamper yourself, take a walk, journal, or find others who understand your challenges.
- Accept the situation. Change what you can, let go of what you can't.
- Take care of your health. See your doctor, get exercise, find ways to feel peaceful, eat well, get sleep. Even if it means you say yes to one of your helpers so you can take a well-deserved nap.

While you may not be able to change the illness for your loved one or yourself, you do have the ability to make changes that improve the quality of your experience. And you and your loved one are worth it. **For additional caregiving resources – visit www.apdaparkinson.org/resources-support/for-caregivers/**

RECORD-BREAKING \$185,000 RAISED!

at APDA - Greater St. Louis 4th Annual Optimism Walk



The 2020 APDA Virtual Optimism Walk was an outstanding success, raising funds, and awareness for the Parkinson's community. The APDA Greater St. Louis Optimism Walk led the nation in fundraising over \$185,000, a new record for this event! Team spirit was evident throughout, with many family and friends wearing unique team shirts and proudly displaying walk bibs in honor of the person for whom they walked. The online opening ceremony kicked off with APDA President and CEO, Leslie Chambers, sharing her thoughts about the importance of community in living well with Parkinson's disease. We also heard encouraging words from **Honorary Walk Chair, Mark Kodner**, who was diagnosed with Parkinson's disease at the early age of 40. He expressed his gratitude to the research that led to his life-changing Deep Brain Stimulation surgery, his passion about the need to continue funding research, and wanting what we all want—a cure.

We are deeply grateful to the many individuals who made this event a success. We will be able to help many people with Parkinson's, their families and care partners because of their generosity supporting this annual event.

There was outstanding turnout from **Team Rock Steady Boxing - St. Louis and Crestwood**, who had over 25 walkers on their team led by their captain, Dot LeGrand. **Contributing to our success were several outstanding individuals who raised over \$1,000:** Gerry Brennan, Neil Ebersoldt, Larry & Gail Glenn, Rebecca Goldstein, Randy Henderson, Christine Klein, The Jeff Lazaroff Family, Neil & Pam Lazaroff, Prakash Puram, Ann Schmelzle, Doug & Kathy Schroeder, Margie Silverblatt, Laura Van Well, and Grant Wiens. We also want to recognize **Team Laz**, the

top contributor to the walk who set a fundraising record with an outstanding **\$28,378** raised. Thank you, Team Laz!

Please thank our generous sponsors and recognize their superb contributions to our community. Our appreciation goes out to:

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We will be known forever by the tracks we leave...

LIVE STREAM EXERCISE CLASS SCHEDULE

Please visit: bit.ly/APDAYoutube for exercise classes

DAY	TIME	CLASS	LEVEL	INSTRUCTOR
MONDAY	10:00am	Strength & Cardio	Level 2	Marina Clements
MONDAY	1:00pm	Interval Training	Level 2	Jen Berger
TUESDAY	1:00pm	Seated Exercise	Level 1	Michelle Kinnett
TUESDAY (not live streamed)	posted weekly	Yoga & Meditation	All Levels	Ulrikke Malik
WEDNESDAY	1:00pm	Interval Training	Level 2	Michelle Kinnett
THURSDAY	1:00pm	Seated Exercise	Level 1	Jen Berger
FRIDAY	10:00am	Tai Chi	Level 1	Craig Miller
FRIDAY	11:15am	Tai Chi	Level 2	Craig Miller

ZOOM EXERCISE CLASS SCHEDULE

Please contact Angela Weaver at aweaver@apdaparkinson.org for Zoom link.

DAY	TIME	CLASS	LEVEL	INSTRUCTOR
TUESDAY	9:00am	Seated Exercise	Level 1	Jen Berger
TUESDAY	10:00am	Strength & Cardio	Level 2	Jen Berger
THURSDAY	10:00am	Strength & Cardio	Level 2	Rachel Lehman
FRIDAY	11:00am	Seated Exercise	Level 1	Rachel Lehman
FRIDAY	10:00am	Strength & Cardio	Level 2	Michelle Valenti
FRIDAY	11:00am	Seated Exercise	Level 1	Michelle Valenti

HOLIDAY CLOSURES

NOVEMBER: No Classes 11/26 & 11/27

DECEMBER & JANUARY: No Strength & Cardio: 12/21

No Yoga 12/22 No Classes: 12/24 & 12/25 No Classes: 12/28 - 1/1

Archived classes are available on YouTube

VIRTUAL SUPPORT GROUP SCHEDULE

For more information, please contact Angela Weaver
at aweaver@apdaparkinson.org

MISSOURI SUPPORT GROUPS

LOCATION	DAY	TIME	SUPPORT GROUP LEADER
Chesterfield	Third Tuesday	11:00am	Carrie Burgraff
Chesterfield Caregivers	Second Monday	11:00am	Lynda Wiens & Jay Bender
Carthage	First Friday	2:00pm	Tericia Mixon
Kirkwood	Fourth Tuesday	6:00pm	Terri Hosto
Online	Third Wednesday	1:00pm	Angela Weaver
South County	Second Wednesday	10:30am	Caitlin Jones
St. Peters	First Tuesday	1:00pm	Jodi Peterson
St. Louis Caregivers	Second Monday	1:00pm	Kathy Schroeder
Webster Groves	Fourth Thursday	1:00pm	Laurel Willis
YOPD	Every Wednesday	6:00pm	Karen Frank & Mike Mylenbusch

ILLINOIS SUPPORT GROUPS

LOCATION	DAY	TIME	SUPPORT GROUP LEADER
Carbondale	First Wednesday	1:00pm	Gala Lockwood
Charleston	Fourth Tuesday	1:00pm	Jean Shobe & Jean Penrod
Highland	Fourth Tuesday	2:00pm	Kayla Deerhake
Online	Third Wednesday	1:00pm	Angela Weaver
Quincy	Saturdays	10:00am	Dave & Terri May

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manage our expenses by letting us know when you move, if you want to be removed from the mailing list or if you'd rather receive an electronic version.

Thank you in advance for helping us spend our resources wisely!

Just call **636.778.3377**
or email
apdastlouis@apdaparkinson.org
to keep us updated.

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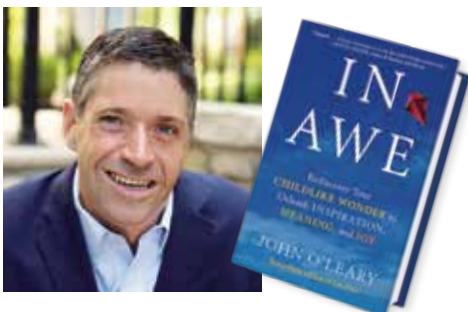
April 8th and 9th

Virtual Midwest Parkinson Congress



August 1st

Elliot and Mary Ann Stein Speaker Series featuring JOHN O'LEARY, author of *On Fire*, who will celebrate and share his new book *IN AWE: Rediscover Your Childlike Wonder to Unleash Inspiration, Meaning, and Joy*.



In the fall of 2020, the American Parkinson Disease Association – Greater St. Louis Chapter established the Optimism Society to honor those who provide annual support of \$1,000 or more. Optimism Society members are a vital component of the APDA – Greater St. Louis Chapter, and each year we extend our gratitude to those who support us with a special Optimism Society celebration.

To join the Optimism Society, contact Director of Development, Melissa Skrivan at mskrivan@apdaparkinson.org or 636-778-3377.

APDA Community Resource Center

1415 Elbridge Payne Rd, Ste 150 | Chesterfield, MO 63017
Hours: 8:00 a.m. - 4:00 p.m. M-F
636.778.3377

www.apdaparkinson.org/greaterstlouis



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