

# The Caregiver's Advocate

Support and Promote the Work of Georgia's 12 CARE-NETs

Quarterly News

September Edition, 2015

## From the Director's Desk



Dr. Leisa Easom, Executive Director

The RCI is excited to bring a new "face" to *The Caregiver's Advocate* quarterly newsletter. After some much appreciated feedback, we listened to your requests and have condensed the newsletter for your convenience.

I am delighted to share with you the statewide rollout of BRI Care Consultation in the state of Georgia. Cindy Holloway, RCI's BRI Care Consultation Program Manager, is working diligently with the Georgia Department of Aging Services to implement this program into six Area Agencies on Aging.

The RCI REACH program is now operating in more than 20 agencies across the country providing support and education for family caregivers of persons with Alzheimer's disease or related dementia.

We are patiently awaiting our National Summit in October for which we anticipate a wonderful crowd. It is our hopes you will join us this year. The agenda is packed full of workshops with caregiver support professionals and some amazing keynote presenters.

As always, I want to thank you for all the hard work you are doing for Georgia's caregivers. You are making a tremendous impact in their lives. Don't forget, always take care of yourself!

Best Wishes,  
Leisa Easom

## RCI REACH EXPANSION

### Dementia Program Now Prospering Nationwide

Naomi Latini, RCI REACH Program Manager, is wrapping up the training component of the RCI REACH program, which called for the national dissemination of the evidence-based program. REACH (*Resources Enhancing Alzheimer's Caregiver Health*) provides support for the caregiver through education, stress management techniques, safety tips for the patient, and skills building to help caregivers manage difficult patient behaviors.

Naomi has been extremely busy traveling since 2014, and as of today, more than 20 agencies around the country are now operating this program thanks to training from the RCI. She received positive feedback from the training sites such as the Alzheimer's Association-Florida Gulf Coast Chapter. Lisa Milne, VP of Programs, stated, "The REACH training that we received from Naomi with RCI is invaluable. The tools that we will be able to provide to the caregivers we work with will help them really take control of the way they cope with the stressors in their lives due to caregiving."

With the training portion of the program complete, Naomi has now been hired as the Training and Implementation Specialist. In this role, Naomi will continue to work with the RCI REACH program, and will also be assisting with the development of implementation training and tools for other RCI evidence based program sites such as our Operation Family Caregiver Program. The RCI is excited to see her continue to grow and nourish these sites around the country as well as locally.

*\*Funding for this expansion came from the Administration for Community Living*

For more information or to find a site in your area, click [HERE](#).



Naomi Latini (center) with the Alzheimer's Association - Florida Gulf Coast Chapter in Clearwater, Florida.



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*"The REACH training that we received from Naomi with RCI is invaluable."*

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# CARE-NET MEETINGS

Agencies from our CARE-NET Coalition



The Southwest Georgia CARE-NET had a couple of guest speakers at their Caregiver Support Group Meeting on August 3rd. They included Fire Inspectors from the Albany Fire Department.



Paula Hudson and the Coastal CARE-NET Planning Committee met in July to discuss plans for their 'Day of Care for the Caregiver.'

## HAVE SOMETHING to submit?

Please send all pictures, news stories, and events to [Chelsea.Collins@gsw.edu](mailto:Chelsea.Collins@gsw.edu). Be sure to include names and details so we can inform the other CARE-NETs of all the wonderful work you are doing for caregivers.



(R) Southwest Georgia CARE-NET had an impressive twenty-nine attendees at their Caregiver Support Group held July 11th.



Ada Brown and the Southwest Georgia CARE-NET held their Quarterly Meeting on August 21st with wonderful participation from caregivers in their area.



Michele Kelley and the Northeast Georgia Regional Commission / Area Agency on Aging (AAA) at their Quarterly Meeting.

# BRI CARE CONSULTATION: Now Available to all Georgia Caregiving Families

The Rosalynn Carter Institute for Caregiving (RCI) in partnership with the Benjamin Rose Institute on Aging (BRI) has completed the initial training in BRI Care Consultation for six Georgia Area Agencies on Aging: Atlanta Regional Commission, Central Savannah River Area Regional Commission, Coastal Area Agency on Aging, Heart of Georgia Altamaha Regional Commission, Legacy Link, Inc., and Southern Georgia Regional Commission.

BRI Care Consultation is evidence-based information

and coaching service delivered by Care Consultants by telephone and online communication that was developed through a series of research studies by the Benjamin Rose Institute on Aging. The program is unique in that it supports both Caregivers and Care Receivers with chronic physical or mental health conditions by empowering them to manage care and decision-making more effectively by assisting them in finding simple and practical solutions to their caregiving challenges.

Following the completion

of a successful three year implementation study of the effectiveness of this model of service through three Georgia Area Agencies on Aging, the Georgia Department of Aging Services (GDAS) has added BRI Care Consultation to Georgia's statewide menu of services.

For more information on BRI Care Consultation for your organization or agency, please contact Cindy Holloway by email at [cynthia.holloway@gsw.edu](mailto:cynthia.holloway@gsw.edu) or call 229-931-2238.



(L-R) Participants at the Atlanta Regional Commission (ARC) BRI Care Consultation training: Cliff Burt, GDAS Aging Services Director; Clay Cowart, GDAS Intern; Monica Gilbert, ARC Care Consultant; Cindy Holloway, RCI BRI Care Consultation Program Manager; Mary Lou Vergara, ARC Caregiver Program Specialist; Thom Snyder, GDAS Aging Services Coordinator; Connie White, ARC Program Specialist.



Betty Pope (center) is pictured with the 2015-2016 Pope Fellows.

## 2015-2016 POPE FELLOWS Twelve GSW Students Earn Scholarships

Twelve Georgia Southwestern State University students were recently named the 2015-2016 Pope Fellows each earning \$3,500 in scholarships. Named for the Americus couple who generously endowed the program, the [John and Betty Pope Fellowship](#) provides financial support for outstanding individuals pursuing training and careers in fields related to caregiving. Pope Fellow Jonathan Cannon said at their reception in August, "Caregiving, it's important to me. I think it's something that should be more important to other people because there are always people that need care and there will always be people that need care."

*"Caregiving, it's important to me. I think it should be more important to other people..."*

## Advocating on state and national levels

Dr. Easom meets with Senator Kirk and Shanna Grayson Appears on CBS



(L) Georgia State Senator Greg Kirk met with RCI Executive Director Leisa Easom in September to address the needs of caregivers in the state of Georgia. He was very excited to hear about all the proven effective programs we have here at the RCI that provide positive outcomes for families. Kirk serves on the Health & Human Services committee and we are confident he will be a strong advocate for caregivers in Georgia.

(R) Shanna Grayson, Caregiver Coach at Nevada Senior Services, was recently interviewed by CBS News Correspondent Tracy Smith for a segment on CBS Sunday Morning. Shanna, along with one of her caregivers, will appear on the news segment which will feature dementia caregivers and highlight the RCI REACH program. We are ecstatic about this amazing opportunity. Stay tuned for the interview...



# NOVEMBER

## NATIONAL FAMILY CAREGIVERS MONTH

The theme is R-E-S-P-I-T-E! *Care for Caregivers*

### Things to consider:

1. Have your mayor sign a proclamation.
2. Write weekly articles for the local newspaper about caregiving.
3. Hold respite classes or workshops for caregivers.

### IMPORTANT DATES

10/22-23 — National Summit & Training Institute \*[REGISTER NOW!](#)

12/8 — CARE-NET Coalition Meeting in Macon, GA 10 am - 2 pm



For additional information about CARE-NETs, you may contact the Coordinator for each region. Click the map for these contacts.



Please join us in welcoming Miranda Thomas to our team as a Program Support Specialist. Miranda comes to us from Student Support Services at GSW where she served as Assistant Director for 14 years. "I am looking forward to assisting the team in making an impact in the lives of caregivers!"

### ANNOUNCEMENTS

### QUICK LINKS

[DDB Workshops](#)

[Register for Summit](#)

[RCI Monthly E-News Sign-Up](#)

### CONNECT WITH US



*Marketing is no longer about the stuff that you make, but about the stories you tell. ~ Seth Godin*



Do you know someone that would like to receive this newsletter? If so, please share it with them. Did a friend send you this newsletter and you would like to continue receiving it?

Please send an email to [Chelsea.Collins@gsw.edu](mailto:Chelsea.Collins@gsw.edu) and make sure you don't miss out on future editions. Questions or Comments? Help us continue to improve the newsletter by providing your feedback.

## Would you like to make a contribution?



**YES!** I want to make a tax-deductible contribution to The Rosalynn Carter Institute for Caregiving.

Enclosed is my donation of \$ \_\_\_\_\_.

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Please make check payable to the Rosalynn Carter Institute and send to: 800 Georgia Southwestern State University Drive, Americus, GA 31709. You may also contribute online at [www.rosalynncarter.org/support](http://www.rosalynncarter.org/support).

This gift is to be used as follows: (check one below)

- Endowment Funds       CARE-NET       Education and Training  
 Undesignated Funds       Development