



Helping All Seniors Thrive®

JCA Kensington Clubs Caregiver Coping Newsletter

August/September 2020

Jewish Council for the Aging (JCA) Kensington Clubs

Director: Colleen Kemp, CTRS

12320 Parklawn Drive Rockville, Maryland 301-255-4204 ckemp@accessjca.org



Dear Caregivers,

It's great to be back "on the newsletter" with you after a short reorganization break! Kensington Clubs are still here virtually, with Phone Pals, KC On-Screen (now every other Tuesday) and KC LIVE via Zoom, Sunday through Friday. We are still sending a monthly paper/pencil packet of activities for members to complete in their leisure time. We are working closely with the Alzheimer's Association, National Capital Chapter, to slowly form a monthly caregiver coping support & resources group on Tuesdays. Thank you to all who attended Melissa Needleman's (ANS) presentation on "The Connection Between Loneliness and Hallucinations: Life During Covid19." We welcomed 18 attendees. As always, in this newsletter, I will be passing all caregiver resources that I receive in my inbox or by phone, onto you.

Although we cannot physically be together, it is my pleasure to continue serving Kensington Club members and caregivers through email, USPS, phone, YouTube, the JCA website and on Zoom. Please continue to reach out. JCA and Kensington Club are committed to keeping our connection strong for you!

In Friendship,

Colleen and the JCA Kensington Club Crew

Virtual Art Appreciation for People Living with Memory Loss

<https://www.nga.gov/calendar/guided-tours/just-us.html>

Just Us at the National Gallery of Art provides interactive, discussion-based experiences for people with memory loss and their care partners. Participants explore two works of art during virtual sessions on Zoom, meeting weekly on Mondays from 2:00 to 3:15 p.m. (EST).

To register in advance and to receive the Zoom Room information, please email access@nga.gov

Lorena Bradford

Accessible Programs

National Gallery of Art

Washington, DC 202-842-6905

Cancelled: "Stepping On: Fall Prevention Series. Will reschedule as soon as we can.

Free One-on-One Tech Help Available!

Do you need help with technology? **August 3-28, 2020**, 10am to 2:30pm During the month of August, Senior Planet Covid Corps members will provide one-on-one technology help over the phone and through video conference appointments.

30-minute appointments with volunteers are available Monday through Friday at 10am, 10:45am, 11:15am, 1pm, 1:45pm, and 2:30pm in English, Spanish, Chinese (Mandarin), Amharic, Farsi, Hindi, Nepali, Russian, Tigrinya, Krio, and ASL (by Internet video).

Go to this site to register:

<https://apps.montgomerycountymd.gov/COCMSPublic/CableComplaintIntake.aspx>

**Recruiting Non-paid Family Caregivers
for a Caregiving Study**

Baylor and Texas State researchers are seeking participants for a new study on how family caregiving affects work and family dynamics. We are recruiting adults who are working at least 30 hours/week and also serving as a family caregiver in the United States.

Participation only requires you to fill out two online surveys (approximately 20 minutes each, one month apart between **Aug 31st and Oct 4th**). In return, each person who completes the study will receive a \$25 Amazon gift card with the possibility of earning up to \$40 if you also refer other people to participate. Registration will close on August 30th.

To find out if you are qualified to participate, please visit:

<https://tinyurl.com/BaylorCaregiving>

Thank you for your interest. Please contact Dr. Matt Quade (matt_quade@baylor.edu) with questions.

Suburban Hospital Upcoming health & Wellness events!

<https://events.suburbanhospital.org/>

Read how **parklets** are helping to transform streets and parking lots into fresh air eateries for older adults.

https://www.aarp.org/livable-communities/livable-in-action/info-2020/slideshow-parklets-for-dining.html?cmp=EMC-DSM-NLC-LC-HOMFAM-20200805_LivableCommunities_899300_1358902-080520-F1-parklets-CTA_Button-CTRL-4761185&enccparam=r3jizFnWKe1DyknS2phIHAXr3B7KXP3wOihPi0Ei1RbC54KFwNlz5jBp8%2feLUobC

Montgomery County Virtual Free Classes and 55+ Classes

<https://www.montgomerycountymd.gov/rec/activitiesandprograms/recroom/index.html>

Support Groups

Check Out the attached list of virtual Alz. Association support groups that are still being offered in Montgomery County!

Great article: Tips to Deal with Telemed Visits and Hearing Loss

<https://consumer.healthday.com/infectious-disease-information-21/coronavirus-1008/telemedicine-is-here-experts-offer-tips-for-seniors-760260.html>

Brooke Grove Retirement Community offers “Living Well” Classes and Parkinson’s Foundation Classes - Check them out!

<http://www.bgf.org/brooke-grove/community-events>

Thank you!

To everyone in Kensington Club and Friends Club, who completed the early August Strategic Pricing Survey as the virtual programs moves toward sustainability. Your comments with support and enthusiasm were incredibly touching. We received nearly 50 responses. We will keep you updated with any program changes.

Montgomery County Government Food Resources

(Meals for Older Adults, Senior Meals, Meal Delivery)

<https://www.montgomerycountymd.gov/covid19/get-help/food.html>

SENIOR EMPLOYMENT INFORMATION AT JCA

<https://accessjca.org/senior-employment/>

Caring for a frail senior citizen or an adult with a disability? Looking for a little help or respite from caregiving? Check out the ARC!

<https://thearcmontgomerycounty.org/what-we-do/respite/respite-seniors.html>

See you soon!