



Beatitudes Center DOAR

DEVELOPING OLDER ADULT RESOURCES

Support Services for the Caregivers of the Elderly

Generations

September & October 2009

Vol.13. No. 4

From Donna's Desk---

This is the last time you will be receiving a newsletter from us called "Generations." You'll still be receiving a newsletter full of helpful information, but we will be calling it by a new name. On September 14 we will change our organizational name. We have been called "Beatitudes Center DOAR" since we were founded by Rev. Dr. Dosia Carlson in 1981. It has been a wonderful name, though, at times, confusing. Our new name will more closely identify with our mission and services. I think you'll be pleased. It has been a major project, filled with lots of research, discussion, and exploration. But we did a lot of work, meeting with people who knew us well, and with those who were unaware of our mission. We realized a change was needed. We received a generous grant from The Emerald Foundation which enabled us to implement the changes. So watch your mail and newspaper and listen to the radio for our announcement.

We also have made a few other changes in our support group locations. These changes will, hopefully, help us reach more caregivers and enhance participation in our groups. They are undergoing some renovations at the Beatitudes Campus where two of the groups will be held, so please be patient for the next few months. The facility and the new room are lovely and we are grateful to the Beatitudes Campus for their support.

Caregivers deal with change. It's part of being a caregiver. But change is also a part of life. How boring it would be if everything always stayed the same! However, even positive changes can be challenging. So, with prayer and perseverance we carry on.

Remember, even though we will have a new name, our services will not change, and we plan to stand by you as you travel your caregiving journey.

Donna Heppermann
Director of Caregiver Services

GENERATIONS

Generations coordinates support groups and workshops and provides information for persons concerned about aging love ones. This program assists caregivers by helping them manage caregiver stress, exploring the emotional aspects of caregiving, resolving family tensions, managing long-distance caregiving and accessing community resources.



EXCITING NEWS

*Look for a new name, design, and logo
on our next newsletter*

We are excited about this change. A formal announcement will be made September 14 to all our clients and friends.

DON'T BE ALARMED

We will continue our services to the homebound elderly, faith communities, caregivers, and grandparents raising grandchildren.

Everything will remain the same, except our name and logo.

Through this change we anticipate being more recognizable in the community.

We will reach more people and gain more support for our organization.

SUPPORT GROUP NEWS

Parkinson Group.- Don't forget the new location & date!

September - Say What? Communication Issues

October - ZZZZZZ Parkinson's Disease & Sleep Problems

Baptist village Thunderbird

September - (9/9 Note different date) Eye Care with Frank Leone

October - Alzheimer's & Dementia with John Durbin

Caring 101

A special program for caregivers will be held on Tuesday, September 15, from 10 to 11:30 a.m. at the Via Linda Senior Center, 10440 E. Via Linda, in Scottsdale. Donna Heppermann will discuss normal vs. abnormal aging, caregiver coping strategies, and community resources. Come join us for this educational and helpful event – and bring a friend.

Call the Senior Center at 480-312-5810 for information or to register

UN DESCANSITO

A caregiver conference in Spanish will be presented

Wednesday October 28, at 8:30 a.m. – 1:30 p.m.

At the Mesa Senior Center
247 N. Macdonald St. in Mesa

Spend a delightful time with other caregivers.
Enjoy the food, mariachis, and gain valuable information.

Look for the flyer with more details coming later!!!



SURVIVING THE HOLIDAYS

Caring for the Caregiver

Tuesday November 3, 2009

9:30 – 1:30

Church of the Beatitudes
Lounge

555 W. Glendale Ave., Phoenix
FREE

Join us for some relaxation

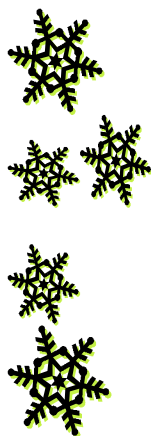
Meet other caregivers

Enjoy delicious food,
and entertainment

Share in the fun and prizes

Space is limited to 30 participants

Please register, call 602-274-5022



GROUP MEETINGS For Caregivers of Elderly

Alzheimer's Meeting

Church of the Beatitudes

555 W. Glendale Ave., Phoenix

1st & 3rd Tuesday, 12:30 p.m

Parkinson Meetings

Beatitudes Campus

Board Room—Life Care Ctr.

1616 W. Glendale Ave., Phoenix

2nd Wednesday, 1:30 p.m.

Skyway Church of the West
Valley

14900 W. Van Buren, Goodyear

2nd Thursday, 10:00 a.m.

General Caregiver Groups Phoenix

John C. Lincoln Cowden Center

2nd St. & Sunnyslope

1st Wednesday, 10:30 a.m.

602-870-6374

Beatitudes Campus

Board Room—Life Care Ctr.

1616 W. Glendale Ave., Phoenix

2nd Saturday, 10:30 - noon

Glendale

“Caring Friends”

Thunderbird Baptist Village

13617 N. 55th Ave.

3rd Tuesday, 10:30 – 11:30 a.m.

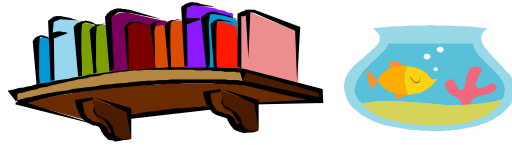
See support group news, date
change for September only

For more information, call Donna
at: 602-274-5022 ext. 43

“Ones among you who will be really happy are those who Have sought and found how to serve.”

Albert Schweitzer

From the Bookshelf



Who Changes the Water?

Some people say that humanity is like a colony of ants on a burning log floating down a broad river. Even as the log approaches a cataclysmic waterfall, the ants argue among themselves about who is the pilot.

Other people say that life is like a candle. It is lighted at birth and henceforth sheds its dim light upon its limited surroundings, flickering uncertainly in every breeze, knowing that any sudden gust of wind will extinguish it, and, finally, futilely sputtering out as the tallow is consumed.

Of course, just saying life is like a candle does not make it so. And there still would remain two relevant questions. Who lit the candle? And, why?

There are other considerations.

It wisely has been said that an undevout astronomer is an idiot.

To be an atheist, one would have to conceive effects with no cause, motion without a mover, a circle without a center, time without eternity.

To be an atheist, one would have to conceive a second without a first, action without energy, thought without a thinker, a thing formed from nothing by nothing.

To be an atheist, one would have to believe that what is made, exists, but that which made it does not exist. Try applying that proposition to the infinity of the universe!

Such beliefs are so against natural reason as to be untenable to any sane mind.

But they were the subject of a serious discussion between two goldfish as they swam in their crystal clear bowl.

Finally, one goldfish in the exasperation concluded the argument with this pertinent question, "So...if there isn't a God, who changes the water?"

Thoughts to Build On by M.R. Kopmeyer

Health Issue

FRAUD & ABUSE

Fraud is a scary thing and the growing populations of elderly are tempting targets for abuse—particularly financial abuse.

Scam artists are busy trying to entice the seniors to buy bogus claims, charities, lotteries and prizes—all in hopes that you will send money to get your reward.

Recently the Arizona Attorney General sent an alert warning homeowners of a solicitation that claimed homeowners might qualify for a "property tax reduction review". It requests a processing fee of \$189. And though papers are presented as legitimate, it is fraudulent.

Some tips to protect yourself from fraud:

- 1- Ask for written information about the product, service, investment opportunity or charity.
- 2- Talk to a friend, relative or financial advisor before responding to a solicitation
- 3- Hang up if you are asked to pay for a prize.
- 4- Keep information about your bank accounts and credit cards private.

If you suspect fraud,

call the state attorney general [602-442-5763](tel:602-442-5763) in Phoenix or call the Hotline at [1-877-767-2385](tel:1-877-767-2385)

-----SAVE A DATE-----

Together we care: Arizona Conference on Caregiving

Thursday, November 5, 2009
North Phoenix Baptist Church
5757 N. Central Avenue, Phoenix

Providing awareness, education & resources for family caregivers, recipients and volunteers. To make a difference in the lives of Arizonans.

Brought to you by the caregiver program at Gateway Community College in cooperation with 20 community organizations.

- * Aging
- * Chronic illness
- * Disabilities
- * Family support
- * Volunteering
- * Public programs
- * Community services

For more information:
Call 602-286-8153



Generations Program
555 West Glendale Avenue
Phoenix, AZ 85021

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Organization
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RETURN SERVICE REQUESTED



Do you have a computer? Would you like to receive our *Generations* newsletter by email?

We appreciate that so many have made the decision to have the newsletter emailed to them. Thank you! Using the email system will help the environment by reduction of paper and decrease our expenses for materials and postage, therefore, providing more profits to enable us to serve those in need.

We encourage everyone who has a computer to consider this convenience. Please email Austin@centerdoar.org. Include with your email address, your name, phone number and the address under which you are presently receiving the newsletter. We would like to know how to contact you if we have any trouble emailing you. Thanks!

Beatitudes Center DOAR (Developing Older Adult Resources)

Is a nonprofit, interfaith organization dedicated to enhancing the quality of life for older adults and their families. Founded in 1981, Beatitudes Center DOAR promotes health and well-being through a broad range of community-based services that assist caregivers, homebound adults, grandparents raising grandchildren, and congregational health programs.

Programs include Generations, Nurse & Health Ministries Network, Project GrandCare and VICaP Faith in Action.

Call 602-274-5022 or visit www.centerdoar.org to request assistance or learn how you can join our efforts. We welcome your support and participation!

