

CARE *for the* JOURNEY

News & Resources for Personal and Professional Caregivers



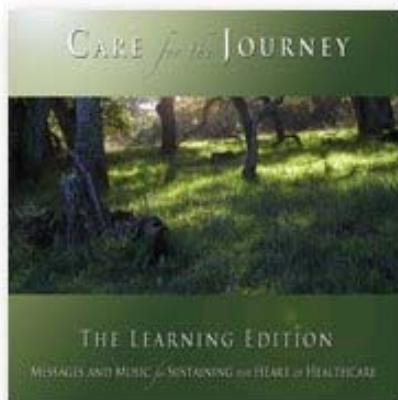
COMPANION ARTS

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WWW.COMPANIONARTS.ORG

Companion Arts, a 501 (c)(3) nonprofit organization, brings integrating, expressive arts resources to individuals in major life transition and the organizations serving them. In 2011 CA is developing a new focus on the needs of caregivers.

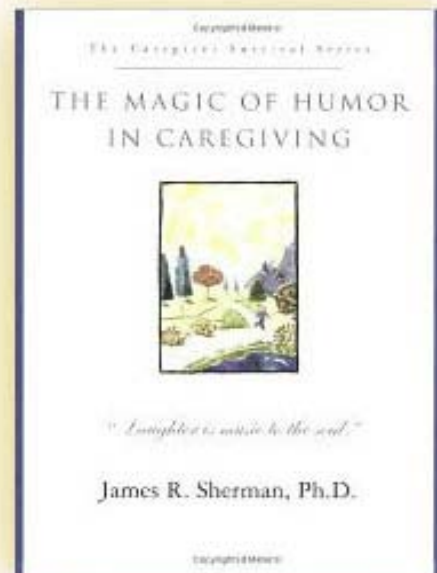
Vol. 1, Issue 4, October 2011

Welcome!



Care for the Journey, Vol. 2

Care For the Journey, Volume 2 is Companion Arts' latest audio resource in the widely acclaimed "Care For the Journey" series. Like its predecessor, Volume 2 is a source of inspiration and a quick, easily-assessable remedy for the



The Magic of Humor in Caregiving

stress of an unusually hectic workday. Acclaimed healthcare speakers and other leaders provide spoken messages amidst a wonderful musical backdrop provided by Gary Malkin, a multiple Emmy Award winner. Speakers include: Rachel Naomi Remen, MD; Jean Watson, PhD, RN; Jeremy Geffen, MD; Angeles Arrien, PhD; Joan Borysenko, PhD; Christiane Northrup, MD; Christina Puchalski, MD and others.

by James R. Sherman, Ph.D

Available at the
[Companion Arts Webstore](#)

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Breaking News



In the News: Daily Money Managers for Seniors & Retirees

According to the Dallas Morning News, a new breed of professional daily money managers is emerging; many work with seniors & retirees and take care of balancing checkbooks, depositing Social Security checks, filling out insurance claims and paying bills. Fees range from \$25-\$65, depending on location; for more information contact the American Association of Daily Money Managers at 301-593-5462 or www.aadmm.com.

Important: Caregivers can also consult their state's Department of Consumer Affairs or Department of Health & Human Services to check the local availability of this service and/or (if available) a list of volunteers providing money management services to low-income seniors.

New Caregiver Info & Resources - Latest Links!

Humorous Resources

This month's Caregiver Resources are about Humor and Caregiving or "[Humor/Laughter Therapy](#)," which evokes healing laughter and alleviates anger, embarrassment and helplessness. (Yes, there really is such a thing validated by numerous organizations including the American Cancer Society, but of course most of us have also gathered this from life or Dr. Seuss:)



***From there to here, from here to there,
funny things are everywhere!***
Dr. Seuss, *One Fish, Two Fish, Red Fish, Blue Fish*

[Humor? Laughter? At A Time Like This?](#)

by Bill Andrew, Family caregiver advocate
Caregiver's Home Companion

This article is based on Bill Andrew's experience as his wife's caregiver through the "long Alzheimers journey" - a journey that repeatedly taught him the value of laughter in alleviating stress.



[Using Humor for Stress Reduction](#)

by Sylvia Nissenboim, MSW, LCSW
Caregiver's Home Companion

Sylvia Nissenboim's article* explores the importance of "laughing with" someone, not "laughing at something or someone" and includes 22 "Techniques to Lighten Up" courtesy of her friend/colleague Peggy Szwabo, Ph.D, RN, MSW, who ran a previous "Humor & Stress" workshop.

**This classic 2005 article was originally written for professional caregivers, but is helpful to all! Please note the additional unintended humor in the webpage formatting - for some reason there are multiple question marks throughout the piece!*



The Finale

Super Seniors ... Super Soaker

This month let's end with exploring a Caregiver-Care Recipient Conspiracy to keep the geese out of a garden via Super Soaker (...and when Dad can't squirt the geese, he can always water the tomatoes - the Soaker has a range of 40 feet!):



Sixth Sense Caring: Humor in Caregiving

Want to forward this *Care for the Journey* to someone? Just click on the "Forward this email to a friend" button at the bottom of this email.

Want to contact us? Send an email to info@companionarts.org

My very best to you and Happy Fall!

Handwritten signature of Susan Osborne

Susan Osborne
Companion Arts

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