

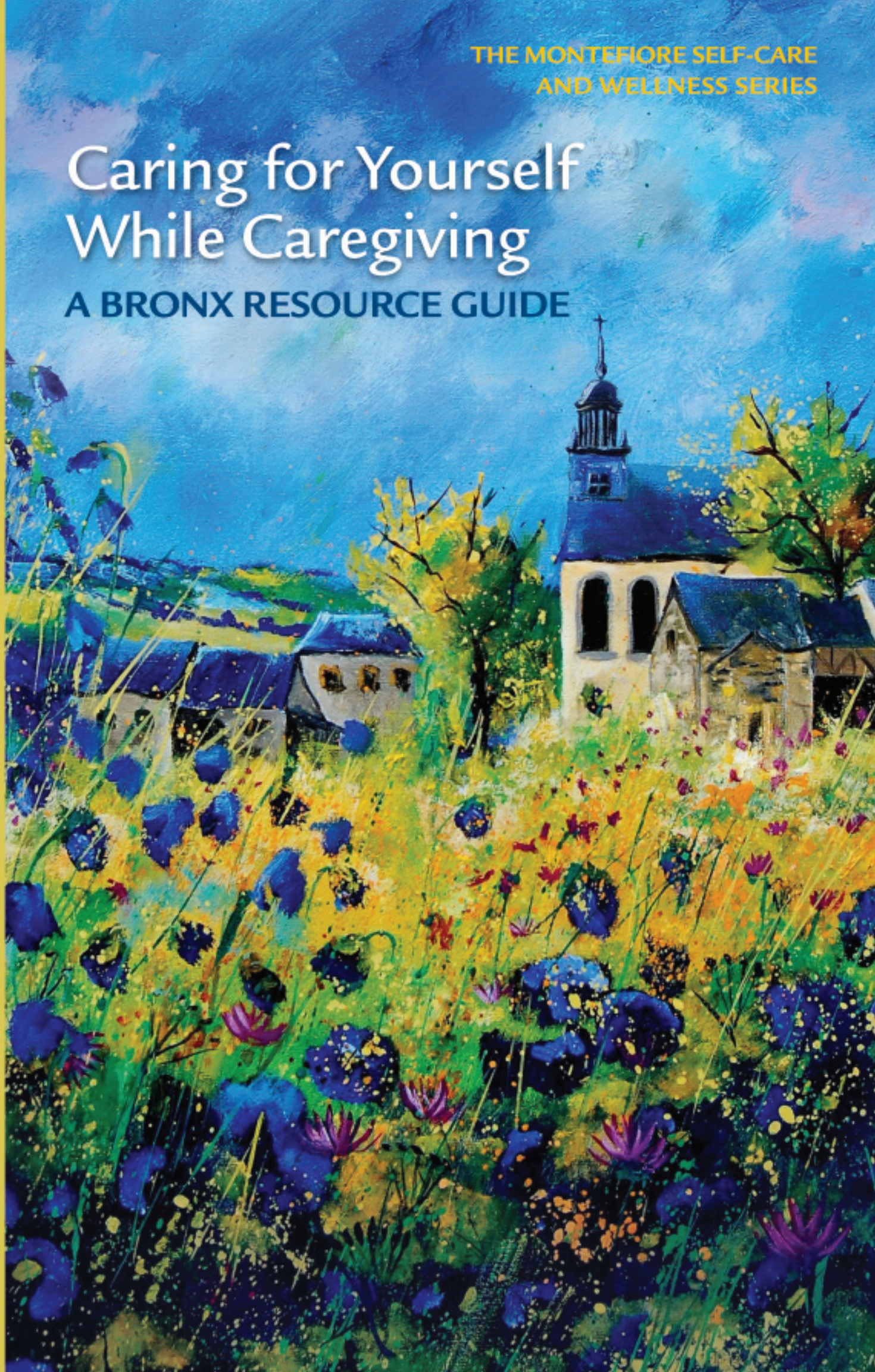
THE MONTEFIORE SELF-CARE
AND WELLNESS SERIES


Caring for Yourself While Caregiving

A BRONX RESOURCE GUIDE

Caregiver Wellness Program & The Office of Community Health, Montefiore Medical Center

MONTEFIORE





“If I am not for myself, who will be for me? And if I am only for myself, what am I? And if not now, when?”

— *Ethics of the Fathers 1:14*

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WELCOME TO THIS GUIDE

Welcome to **Caring for Yourself While Caregiving** – your guide to finding useful information, local resources and websites. This guide is a starting point to help you think about the different ways you can care for yourself while caring for a loved one.

We did our best to find interesting and helpful resources in the Bronx. Things change all the time so call the programs to find out the latest details. There also may be other great programs for caregivers in your area – if you know of one, please let us know!

We also encourage you to use the resources you have and to explore your neighborhood and community. For example:

- Talk to your doctor, nurse or social worker about ways to cope with stress and manage your situation
- Speak with your pastor, priest, rabbi, or imam about how you are feeling
- Take a look at our list of support groups, websites and books
- See what classes and events are at your local community center, senior center, religious center, public library, or community college

There are many people, places and ways to help and support you!

Who is a Family Caregiver?

A family caregiver is someone who provides practical help, physical care and/or emotional support for:

- An aging parent or elderly relative
- A spouse, partner or family member with an illness or disability
- A child with an illness or disability
- A close friend or neighbor who is part of your extended family
- A parent or family member who lives far away – this is called a “long-distance caregiver”

Common things caregivers do are schedule and take loved ones to appointments, prepare meals, do household chores, supervise medications, and help with daily activities, personal hygiene or medical devices. Caregivers also give important emotional support by talking with their loved one, sharing feelings and thoughts, helping solve problems, and by *just being there*.

Caring for Yourself While Caring for Others

Taking care of others can be a wonderful experience of giving, sharing and receiving.

It can also be a lot of work, stress and responsibility. You may have mixed emotions and feel like you are being pulled in many directions at once. Along with caring for your loved one, you may also be balancing other needs – like caring for your children or other family members, working at your job, having your regular social life, and finding some time for yourself.

Caring for someone with an illness or disability can be filled with ups and downs. You may feel fine one day and sad, worried or depressed the next day. You may feel frustrated, angry, resentful, or overwhelmed – and then feel guilty for having these feelings. You may notice you're more tired than usual. Or feel like you're not doing enough. All these are common feelings.

This guide is about making sure that while caring for others, you remember to take care of yourself too. It may not seem easy to think about taking care of your own needs, but this is one of the best things you can do. It is important to pay attention to how you are feeling physically, emotionally and spiritually. This will help build the strength to deal with stress and will help you maintain your caregiving role over time.

Taking Small Steps Has Big Benefits

When you are juggling many things at once, even the thought of adding something else can feel overwhelming. Yes, you may want to relax more. But how can you do it in a way that fits in with your life?

The most important thing is to take small, slow steps and to add in one thing at a time. Maybe right now you don't have the time for that relaxing yoga class you'd like to try. The good news is there are many easy, simple ways to feel more relaxed in your day.

In each section you will find a “Small Suggestions” box with some ideas of things you can do. Sometimes it's also just doing the same thing in a new way that helps shift your perspective. For example, try walking on a different street to get to work tomorrow – you may see your morning in a whole new way!

Just remember: Even doing one small thing for yourself each week can make a big difference in how you feel and the quality of your life.

How Are You?

To get started, we invite you to take a moment to think about how you are feeling right now. Are you feeling relaxed or stressed? Do you feel like things are in balance? What would help you feel more supported?

Read through the sections of this guide and see what calls to you. What do you need? What will fit into your life? What sounds like fun? There are many different ways to get support. Most important is that you get the type of support that will help you!



BASIC INFORMATION ON BEING A CAREGIVER

Caregivers face many challenges. These can be financial, medical or time issues. They can also be emotional, social, family, and health concerns. The websites and books below have useful information to learn more about the basics of caregiving and ways to manage the situation.

Websites with Information

Family Caregiving 101

National Family Caregivers Association
www.familycaregiving101.org

This site has information and advice on how to care for yourself and manage caregiving responsibilities. It has special tips on what to do at different stages of caregiving and how to communicate with insurance companies and healthcare providers.

Family Care Navigator

National Family Caregivers Association
www.caregiver.org

This site provides a list of organizations and websites that offer services for caregivers and patients, legal help, advocacy, and more. Click on the picture of the U.S. map and then click on New York.

National Caregivers Library

www.caregiverslibrary.org

Click on New York to enter the “library.” The “Caregiver Resources” (see the left menu bar) has articles, forms and checklists on the basics of caregiving, caring for yourself, long-distance care, housing, transportation, and legal issues.

Net of Care

The Family Caregiver Program
www.netofcare.org

This New York-based website has a wide range of information and resources for caregivers. The “Finding Help in New York City” database lets you search for resources by zip code. The free “**Caregiver Resource Directory**” has a wealth of information and tips on coping with being a caregiver, caring for yourself, managing your loved one’s medical symptoms, and communicating with healthcare providers.

Next Step in Care

United Hospital Fund
www.nextstepincare.org

Information for caregivers to help plan a smooth transition for patients from one setting to another (for example, from home to a hospital or from hospital to a rehab facility). Has many useful information sheets and checklists to download. Click on “Terms and Definitions” for a dictionary of common terms healthcare providers may use. In English and Spanish.

NYC Caregiver: Making It Easier to Care

NYC Department for the Aging
www.nyc.gov/html/caregiver

This NYC-based website has information on local services, paying for care and legal information for caregivers and grandparent-caregivers. It also has helpful tips on managing caregiving challenges and communicating with healthcare professionals.

Caring for Yourself: Two Helpful Articles

Caring for the Caregiver

National Cancer Institute
www.cancer.gov/cancertopics/caring-for-the-caregiver

This article has helpful tips and words of encouragement to take good care of yourself, including understanding your feelings, asking for help, and talking with others.

Taking Care of YOU: Self-Care for Family Caregivers

Family Caregiver Alliance
www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=847

Caring for ourselves can be challenging. This article helps you identify the personal barriers that get in the way of caring for yourself and offers practical strategies to move past those barriers.

Books

The New York Public Library has many books on loan that may be helpful to you. To find a library near you, call the Bronx Library Center at (718) 579-4244 or go to www.nypl.org and click on “Locations and Hours.” You can also buy the books in this guide at a discount price at websites such as www.amazon.com.

The Comfort of Home: An Illustrated Step-By-Step Guide for Caregivers

By Maria Meyer & Paula Derry. CareTrust Publications LLC, 2007

This guide offers help with every aspect of home care, from the decision to be a caregiver to dealing with day-to-day activities. Also has a checklist of tasks, information on how to avoid caregiver burnout, and a list of resources.

The Complete Eldercare Planner: Where to Start, Which Questions to Ask, and How to Find Help

By Joy Loverde. Three Rivers Press, 2009

This workbook covers common issues, checklists and action steps for caring for the elderly. Topics include finances, legal concerns, insurance, housing, medical care, and end of life issues.

The Eldercare at Home Workbook

AGS Foundation for Health in Aging

This workbook gives clear, practical instructions for dealing with common caregiving challenges related to physical problems, mental and social issues, and managing care. You can read it for free at: www.healthinaging.org/public_education/eldercare. You can also buy a copy at www.frycomm/ags/eldercare or call (800) 334-1429 x2529.

American Medical Association Guide to Home Caregiving

Wiley Publishing, 2001

A practical handbook on how to take care of an elderly, ill or disabled person at home. Has chapters on arranging your loved one's room; giving medication, maintaining hygiene and monitoring symptoms; choosing and paying for home healthcare; caring for someone with Alzheimer's disease or a terminal illness; and choosing between assisted living facilities and nursing homes.

Free Newsletters & Magazines

Families of Loved Ones Online Magazine

<http://cantwellmedia.com>

A free, online magazine on topics of interest to family caregivers. In English, Spanish, Italian, Korean, and Japanese.

Family Caregiver Community

National Family Caregivers Association
www.thefamilycaregiver.org

Click on “Caregiving Resources” on the top menu, and then “Please sign up today” for a free newsletter (4 per year) and monthly e-letters. There are also online stories and a caregiver pen pal program.

Videos & Online Videos

‘Caring for a Depressed Elderly Parent’ and ‘Caregiver Burnout’ Podcasts

Families for Depression Awareness
www.familyaware.org/podcasts/podcasts.php

Learn how caring for an elderly parent with depression can affect you and how to ease the burden of caregiving with these audio podcasts.

Teleconference Caregiving Audio Workshops

Family Caregiver Alliance
www.caregiver.org

Click on “Fact Sheets & Publications” on the top menu and then on “TeleCaregiving Workshop Audio Archive.” Online, free presentations on issues related to caregiving. You can listen as streaming audio (mp3) or download as an audio file.

VideoCaregiving

www.videocaregiving.org

This “visual education center for caregivers” has short, free online videos and documentaries on caregiving and Alzheimer's disease.



GETTING THE SUPPORT YOU NEED

Many caregivers experience worry, sadness, anxiety, depression, sleep problems, and feeling socially isolated. Sharing these feelings and making connections with people who understand what you are going through are powerful ways to deal with these feelings, get helpful ideas, and help others. Social contact is even a good way to keep your immune system strong so you stay healthy and resilient.

SMALL THINGS YOU CAN DO

- ▶ Send an email or postcard, or give a quick call to someone to let them know they're on your mind
- ▶ Arrange with a friend to send each other a short email, text or voicemail with words of support every Monday morning to give the week a good start
- ▶ Ask a relative, friend or neighbor to help you with one thing you need to do. Can someone else pick up the laundry or go to the pharmacy? Take your loved one to a doctor's appointment? Bring over dinner?
- ▶ Check out the support groups, telephone support services and online message boards in this section – and try one out!
- ▶ Invite a relative, friend or neighbor over for tea or coffee
- ▶ Next time you see your doctor or your loved one's doctor tell him/her how you're feeling and ask for tips or advice
- ▶ Write your thoughts down in a notebook – this can help you process your feelings and clear your mind
- ▶ More information can help – take a look at the websites and books in this section

General Caregiver Support Programs

Caregiver Support Center

Montefiore Medical Center

111 East 210th Street, Bronx, NY 10467. Enter the hospital at the Gunhill Road entrance. The Center is on the first floor across from the cafeteria. Opens Sept. 2010.

This center provides caregivers with emotional support and practical assistance. It is a quiet place to relax or you can use the Internet to research medical conditions. A social worker and trained volunteer coaches are available to help you find services at Montefiore and in the community, and just to listen. For more information or if you're interested in volunteering, call Margaret Hamer at (718) 920-6654.

Caregivers' Connections

DOROT

(973) 763-1511 or (877) 819-9147

www.dorotusa.org

Fifty-minute telephone support groups led by eldercare professionals on topics such as Caring for a Parent, The Healing Power of Music, Understanding & Managing Parkinson's Disease, and Caring for Yourself While Caring for Others. They also have telephone workshops on different health-related topics. There is a one-time \$10 registration fee and a low fee for participating in a group.

Caregivers Outreach Ministry Empowerment (C.O.M.E.)

(718) 379-3159, email: comeoutreach@yahoo.com

www.comeoutreach.org

This organization provides free outreach support services and resource information to family caregivers of the elderly. Call to find out about their telephone reassurance program (Touching the Lives of Caregivers). A staff member will call you 1-2 times per month to see how you are managing, offer a listening ear and offer care-related information.

Caregiver Support Program, Presbyterian Senior Services (PSS)

325 East 156th Street, Bronx, NY 10451
(718) 585-1640 or (866) 665-1713
www.pssusa.org/caregiving.html

Caregiver training, support groups, individual and family counseling, legal, medical and financials referrals, and respite services for people living in the South Bronx.

JASA (Jewish Association for Services for the Aged)

One Fordham Plaza, Suite 232, Bronx, NY 10458
(718) 365-4044 or (212) 273-JASA(5272)
www.jasa.org/services/map.html

Information and assistance, counseling and support groups, individual and group respite services, Friendly Visits, help with transportation, medical supplies and housekeeping, and more. Serves people of any faith background.

CAPP Caregiver Resource Center

Mount Sinai Medical Center
19 East 98th Street, 9th Floor, Suite 9E
New York, NY 10029
(212) 241-CAPP(2277)

Free short-term individual counseling by social workers, information, referrals, and educational workshops for caregivers of people over 60. Call to speak to a social worker about your concerns and ways to resolve caregiving-related issues.

Caring & Preparing Program, S.A.G.E (Services and Advocacy for GLBT Elders)

(212) 741-2247 x292
www.sageusa.org/programs/caregivers.cfm

Free services for caregivers and care recipients, including a caregiver support group, individual counseling, benefits and entitlement assistance, a Friendly Visitor program, and limited subsidies for home health care and adult day care. The caregiver and/or the care recipient must identify as gay, lesbian, bisexual, or transgender.

Family Caregiver Network

Westchester Jewish Community Services
845 North Broadway, White Plains, NY 10603
(914) 761-0600 x143, email: jslevin@wjcs.com
www.wjcs.com

FCN helps coordinate services and has special programs to support caregivers of older adults (60+) who live in Westchester. Free services include individual and family assessments, family care planning, support groups, and referral resources.

Friends in Deed

594 Broadway, Suite 706, New York, NY 10012
(212) 925-2009, www.friendsindeed.org

Free support groups, one-on-one counseling, and information sessions for people with cancer, HIV/AIDS or other serious physical illnesses. Caregivers, family, friends, and those in bereavement are also welcome. Have weekly yoga and meditation classes, as well as healing therapies such as Swedish Massage, Reiki and Reflexology.

Support Group Referral Services

LifeNet

English: (800) LIFE-NET(543-3638)
Spanish: (877) AYUDESE(298-3373)
Asian LifeNet: (877) 990-8585
www.800lifenet.org

This free health information and referral hotline has information on free support groups. They also have information on mental health services and a crisis line to talk to a mental health professional.

NYC Self Help Center

(212) 586-5770

This center has information on free support groups for many different issues. Most of the groups are in Manhattan.

Westchester Self-Help Clearinghouse

Westchester Jewish Community Services
845 North Broadway, White Plains, NY 10603
(914) 761-0600 x308, email: lrosenbaum@wjcs.com
www.wjcs.com

Gives information on over 270 support groups throughout Westchester. Also can help you form a new group if you can't find what you're looking for.

“Anxiety in the heart
of a man weighs it
down, but a good
word makes it glad.”

— Proverbs 12:25

Online Support Groups and Message Boards

Caregiver Online Group

Family Caregiver Alliance
www.caregiver.org

Click on “Groups” on the top menu. This email group is for families, partners and other caregivers of adults with Alzheimer’s, stroke, brain injury, and other chronic health conditions. Sign up to send and receive emails to communicate with others.

ElderCare Forum

ElderCare Online
www.ec-online.net

An online forum for caregivers of the elderly. Click on “The ElderCare Forum” to read and post messages.

Family Caregiver Forum

National Family Caregivers Association
<http://thefamilycaregiver.org/ed/bb>

An online message board with topics including “Working through Frustration and Isolation,” “Advice to Other Caregivers” and “Getting Doctors to Take Notice.”

Online Caregiver Support Groups

Caregiving.com
www.caregiving.com/get-support

Online support groups for: caregivers of aging relatives, spouses who are caregivers, caregivers raising children and caring for aging relatives, long-distance caregivers, gay or lesbian caregivers, and caregivers grieving a loss. Register to read or post messages.

Wellspouse Online Community

Well Spouse Association
<http://wellspouse.org/forums>

An online message board for partners of people with chronic illness or disability.

Support Related to ALS

ALS Support Group

Phillips Ambulatory Care Center (Beth Israel)
10 Union Square East, (between 14th & 15th Streets)
2nd Floor, Conference Rm #1, New York, NY 10003
(917) 699-9751 or (212) 720-3059
email: wiesel@als-ny.org

This support group is open to patients, caregivers, family members, and friends. It is held on the 3rd Tuesday of every month from 6–8pm.

ALS Forums.com

www.alsforums.com/forum

An online support community for people affected by ALS. Register for a free account. Then you can read and post messages in the “ALS/MND Caregiver Support Forum.”

Support Related to Alzheimer’s & Memory Loss

Alzheimer’s & Caregiver Resource Center

NYC Department for the Aging
2 Lafayette Street, 2nd Floor, New York, NY 10007
(212) 442-3086 or 311

Offers free individual assessment, referrals, information about medical, financial and legal issues and long-term care options, and training for caregivers.

The Alzheimer’s Association

360 Lexington (between 40th & 41st Streets)
New York, NY 10017
24 hour helpline: (800) 272-3900, www.alz.org/nyc

1) Support groups for spouses & partners, and for adult children. 2) The Family Caregiver Workshop – a 10-hour training to improve the quality of life of the caregiver and the person with dementia. 3) An “Understanding Dementia” meeting for family members and friends, with information on coping and future planning.

Parkinson’s Disease Foundation

Helpline: (800) 457-6676, www.pdf.org

Call the helpline to share your questions and concerns. Click on “Living with Parkinson’s” and then “Caregiving and Family Support” for a link to a free online training course for caregivers.

Support Group for Adult Children of a Parent with Alzheimer’s

Carter Burden Center for the Aging/
Hebrew Home for the Aged
Upper East Side, Manhattan, (212) 879-7400 x116

This free group meets on the 1st and 3rd Tuesday of each month at 6pm. Call for pre-screening.

Support Group for Adult Children of a Parent with Memory Loss

Riverdale Senior Center
2600 Netherland Avenue (near Kapock Street)
Bronx, NY 10463, (718) 884-5900 x16 (or *816)

This free support group is held two Mondays a month from 6–7:15pm. Call for pre-screening.

Support Group for Family & Friends of Person with Alzheimer's

HealthCare Chaplaincy
307 East 60th Street, New York, NY 10022
(212) 644-1111 (ask for James Silva) or
revahoffmanlcs@gmail.com

This free support group is held on Wednesdays from 4–5:30pm. Call for pre-screening.

Support Group for Spouses & Adult Children of People with Memory Impairment

Schervier Nursing Home
2975 Independence Ave, 5th Floor Conference Room
Bronx, NY 10463, (718) 548-1700 x299

This free support group is held on the 2nd and 4th Thursday of the month from 11am–12:15pm. Call for pre-screening.

Support for Spouses of People with Alzheimer's

Hebrew Home for the Aged
5901 Palisade Ave., Bronx, New York 10471 and
Elderserve, 347 Sawmill River Rd., Yonkers, NY 10701
(914) 964-6980, <http://elderserve.org>

The group at Hebrew Home meets every other Tuesday 11:30am–1pm. The Elderserve group meets every other Thursday from 4:30–5:30pm. Call for pre-screening.

Telephone Support Groups

The Alzheimer's Association and DOROT
(973) 763-1511

Fifty-minute telephone support groups led by eldercare professionals on topics such as Caring for a Loved One with Memory Impairment, Spouse/Partner Memory Disorders Support Group, and Daytime Spanish Speaking Alzheimer's Support Group. There is a one-time \$10 registration fee and a low fee for participating in a group.

Support Related to Cancer

CancerCare

(800) 813-HOPE(4673)
www.cancercare.org/get_help/loved_one.php

Free telephone and in-person counseling with trained social workers; in-person, telephone and online support groups; and educational workshops you listen to by telephone or over the internet. Call (888) 337-7533 to hear a list of workshop topics.

Caregiver Message Boards + Information

American Cancer Society
www.cancer.org

Click on “Caregivers” for information on coping and providing care. Click on “Connect with Other Caregivers” to access three different message boards.

Gilda's Club

80 Maple Avenue, White Plains, NY 10601
(914) 644-8844, www.gildasclubwestchester.org
and 195 West Houston Street, New York, NY 10014
(212) 647-9700, www.gildasclubnyc.org

Weekly support groups for family members affected by cancer. There are also many free classes and activities for members such as meditation, yoga, pilates, art, and crochet. Membership is free – call to set up a special Customized Membership Plan meeting and to sign up for a new member meeting.

The Leukemia and Lymphoma Society

475 Park Ave. South, 8th Floor, New York, NY 10016
(212) 376-7100, Information Resource Center:
(800) 955-4572 (language interpreters available)
www.leukemia-lymphoma.org

Information, support and guidance for people living with leukemia, lymphoma, myeloma, myelodysplastic syndromes, or myeloproliferative disorders. The website has an online support group, discussion boards, a telephone program to talk to someone who has been there, and information in English and Spanish.

Psychosocial Oncology Program

Albert Einstein College of Medicine
(718) 430-2200
email: cancersupport@aecom.yu.edu
www.einstein.yu.edu/cancercenter/support

Counseling, support, education, and mind-body therapies for anyone affected by cancer in and around the Bronx. Services are available regardless of where you receive medical care or your ability to pay. The BOLD Living (Breast Oncology Living Daily) Program offers free workshops such as Tai Chi, creative writing, nutrition and cancer, jewelry making, Reiki healing circles, image enhancement, and crochet.

Support Group for Adults Living with Cancer & Their Families

American Cancer Society
2330 Eastchester Road, 3rd Floor, Bronx, NY 10469
(718) 547-5064

This free support group is held on the first Monday of the month from 7–8:30pm. Call for pre-screening. ACS also has informational materials and community referrals.

Support Group for Caregivers of People with Cancer

Calvary Hospital
1740 Eastchester Road, Bronx, NY 10461
(718) 518-2365 or 2566

This free group is held on Mondays from 5–6:30pm. Call for pre-screening.

Support Related to COPD and Other Respiratory Conditions

American Lung Association Helpline

(800) 548-8252

Call to speak to a nurse or respiratory therapist who can answer questions related to any lung condition, medications, smoking cessation counseling, or finding a support group. Available Monday–Friday, 8am–10pm.

Better Breathers Club

Phelps Memorial Hospital Center
701 North Broadway, B-Level, Auditorium Entrance
Pulmonary Gym, Sleepy Hollow, NY 10591
(914) 366-3712

Information sessions for people living with respiratory conditions and their caregivers. Guest speakers present on topics such as breathing techniques, special exercises and home oxygen therapy. Meets around six times a year from 6–7pm.

COPD Caregiver Information Line

The COPD Foundation
(866) 316-COPD(2673), www.copdfoundation.org

Call for information and support (open Monday–Friday 9am–9pm). Also click on “Patients & Caregivers” for helpful information on living with COPD.

COPD – Online Support

www.copd-support.com

Online forums and chat rooms for people with COPD and their caregivers. Click on “Programs” for details on how to participate. Click on “Caregivers” to join an email list with information and support for caregivers.

Support Related to Heart Disease and Stroke

American Heart Association Online Forums

<https://myportal.americanheart.org/jiveforum/index.jspa>

Online discussion forums for caregivers of people with heart disease, heart failure and stroke.

Heart Disease – Caregiver Information and Self-Care

American Heart Association
www.americanheart.org

Click on “For Caregivers” for information on caring for someone with heart disease, tips for coping and communicating, and pages you can download to keep a caregiver’s journal. The main website has helpful general information on heart disease.

Stroke – Support for Caregivers

American Stroke Association
www.strokeassociation.org/presenter.jhtml?identifier=3030381

Call the Stroke Family Warmline at (888) 4-STROKE(478-7653) to talk to a hotline counselor who has personal experience with stroke. Common Threads Pen Pals connects you with other families dealing with stroke to write about experiences and challenges. Also has lists of local stroke support groups by zip code and online support groups, and a guide to starting your own support group.

Support Group for Loved Ones of Survivors of Traumatic Brain Injury and Stroke

SUNY College of Optometry
33 West 42nd Street (between 5th & 6th Avenues)
(212) 938-4040

This open group is held on the 3rd Monday each month from 4–5:30pm. Ask for Iris Rosen, LCSW to learn more.

Support Related to Hepatitis C & Other Liver Conditions

American Liver Foundation

Helpline: (800) GO-LIVER(465-4837)
www.liverfoundation.org

Call the helpline for answers to questions about liver disease, as well as for emotional support. The website also has information about many liver conditions.

Caregiver’s Support Forum

HCV Support, <http://hcvsupport.org>

A message board for caregivers of people with Hepatitis C. Write about your concerns and experiences and read other people’s posts. Click on “Forum” (top left corner) and then scroll down to find the Caregiver’s Forum.

Hepatitis C & Liver Disease Support Group

Mount Sinai Hospital
East Building, 1425 Madison Avenue (at 98th Street)
Room 11-84, New York, NY 10029
(212) 241-5736

This group is open to patients, family, friends, and anyone whose life has been touched by Hepatitis C or any liver disease. It is held on the 3rd Wednesday of the month from 6–7:30pm.

Hepatitis C Support Group

NYU Medical Center
560 First Avenue (at 30th Street), Smilo Conference Room, Room 1301, New York, NY 10016
(917) 612-2731, email: ronnimarks@nyc.rr.com

This group is open to patients, family members and friends. It is held on the last Wednesday of every month from 6:15–7:45pm.

Hepatitis C Support Group

St. Vincent's Hospital
170 West 12th Street (off 7th Avenue, SE Corner)
Reiss Conference Room, New York, NY 10011
(607) 746-7199, email: lilliandem@gmail.com

This free group is open to anyone affected by or interested in Hepatitis C. It is held on the third Tuesday of every month. Call to see if there is a new location.

Support Related to HIV/AIDS

Online Support Forum + Information

The Body: The Complete HIV/AIDS Resource
www.thebody.com

This site has information on HIV/AIDS, treatment and healthy living. It also has an Ask the Experts forum and a support forum. Click on "Connect" and then "My Loved One Has HIV/AIDS" to write a message or read other people's posts.

Online Support Forum + Information

AIDSmeds/POZ Community Forums
<http://forums.poz.com>

Click on "Someone I Care About Has HIV" to write a message or read other people's posts. The main website has detailed information on HIV care, opportunistic infections and medications.

Support Related to Mental Illness

NAMI NYC Metro

Helpline: (212) 684-3264
email: helpline@naminyc.org, www.naminycmetro.org

Support groups for people with mental illness and family members. They also have helpful courses that give up-to-date information and teach coping skills.

Support Related to Multiple Sclerosis

MS World Forum

www.msworld.org/forum

Online message boards for people with MS and their loved ones. Click on "Relationships & Carepartnering" to read or post a message to other caregivers.

National Multiple Sclerosis Society – NYC Chapter

733 Third Avenue, 3rd Floor, New York, NY, 10017
(212) 463-7787 or (800) 344-486, www.nationalmssociety.org/chapters/NYN/index.aspx

In-person and telephone support groups, information, referrals, and crisis assistance for people with MS and their family.

Support for Caregivers of Children with Special Needs or Illness

BraveKids.org

<http://bravekids.org>

This site has medical information on children's illnesses and disabilities, message boards for parents and for kids, and a resource guide that you can search by zip code.

The Bronx Parent Center Without Walls/RCSN

116 East 16th Street, 5th Floor,
New York, NY 10003, (212) 677-4650
email: bronxparent@resourcesnyc.org
<http://resourcesnyc.org/content/bronx>

Free trainings, education and assistance for parents of children with special needs (social, cognitive, physical, and behavioral).

CancerCare

(800) 813-HOPE(4673)
www.cancercares.org/get_help/loved_one.php

1) Free telephone and in-person counseling with trained social workers. 2) In-person, telephone and online support groups. 3) Educational workshops that you listen to by telephone or over the internet. Call (888) 337-7533 to hear a list of workshop topics.

Find-A-Friend

The Children's Hospital at Montefiore
3415 Bainbridge Avenue, Family Learning Place
Bronx, NY 10467, (718) 741-2357

A support group for parents or caregivers of children with any chronic disease or special needs. The English group meets the 1st Tuesday of the month from 12–1:30pm. The Spanish group meets the 2nd Monday of the month from 12–1:30pm.

Heart to Heart Parent Support Group

The Children's Hospital at Montefiore
3415 Bainbridge Avenue, Family Learning Place
Bronx, NY 10467, (718) 741-2223

A group for parents and families affected by congenital heart disease. In English & Spanish.

Gilda's Club

80 Maple Avenue, White Plains, NY 10601
(914) 644-8844, www.gildasclubwestchester.org and
195 West Houston Street, New York, NY 10014
(212) 647-9700, www.gildasclubnyc.org

Weekly support groups for parents of children with cancer, and groups for children & teenagers affected by cancer. There are also many free classes and activities for members such as meditation, yoga, pilates, art, and crochet. Membership is free – call to set up a special Customized Membership Plan meeting and to sign up for a new member meeting.

The Leukemia and Lymphoma Society

475 Park Avenue South, 8th Floor, New York, NY 10016, (212) 376-7100, Information Resource Center: (800) 955-4572 (language interpreters available), www.leukemia-lymphoma.org

Information, support and guidance for parents and families. The website has discussion boards, a telephone program to speak to someone who has been there, and information in English and Spanish.

NAMI NYC Metro

Helpline: (212) 684-3264
email: helpline@naminyc.org, www.naminycmetro.org

Support groups for parents of children and adolescents with emotional or psychiatric disorders. Also has helpful courses that give information and teach coping skills.

National Down Syndrome Society

Helpline: (800) 221-4602, www.ndss.org

Offers telephone support Monday–Friday, 9am–5pm. Language interpretation available.

Parents of A.N.G.E.L.S. Support Group

1968 Eastchester Road, (718) 931-0515
email: info@bxangels.org, www.bxangels.org

This group for parents of children with autism is held from September to June on the 3rd Thursday at 7pm, with a different speaker each month. Child care is provided.

Support Parent Network

Parent to Parent of New York State
2280 Wallace Avenue, Bronx, NY 10467
(800) 405-8818
email: Bxparent2parentnys@verizon.net
www.parenttoparentnys.org

This program matches parents of children with a chronic illness or disability with another parent in a similar situation, to share experiences and information. You can also call to learn about resources, support groups, parent training classes, and general information about illnesses, disabilities and medical treatments. Click on “Information” and then “Join Our Email Lists” to sign up for a Bronx community email group or an email group for parents of medically fragile children.

Support for Grandparents Raising Grandchildren

The Family Center

315 West 36th Street, 4th Floor, New York, NY 10018
(212) 766-4522, www.thefamilycenter.org/programs

Support groups, counseling, training, legal and social services, help with benefits and entitlements, and referrals for grandparents and others caring for children. Also has a 2-week summer camp and a buddy program that matches children ages 6–17 with an adult volunteer for positive role modeling.

Grandparent Connection Support Group

JASA Senior Services
135 Einstein Loop, 2nd Floor, Room 34
Bronx, NY 10475, (718) 379-0433 x3002

This group provides support for grandparents caring for their grandchildren, as well as information on community resources and financial assistance.

The Grandparent Resource Center

NYC Department for the Aging
(212) 442-1094. Telephone support group sign-up:
(212) 769-2850

Free information, referrals, educational workshops, advocacy, and case assistance for grandparents raising their grandchildren and other young relatives. Call to request The Grandparents Raising Grandchildren Book, a free resource guide.

Information For Grandparent Caregivers

NYC Caregiver
www.nyc.gov/html/caregiver/grandparenting.html

Information on financial and legal issues, Child Health Plus and local resources. Also has special tips for grandparents on finding the services you need.

Grandparent Family Apartments Kinship Caregivers Program

Presbyterian Senior Services (PSS)
951 Prospect Avenue (at 163rd Street)
Bronx, NY 10459, (718) 620-1262 x1212 or x1213

Weekly support groups in English & Spanish, case management, legal assistance, counseling, and afterschool and summer programs for children. They also have a housing program for grandparents caring for grandchildren, but there is a long waiting list.

New York State Kinship Navigator

New York State Office of Children & Family Services
(877) 454-6463 (open weekdays, 10am–4pm)
www.nysnavigator.org

Call to learn about kinship law and your rights as a grandparent caregiver. The website also has information on legal and financial assistance.

Creating a Community of Support Online

Caring Bridge

www.caringbridge.org

Create your own free, private website to keep family and friends informed. Just follow the simple steps to make your site. Then you can share updates and photos, and your visitors can leave messages in your guestbook.

Lotsa Helping Hands

National Family Caregivers Association
www.nfca.lotsahelpinghands.com

Create a free, online community of family, friends and neighbors to help care for your loved one. Set up a private site and then everyone in your “community” can post messages, photos and well wishes. Also has a group calendar for scheduling activities and a secure section to share important medical, financial and legal information with selected family members.

Shirley BOARD: Where Caregivers Network

<http://shirleyboard.com>

A free, online community for caregivers of aging loved ones. First you create your private site. Then you can store important caregiving information, keep an online journal of your experiences, share your updates with family, friends and healthcare providers, and network with other caregivers.

Books

Caregiver's Support Kit

National Caregiver Foundation
www.caregivingfoundation.org

This free information kit focuses on Alzheimer's disease, but the kit is useful for all caregivers. Click on “Support Kit” to read it online. Click on “Order Kit” to order a free copy or call (800) 930-1357.

A Family Caregiver Speaks Up: It Doesn't Have to Be This Hard

By Suzanne Mintz. Capital Books, 2008

This book provides tips and lessons from other caregivers on how to deal with the healthcare system to better meet your family's needs.

God Knows Caregiving Can Pull You Apart: 12 Ways to Keep It All Together

By Gretchen Thompson. Sorin Books, 2002

This book addresses the emotional and spiritual support caregivers need. Each section has examples of common situations and simple exercises to help find realistic solutions to problems. The author is an ordained Unitarian Universalist minister.

The Fearless Caregiver: How to Get the Best Care for Your Loved One and Still Have Life of Your Own

Gary Barg, editor. Capital Books, 2001

This practical guide shows you how to be an informed and effective caregiver while still having time for yourself. It includes simple relaxation techniques and advice for dealing with stress and depression.

Share the Care

By Cappy Capossela and Sheila Warnock.
Fireside, 2004, www.sharethecare.org

This book offers a model for “sharing the care” of someone who is seriously ill. It teaches you how to organize a group of friends, relatives, neighbors, and coworkers to help with daily needs. It gives practical advice on starting a group and making it work.

Managing Stress and Burnout

Caregiver Health Self-Assessment Questionnaire

American Medical Association
www.ama-assn.org/ama1/pub/upload/mm/433/caregiver_english.pdf
www.ama-assn.org/ama1/pub/upload/mm/433/caregiver_spanish.pdf

A questionnaire to check for caregiver stress. If your score suggests stress, you can bring the form to your healthcare provider to talk about it.

Caregiving and Depression

Family Caregiver Alliance
www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=393

Information on signs of depression and special caregiver concerns. It talks about what to do if you think you are depressed, including treatment options and ways to help yourself.

Preventing Caregiver Burnout: Tips & Support for Family Caregivers

Helpguide.org
www.helpguide.org/elder/caring_for_caregivers.htm

This article has good information and tips on how to increase your support, deal with stress and prevent burnout.

CRISIS HOTLINES

LifeNet

English: (800) LIFE-NET(543-3638)

Spanish: (877) AYUDESE(298-3373)

Asian LifeNet: (877) 990-8585

www.800lifenet.org

A crisis line to speak with a mental health professional, 24 hours a day, 7 days a week. You can also call for information on mental health referrals.

The Samaritans Suicide Prevention Hotline
(212) 673-3000, www.samaritansnyc.org

This confidential crisis hotline is open 24 hours a day, 7 days a week. Specially trained volunteers are available to listen and talk.

Finding Professional Support

Feeling overwhelmed is normal when you are learning to deal with a new situation. If you find yourself feeling more depressed, anxious or overwhelmed than usual, and if these feelings just don't seem to go away, it may be helpful to speak with a professional counselor.

First, let your doctor, nurse or social worker know how you are feeling. They may be able to help you or they can direct you to someone you feel comfortable talking to. You also need to find out what your health insurance covers. Call the phone number on the back of your insurance card and ask what services they cover, if there is a co-pay, how many sessions are covered, and for a list of providers. If you have Medicare or Medicaid, call the counselor/clinic directly to see if they accept your insurance.

Below is a list of mental health centers around the Bronx. There are others not on this list that your insurance may cover. For any clinic, call to find out what insurance they take, if you live in their service area and if there is a waiting list. Sometimes it may take patience to find what you're looking for. Please don't give up. Remember that your health is top priority!

Adult Outpatient Mental Health Clinic

Department of Psychiatry & Behavioral Health
Montefiore Medical Center
111 East 210th Street, Bronx, NY 10467
(718) 920-4295

This licensed mental health clinic has individual, family and group therapy and psychiatric care in English & Spanish. Accepts Health First, Affinity Medicare, and Medicaid. Sliding scale fee for uninsured (starts at \$30). Serves most of the 10467 zip code and some of the surrounding area.

Beatman Clinic, Jewish Board of Family Children's Services

521 West 239th Street, Bronx, NY 10463
(718) 601-2280

Individual and family counseling, psychiatry, special support services for veterans, and referral services in English & Spanish. Accepts Medicare, Medicaid, and some large HMOs. Sliding scale fee for uninsured (\$30-\$120). Serves the area within 20 blocks of the clinic. There is usually a 30-45 day wait for the first appointment.

Bronx Mental Health Clinic, The Puerto Rican Family Institute

4123 Third Avenue, Bronx, NY 10457
(718) 299-3045, <http://prfi.org>

Individual, group and family therapy, treatment for anxiety and depression, and medication management in English & Spanish. Accepts Medicaid, Medicare and most major HMOs. Sliding scale fee for uninsured. Serves all of the Bronx. After an initial intake call, you can usually have an appointment within 5 days.

Communitlife: VIDA Guidance Center

4419 Third Avenue, Bronx, NY 10457
(718) 364-7700

Individual, family and group therapy, and psychiatry in English & Spanish.

Accepts Medicare, Metro Plus, Health First, GHI, and HIP. Sliding scale fee for uninsured. Serves all of the Bronx. Usually no waiting time for initial appointment.

Counseling Center, Morris Heights Health Center

25 East 183rd Street (at Walton Avenue)
Bronx, NY 10468, (718) 839-8900 x3333
www.mhhc.org/pages/health_insurance.html

Individual therapy for adults and children, as well as consultation with a psychiatrist. Visit website for insurance information. Serves all of the Bronx. Can be several months wait to get an initial appointment.

Gay, Lesbian, Bisexual & Transgender Counseling Unit, Jewish Board of Family & Children's Services

120 West 57th Street, New York, NY 10019
(212) 632-4482 or 4720

Individual, couples and group therapy for the GLBT community, in English & Spanish. Accepts Medicare, Medicaid and several other insurance plans. Sliding scale fee for uninsured (starts at \$32). Serves all of the Bronx from offices in Pelham and Riverdale.

Geriatric Mental Health Clinic + Home Outreach Service, Jewish Association for Services for the Aged (JASA)

One Fordham Plaza, Bronx, NY 10458
(212) 273-5272, email: help@jasa.org

For people ages 60+, individual, couples and family therapy, psychiatry, and a home outreach service where a mental health provider comes to your home. In English & Spanish. Accepts Medicare, Medicaid and a few private insurance plans. Sliding scale fee for uninsured (starts at \$0). Serves Bronx Districts 12, 13, 14, and 15. Usually less than two weeks wait for initial appointment.

Geriatric Mental Health Program, Family Services of Westchester
(914) 872-5290 or (914) 948-8004

At-home counseling for homebound seniors living in Westchester and their caregivers, and information about assisted living options. The agency also has 6 clinics in Westchester offering a range of mental health services. Accepts Medicaid, Medicare, and has a sliding scale fee for uninsured.

Mental Health Clinic, Veteran's Affairs Medical Center

130 West Kingsbridge Road, Bronx, NY 10468
(718) 741-4000 x5237

Individual, family and group counseling and support groups for Veterans ages 18+ and 65+. English & Spanish. Accepts private insurance and some other plans. Serves all of the Bronx. Walk-in clinic – usually can see a psychiatrist or social worker on the same day of visit.

Montefiore Geriatrics Department
3400 Bainbridge Avenue, Bronx, NY 10467
(866) MED-TALK (633-8255)

Serve seniors 65+ with geriatric psychiatry, social workers and a home visiting program. English & Spanish. Accepts Medicare and Medicaid HMOs. Serves all of the Bronx. Usually is 1 month wait for initial appointment.

Morrisania Neighborhood Family Care Clinic
1225 Gerard Avenue/167th Street, Bronx, NY 10452
(718) 960-2972

Individual, couples, family, and group therapy, and consultation with a psychiatrist for people with a mental health diagnosis (not for substance abuse issues or for Alzheimer's disease/dementia). Accepts Medicare, Medicaid, commercial GHI, and Metro Plus. Serves all of the Bronx. Usually is 1 month wait for initial appointment.

Behavior Healthcare Outpatient Department, Jacobi Medical Center

1400 Pelham Parkway South
Building 4 (Nurses Residence Building), 4th floor,
Bronx, NY 10461, (718) 918-3462

Psychiatry, medication management and professionally led support groups on depression/anxiety for women, coping with medical illness, and more. English & Spanish. Accepts Medicare, Medicaid, Metro Plus, Health First, and some other insurance plans. Waiting time for initial appointment is usually 3 weeks to 1 month.

Outpatient Services for Adults & the Elderly, Bronx Lebanon Hospital Center

2432 Grand Concourse, 2nd Floor, Bronx, NY 10457
(718) 584-5035 and 1285 Fulton Avenue (at 169th Street), Bronx, NY 10456, (718) 901-6487

Individual and group therapy, and psychiatry for adults. The Grand Concourse site also has services for people ages 65+. Accepts Medicare, Medicaid, Affinity, HIP, Health First, GHI, and some other HMOs. Sliding scale fee for uninsured (\$0-\$105). Serves 10451-9, 10460 and 10474 zip codes.

Parnes Family Psychological and Psychoeducational Services Clinic

1165 Morris Park Avenue, Bronx, NY 10461
(718) 430-3852
<http://yu.edu/ferkauf/page.aspx?id=2954>

Individual, couples and family therapy, assessment and therapy for older adults, and stress management services provided by doctoral psychology students under the supervision of licensed psychologists. Low, sliding scale fee (does not accept insurance). Serves all of the Bronx. Usually no wait for initial appointment.

Pelham Office, Jewish Board of Family Children's Services

750 Astor Avenue, 2nd Floor, Bronx, NY 10467
(718) 882-5000 x216

Individual, couples and family therapy, psychiatry and support groups for depression, in English & Spanish. Accepts Medicare, Medicaid and most major HMOs. Serves all of the Bronx. Waiting time is usually no longer than 10 days for initial appointment.

River Center for Counseling

50 East 168th Street, Bronx, NY 10452
(718) 293-3900

Individual, couples and family therapy and psychiatry in English & Spanish. Accepts Medicare, Medicaid, many HMOs, and a few private insurance plans. Serves all of the Bronx. Waiting time is usually around 1 month but call for availability.

Riverdale Mental Health Center

5676 Riverdale Avenue, Bronx, NY 10471
(718) 796-5300 x0, www.rmha.org

Individual and group therapy and psychiatry in English & Spanish. Accepts Medicare, Medicaid, many HMOs, and a couple private insurance plans. Serves the 10463, 10471 and some of 10468 zip codes. Waiting time is usually around 1 month for services in English. It is a longer waiting time for services in Spanish.

Soundview-Throggs Neck Community Mental Health Center

2527 Glebe Avenue, Bronx, NY 10461 and
1967 Turnbull Avenue, Bronx, NY 10473
(718) 904-4414 or 4476

Individual therapy, social work counseling and psychiatry in English & Spanish. Accepts Medicare, Medicaid and many HMOs. Sliding scale fee for uninsured. Has a catchment area – serves 10472/3 and most of 10461 zip codes. Does not serve 10451-10459. You will be given an appointment for about 1 month away the first time.

South Bronx Community Mental Health Center

781 East 142nd Street, Bronx, NY 10454
(718) 993-1400 or (718) 378-6500

Has two adult clinics that offer individual and group therapy, social work counseling and psychiatry, in English & Spanish. Accepts Medicare, Medicaid, many HMOs and other insurance plans. Sliding scale fee for uninsured. Serves all of the Bronx. Waiting time for initial appointment can be up to 3 months.

University Behavioral Associates

(800) 401-4822

A program sponsored by Montefiore Medical Center for people with Health First, HIP, Oxford Medicare, or Health Net. Serves all of the Bronx, with a referral from a Montefiore provider. Call to be assigned a high quality therapist to see you within 1 week (sooner if an emergency). English & Spanish.

VNSNY Friends Clinic

489-493 East 153rd Street, Bronx, NY 10458
(718) 742-7063 or (800) 675-0391
www.vnsny.org/our-services/by-location/bronx

Individual counseling, support groups, and no-fee short-term crisis intervention in English & Spanish. Accepts Medicare, Medicaid and many Managed Care plans. Sliding scale fee for uninsured. Serves the zip codes 10451/2/4/5/6/7/9, 10460 and 10474. Waiting time for initial appointment is usually only a couple days (sooner if a crisis).

Respite Care

“Respite” means a short period of rest or relief. Respite services take care of your loved one for a short period of time, letting you take a break and recharge. Many nursing homes offer short-term, pre-arranged stays for patients with New York State Medicaid. If you live near a nursing home that is not on the list below, contact them to see if they offer this service.

Bay Park Center for Nursing and Rehabilitation

801 Co-op City Boulevard, Bronx, New York 10475
(718) 239-6564 or 6699, www.nyhealth.gov/facilities/nursing/all_services.htm#shortterm

Beth Abraham Family of Health Services

612 Allerton Avenue, Bronx, NY 10467
(718) 519-4060, www.bethabe.org

Connections Program, Jewish Home Lifecare

100 West Kingsbridge Road, Bronx, NY 10468
(800) 544-0304, email: connections@jhha.org
www.jewishhome.org/connections

Call to speak to a counselor about JHL community services and referrals. Services include short-term stays at their nursing home and a one-month trial stay at Katay House, a residence for seniors that offers meals, housekeeping and activities.

Morningside House Nursing Home

1000 Pelham Parkway, Bronx, NY 10461
(718) 409-8261, www.aiamsh.org

Hebrew Home for the Aged at Riverdale

3260 Henry Hudson Parkway, Bronx, NY 10463
(800) 567-3646, www.hebrewhome.org

Schervier Nursing Care Center

2975 Independence Avenue, Bronx, NY 10463
(718) 543-2165, www.scherviercares.org

Westchester Jewish Community Services – Project Time Out

845 North Broadway, White Plains, NY 10603
(914) 761-0600 x344 or x310, www.wjcs.com

In-home respite services for Westchester families (a set number of hours per month, not for seniors on Medicaid): **Senior Companion Program:** a trained companion visits the home for friendly visits (sliding scale fee). **Senior Escort Program:** a trained escort accompanies the senior for medical appointments, errands or leisure activities (free, family provides transportation). **Program for Children:** provides a trained sitter or helps you get reimbursement for your own sitter (call for availability).

self-care

RELAXING AND LOWERING STRESS



Lowering stress is an important way to help you stay healthy. It can be as simple as taking time to rest, spending a few minutes in nature, taking a short walk, or doing something you enjoy each day.

Simple relaxation exercises such as deep breathing and progressive muscle relaxation are also very helpful ways to relax. You can do them in only a few minutes, any time of day. Many people like to do them first thing in the morning and before going to bed to get a restful night's sleep. Try our sample exercises below!

SMALL THINGS YOU CAN DO

- ▶ Take a warm bath or shower with a nice smelling soap or oil
- ▶ Dim the lights and light a candle
- ▶ Listen to music you love
- ▶ Enjoy a mug of herbal tea
- ▶ Sit in your favorite chair and put your feet up
- ▶ Just give yourself permission to do nothing for 15 minutes
- ▶ Take a slow walk and notice the world around you – or take a brisk walk to refresh your body and mind
- ▶ Call a friend for a chat and a laugh
- ▶ Watch a funny movie
- ▶ Let yourself sleep an extra half hour one morning next week
- ▶ Run warm water over your hands for a few minutes
- ▶ Give yourself a 5 minute hand or foot massage – or ask someone to give you one
- ▶ Re-read your favorite book or borrow a great new book from a friend or the library
- ▶ Try a yoga, tai chi, dance or fitness class, or go for a swim

Books

A Guided Journal for Caregivers

By Maria Karpinski, RN. Medifecta Healthcare Training, 2004

This book teaches ways to lower stress and find positive solutions to problems. It also helps you express your deeper feelings with special writing exercises.

Making the Moment Count: Leisure Activities for Caregiving Relationships

By Joanne Ardolf Decker. John Hopkins University Press, 1997

This book gives ideas for how to make the most of short periods of time to increase your relaxation and enjoyment as you give care.

Stress Management: A Comprehensive Guide to Wellness

By Edward A. Charlesworth & Ronald G. Nathan. Ballantine Books, 2004

This book offers specific steps for how to lower stress and create mental and physical well-being.

“I was brought up all my life among the Sages, and I have found nothing as good for the body as silence.”

– *Chapters of the Fathers 1:17*

Yoga & Tai Chi Classes

CityParks Seniors Fitness Program

Van Cortlandt Park, Woodlawn Courts,
Jerome Avenue & East 233rd Street, (718) 760-6999
www.cityparksfoundation.org/index1.aspx?BD=17019

Free yoga classes for seniors.

Healthy Seniors Program

Mid-Bronx Senior Citizens Council Services
(718) 588-8200 x1291
www.midbronx.org/projects.html

Free weekly exercise classes such as yoga.

Neighborhood Enhancement for Training Services (NETS)

7 Hugh J. Grant Circle, Bronx, New York 10462
(718) 430-1400, www.netscenter.org

Exercise and wellness workshops for seniors, including Tai Chi.

Lehman College Continuing Education

250 Bedford Park Boulevard West
Bronx, NY 10468, (718) 960-8512
www.lehman.cuny.edu/deanadult/continuinged

Classes in yoga and Tai Chi.

Mercy Center

377 East 145th Street (at Willis Avenue)
Bronx, NY 10454, (718) 993-2789
www.mercycenterbronx.org

Yoga classes for women.

Mind-Builders Creative Arts Center

3415 Olinville Avenue (Near Gunhill Road & White Plains Road), Bronx, NY 10467
(718) 652-6256
www.mind-builders.org/dance.html

Offers yoga classes.

Personal Enrichment Classes

Hostos Community College
500 Grand Concourse, Bronx, New York 10451
(718) 518-4444, www.hostos.cuny.edu/contedu/personalenrich

Offers Hatha yoga classes.

South Bronx Food Co-op

3103 Third Avenue (at 158th Street)
Bronx, NY 10451, (718) 401-3500 or
(718) 401-3502, www.sbxfc.org

Offers yoga classes.

Meditation Classes

Buddhist Meditation Class

Riverdale Community Center, 660 West 237th Street
Bronx, NY 10463, (718) 796-4724
<http://riverdalecommunitycenter.org>

An 8-week class in Buddhist meditation. Teaches steps to become and stay happy by changing how you see things and how you respond to challenges. The class is for beginners and for people who already meditate. There is a low fee per class.

Meditation for Women

Mercy Center
377 East 145th Street (at Willis Avenue)
Bronx, NY 10454, (718) 993-2789
www.mercycenterbronx.org/Activities.htm

Classes in meditation, stress management and yoga for beginners, as well as a women's movie discussion group. The Center also has support groups, social services and personal development workshops for women, parents and other family members.

Meditation Classes in Manhattan

New York Insight Meditation Center

28 West 27th Street, 10th Floor, New York, NY 10001
(212) 213-4802, <http://nyimc.org>

Free meditation classes for beginners. Donation requested.

The Meditation Centre and Gallery

306 Fifth Avenue (between 31st & 32nd Streets)
2nd Floor, New York, NY 10001, (212) 564-4335

Free classes in meditation, learning to relax and building self-esteem. Donation requested.

Tibet House U.S.

22 West 15th Street, New York, NY 10011
(212) 807-0563, www.tibethouse.org

Free meditation classes for beginners. The first half is silent individual meditation and then there is a talk by an experienced teacher. Donation requested.

Books & CDs on Meditation

Meditation for Beginners

Led by Jack Kornfield

This book gives an introduction to meditation, with a step-by-step method to help create peacefulness and kindness in everyday life. It comes with a CD that has six guided meditations. Order at <http://shop.soundstrue.com> or call (800) 333-9185.

Meditation for Optimum Health

Led by Andrew Weil & Jon Kabat-Zinn

A good, step-by-step introduction to meditation. Two CDs or cassettes. Order at <http://shop.soundstrue.com> or call (800) 333-9185.

Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life

Led by Jon Kabat-Zinn

Step-by-step instruction in mindfulness meditation that focuses on being present in daily life. Available as a book or audio CD. Order at www.amazon.com.

Community Gardens

Bronx Green Up (New York Botanical Gardens)

(718) 817-8026

www.nybg.org/green_up/comm_gard.php

Bronx Green Up works with people in the community to transform empty lots into green spaces. You can download a map of community gardens from their website.

Bronx Land Trust

(212) 228-5482, <http://bronxlandtrust.org>

The Bronx Land Trust helps support community gardens around the Bronx. Click on “Our Gardens” to find a garden near you.

Guided Imagery CDs for Caregivers

Caregiver Stress

Led by Belleruth Naparstek

A guided imagery CD that helps caregivers relax, cope with challenges, let go of resentment, and create hope for the future (CD or MP3, 45 min). Order at www.healthjourneys.com or (800) 800-8661.

Emotional Renewal for Caregivers: Looking After Yourself While Helping a Loved One

Led by Lynn Joseph, PhD

A guided imagery CD to lower stress. Sections include Boosting Self-Love, Planning a Smooth Day, Healing Stressful Feelings, Connecting with Your Future Self, and Sleeping Soundly (CD, 72 min). Order at www.healthjourneys.com or (800) 800-8661.

Guided Imagery for Relaxation: Caregiver Relief

Relaxing and uplifting meditations to soothe caregiver stress. The speaker has years of experience working with the elderly, people with Alzheimer's, and their families (CD, 74 min). Order at www.healthjourneys.com or (800) 800-8661.

Getting Better Sleep

Healthful Sleep – Health Journeys

Led by Belleruth Naparstek

This guided imagery uses soothing images and gentle sounds to lead you into deep sleep (CD or MP3, 60 min). Order at www.healthjourneys.com or (800) 800-8661.

The Harvard Medical School Guide to A Good Night's Sleep

By Dr. Lawrence Epstein & Steven Mardon. McGraw-Hill, 2006

This book has information and a step-by-step program for sleep problems such as insomnia, snoring, daytime exhaustion, and sleep apnea.

The Calming Collection: Sleep Solutions

Led by Roberta Shapiro

This CD guides you in mindfulness meditation and hypnosis to produce relaxation and restful sleep.

Healthy Sleep: Fall Asleep Easily, Sleep More Deeply, Sleep Through the Night, Wake up Refreshed

Led Dr. Andrew Weil & Rubin Naiman, PhD

These two CDs teach you how to naturally change your lifestyle to get a good night's rest. They talk about lifestyle habits, relaxing breathing exercises, ways to manage common sleep disorders, and exercises to help you fall asleep.

Relaxation Exercises Online

A Moment for Yourself

Council for Jewish Elderly

www.caregivinghelp.org/moment-for-yourself/default.php

Special online exercises to help you relax and enjoy. Try an audio breathing and relaxation exercise, create a personal journal, learn how to use art to understand your emotions, or use laughter to ease stress.

Guided Imagery Exercise

New Approaches to Chronic Disease, Continuum Center for Health & Healing, www.healingchronicdisease.org

Click on one of the disease names to enter the site. Click on “Experiences” on the left menu for a free guided imagery relaxation exercise.

Meditative Moments

www.relax-online.com/imageryonline.htm

Short online guided meditations for a moment of relaxation in your day.

RELAXATION EXERCISES TO TRY

To begin, sit in a chair in a comfortable position. Put your hands on your lap, your back straight, and your feet on the floor. You can also lie down on a couch or bed. Try doing a relaxation exercise once a day for a week and notice how you start to feel more relaxed during your regular day.

Relaxing Breathing

Close your eyes. Breathe slowly and deeply through your nose to the count of 1...2...3...4. Now breathe out slowly through your mouth to the count of 1...2...3...4. Repeat this 5 times. Let all the thoughts in your mind just float away as you focus your attention on your breath.

Feel the relaxation coming into your body and mind as you breathe in, and feel all the stress leaving your body and mind as you breathe out. If any thought comes to your mind, just let your breath soften it and carry it away. When you are ready, slowly open your eyes and bring your attention back to the room around you.

Progressive Muscle Relaxation

Close your eyes. Take a slow, deep breath in through your nose and let it out slowly through your mouth. Repeat three times.

Begin by focusing your attention on your feet. Take a deep breath in. Tense your feet, curling your toes, making your feet as tense as you can. Hold that for 3 seconds and let go. Breathe out. Feel the muscles of your feet relaxed.

Breathe in deeply again. Now tense your lower legs, hold for 3 second and let go. Breathe out. Feel the muscles of your lower legs relaxed. Next, tense your upper legs, hold for 3 seconds and let go. Keep doing this with every section of your body, moving upwards – your abdomen, chest, back, hands, upper arms and shoulders, neck, jaw. Breathe in as you tense and breathe out as you release.

When you reach your face, make a “prune face,” scrunching up your whole face. Hold for 3 seconds and let go. As you release the muscles of your face, feel the muscles in your whole body relaxed. Take another 3 deep breaths, in through your nose and out through you mouth. Slowly open your eyes.

KEEPING YOUR BODY HEALTHY



Taking care of your physical health gives you more energy, lowers stress and improves your mood. Healthy eating, exercise, and even massage therapy or acupuncture are great ways to cope with stress. They can also help you keep fit and avoid or better manage common health conditions such as high blood pressure, headaches and diabetes.

SMALL THINGS YOU CAN DO

- ▶ Try a smaller portion – put your dinner on a smaller plate and chew slowly
- ▶ Cook your favorite dish in a healthier way – for example, cook with olive oil instead of butter/margarine/lard – try baking it instead of frying it
- ▶ Carry a healthy snack in your bag like baby carrots, raisins, almonds, sunflower seeds, half a piece of fruit, or a couple cubes of cheese
- ▶ Decide not to keep snacks like chips, cookies and candy bars in the house
- ▶ Have a glass of water, juice or low-fat milk instead of a soda
- ▶ Pack your lunch the night before
- ▶ Make a shopping list before you go to the supermarket – and stick to it
- ▶ Drink an extra glass of water every day
- ▶ Eat for color – the more fresh fruits and vegetables in your meal, the brighter (and healthier) it will be!

Healthy Cooking & Nutrition Classes

Free Cooking Classes

South Bronx Food Co-op
3103 Third Avenue (at 158th Street)
Bronx, NY 10451, (718) 401-3500
email: info@sbxfo.org www.sbxfo.org

Learn how to prepare tasty recipes using fresh vegetables from the food co-op. A donation is appreciated but not required.

Home Produce Project

For a Better Bronx
199 Lincoln Avenue, #213, Bronx, NY 10454
(718) 292-4344, www.forabetterbronx.org

This project, which involves local youth, teaches families in the South Bronx how to produce organic vegetables in their homes. They also have a Farmer's Market in the summer and teach people how to prepare healthy food and eat a healthy diet.

Farmer's Markets & Food Co-ops

Bronx Farmer's Markets

Local farmers and community gardens sell fresh vegetables and fruit at farmer's markets around the Bronx from early July to mid-November. Most farmer's markets accept food stamps (Electronic Benefit Cards). The Bronx District Public Health Office also gives out free "Health Bucks" at many markets, which are worth \$2 each and can be used to buy fruits and vegetables at the markets. A list of participating farmer's markets is here: www.nyc.gov/html/doh/html/cdp/cdp_pan_health_bucks.shtml. Contact the Bronx DPHO at (718) 466-9178 for more information.

Greenmarket Farmer's Markets

Grow NYC
(212) 788-7476, www.cenyc.org/greenmarket

This group organizes four farmer's markets in the Bronx. This map has locations, dates and hours: www.cenyc.org/files/gmkt/map.pdf

Farmer's Market Tour

Comprehensive Health Care Center (CHCC)
 Montefiore Medical Center
 305 East 161st Street, Bronx, NY 10451
 (718) 410-3604

This tour meets at CHCC and walks over to a local farmer's market. Visit the market and learn how to choose fresh fruits and vegetables. Held from June–November.

Community Supported Agriculture (CSA)

CSAs are food buying clubs that partner with local farms to sell fresh vegetables, fruit and other food. You buy a share in the farmer's harvest in advance. Then, from June–November, you get fresh produce each week that comes straight from the farm.

Just Food CSAs (six sponsored Bronx CSA's)

(212) 645-9880 x233, Visit www.justfood.org/csaloc/bronx for exact locations

City Island (347) 525-4727

Parkchester (917) 432-8494

Norwood (718) 514-3305

Riverdale (718) 549-8100 x129 and
 (718) 549-9200 x257

South Bronx (212) 729-6384 and

Van Cortlandt Village vancortlandtcsa@yahoo.com.

Friends of Brook Park (South Bronx CSA)

Brook Avenue between 140th & 141st Street
 Bronx, NY 10454, (646) 648-4362
 email: information@friendsofbrookpark.org
<http://friendsofbrookpark.org>

This community environmental organization has a CSA, as well as community gardening. It also holds a summer film series, art and dance workshops, and is designing a labyrinth for meditative walks.

South Bronx Food Co-op

3103 Third Avenue (at 158th Street)
 Bronx, NY 10451, (718) 401-3500 or
 (718) 401-3502, www.sbxfc.org

A food co-op is another type of buying club for healthy, fresh food. You can become a member by paying a one-time fee. Then you can purchase a wide selection of affordable organic and non-organic fruits and vegetables, groceries, health foods, household items, pet products, and house wares. Also offers cooking classes, nutrition consultation and yoga classes.

Healthy Cookbooks

There are many cookbooks with healthy, low-fat recipes. Ask at your local library or bookstore for suggestions and make a list of recipes that sound tasty to you!

Healthy Eating Cookbooks

The American Heart Association
www.americanheart.org/presenter.jhtml?identifier=3040179

A list of healthy cookbooks including “Healthy Family Meals,” “Meals in Minutes,” “Low-Fat, Low-Cholesterol,” “Women’s Heart Health,” and “Diabetes & Heart Healthy.”

Heart Healthy Home Cooking African American Style

National Heart, Lung and Blood Institute
www.nhlbi.nih.gov/health/public/heart/other/chdblack/cooking.htm

This recipe book shows you how to prepare 26 favorite African American dishes in a healthy way. You can read it for free online or order it for \$4.

Heart Healthy Latino Recipes/Platillos latinos sabrosos y saludables

National Heart, Lung and Blood Institute
www.nhlbi.nih.gov/health/public/heart/other/sp_recipe.htm

This recipe book shows you how to prepare 26 popular Latino dishes in a healthy way, with lower fat and lower salt. You can read it for free online or order it for \$4.

Nutrition Websites

Better U: A Free Makeover That Could Change Your Life

American Heart Association
www.goredforwomen.org/BetterU

A free 12-week online nutrition and fitness program that focuses on a different area each week. Also has daily expert tips, an online journal and a BetterMe coaching tool you can download.

My Pyramid Tracker

The Center for Nutrition Policy and Promotion/USDA
www.mypyramidtracker.gov

A free, online program to track your diet, physical activity levels and energy balance for up to a year.

Oldways Preservation and Exchange Trust

www.oldwayspt.org

This site has food pyramids for Latino, Asian, Mediterranean, and vegetarian diets to see different ways of healthy eating.

“ The best six doctors anywhere
And no one can deny it
Are sunshine, water, rest, and air,
Exercise and diet. ”

– Nursery rhyme

The Nutrition Source

Harvard School of Public Health,
Department of Nutrition
www.hsph.harvard.edu/nutritionsource

Up-to-date information on diet and nutrition, including “what should you eat?” “choosing healthy drinks,” and “getting to your healthy weight.”

Books on Nutrition

101 Foods That Could Save Your Life

By Dave Grotto. Bantam, 2007

This book tells you how to add healthy and tasty foods to your diet. It explains the benefits of each food and how to prepare it, and has recipes from leading chefs and nutritionists.

Eat This, Not That! Thousands of Simple Food Swaps that Can Save You 10, 20, 30 Pounds – or More!

By David Zinczenko. Rodale Books, 2007

This book helps you eat healthier and lose weight by showing you how to make simple food swaps that can save you hundreds of calories a day. The series also has 7 other books, including a supermarket survival guide, a restaurant survival guide, “Cook This, Not That!” and “Drink This, Not That!”

The Eating Well Diet

By Jean Harvey-Berino. The Countryman Press, 2007

Over 150 recipes, inspiring messages and practical tips to help you develop healthy eating habits. There are also special charts to help you set goals and track your progress.

Food Rules: An Eater’s Manual

By Michael Pollan. Penguin, 2009

A handy, pocket-size book with simple, sensible rules for eating (and living) healthier.

The Good Housekeeping Supermarket Diet: Your Shopping List for Delicious and Healthy Weight Loss

By Janis Jibrin. Hearst Books, 2006

Learn how to read food labels and how to eat a diet that is low in calories, high in fiber, and moderate in carbs, fats and protein. Use the tear-out guide to help you shop for food that is healthy and quick to prepare.

Exercise & Fitness

Bootcamp for Women

St. Brendan’s Church, 333 East 206 Street
Bronx, NY 10467, (718) 547-6655

An exercise class for women to help get you in top shape.

Bronx Recreation Centers

www.nycgovparks.org/facilities/recreationcenters
or dial 311 for details

The NYC Department of Parks and Recreation has 11 recreation centers around the Bronx with free or low-cost programs. Adult membership is \$50 per year or \$25 for six months. Senior membership is \$10 per year. Most sites have gyms, aerobics, yoga and dance classes, and some have swimming pools.

- *Basil Behagen Field House*
East 166th Street (10452)
- *Crotona Park Community Center*
1700 Fulton Avenue (10457)
(718) 822-4440 or (718) 716-1196
- *Haffen Park Field House*
Ely and Hammersly Avenues (10469)
(718) 379-8347
- *Hunts Point Recreation Center*
765 Manida Street (10474)
(718) 860-5544
- *Kingsbridge Heights Community Center*
3101 Kingsbridge Terrace (10458)
(718) 884-0700

SMALL THINGS YOU CAN DO

- ▶ Hide the remote control
- ▶ Turn on the radio and dance around your house
- ▶ Do some gentle stretches when you wake up and before you go to bed
- ▶ Take the stairs
- ▶ Get off the bus or subway one stop early and walk the rest of the way
- ▶ Take a walk, go for a bike ride or just stretch at home to release stress
- ▶ Make a date with a friend to take a brisk 20 minute walk every week
- ▶ Pop one of those old exercise videos in the VCR or DVD and do the workout
- ▶ Sign up for a fitness class – having it in your schedule will make you more likely to go
- ▶ Take two soup cans and slowly lift them as weights
- ▶ Go to the park and throw a ball around
- ▶ Shoot a few hoops – see how many points you can get!

• *Mullaly Community Center*
40 East 164th Street (10452)
(718) 590-5743 or (718) 537-6782

• *Owen Dolen Recreation Center*
2551 Westchester Square (10461)
(718) 829-0156 or (718) 822-4202

• *St. James Recreation Center*
2530 Jerome Avenue (10468)
(718) 367-3657 or (718) 367-3658

• *St. Mary's Recreation Center*
450 St. Ann's Avenue (10455)
(718) 402-5155

• *West Bronx CYO*
1527 Jessup Avenue (10452)
(718) 293-5934

• *Williamsbridge Oval Recreation Center*
3225 Reservoir Oval East (10467)
(718) 654-1851 or (718) 994-6785

Bronx YMCA

2 Castle Hill Avenue, Bronx, NY, 10473
(718) 792-9736, <http://ymcanyc.org>

Services for members include exercise classes, an older adult program, and a swimming pool. Financial assistance is available with an application.

City Parks Seniors Fitness Program

Van Cortlandt Park, Woodlawn Courts
Jerome Avenue & East 233rd Street, (718) 760-6999
www.cityparksfoundation.org/index1.aspx?BD=17019

Free yoga classes, tennis lessons and fitness walking for seniors.

Healthy Seniors Program, Mid-Bronx Senior Citizens Council Services

900 Grand Concourse, Bronx, NY 10451
(718) 588-8200 x1291
www.midbronx.org/projects.html

Free nutrition workshops, weekly exercise classes (such as yoga and toning & balancing), walking groups, and other leisure activities for seniors. They also have special health and fitness classes for seniors with more limited mobility.

Mosholu Montefiore Community Center

3450 DeKalb Avenue (at East Gunhill Road)
(718) 882-4000, www.mmcc.org

Reasonably priced classes such as aerobics and zumba. They also have a fitness center with yearly membership for adults at \$195 and for seniors at \$160 (only \$90 for Montefiore Medical Center employees).

Neighborhood Enhancement for Training Services (NETS)

7 Hugh J. Grant Circle, Bronx, New York 10462
(718) 430-1400, email: info@netscenter.org
www.netscenter.org

Exercise and wellness workshops for seniors, including Tai Chi and aerobics.

Shape Up New York

NYC Department of Parks and Recreation
www.nyc.gov/html/doh/html/cdp/shapeupny.shtml

A free family fitness program. Classes for adults and children such as step aerobics, fitness walking, light weights, and stretching and toning exercises. For more details contact:

- *St. Mary's Park*
St. Ann's Avenue & East 145th Street
(718) 402-5155
- *Melrose Classic Community Center*
286 East 156th Street, (718) 665-7093
- *St. James Recreation Center*
2530 Jerome Avenue at 192nd Street
(718) 822-4271
- *Hunt's Point*
765 Manida Street (between Spofford & Lafayette)
(718) 860-5544
- *Roberto Clemente State Park*
West Tremont & Matthewson Road
(718) 299-8750

West Bronx Recreation Center

1527 Jessup Avenue & 172nd Street
Bronx, NY 10452, (718) 293-5934
www.highbridgelife.org/ourservices/recreation_center.asp

This 2,875 square foot complex offers recreational and educational activities for members and visitors. The entry fee is \$2.

Walking Clubs

Bronx Walking Clubs

NYC Department for the Aging

This site has a list of walking clubs in the Bronx: www.nyc.gov/html/dfta/html/health/strollers.shtml

Step Out New York City

NYC Department of Parks and Recreation
www.nycgovparks.org/sub_things_to_do/programs/step_out_ny/step_out_ny.html

This summer program organizes fitness walks and even gives you a pedometer to track your progress. Contact one of these recreation centers for details:

- *Hunt's Point*
765 Manida Street (between Spofford & Lafayette)
(718) 860-5544
- *St. Mary's Park*
450 East 145th Street at St. Ann's Avenue
(718) 402-5155
- *St. James Recreation Center*
2530 Jerome Avenue at 192nd Street
(718) 822-4271

Walking Group

Comprehensive Health Care Center (CHCC)
Montefiore Medical Center
305 East 161st Street, Bronx, NY 10451
(718) 410-3604

Take a half-hour walk around a nearby park with this group. Meets from June-November, when the weather is okay. Call for details on day and time.

Swimming Pools

Bronx YMCA

2 Castle Hill Avenue, Bronx, New York, 10473
(718) 792-9736, <http://ymcanyc.org>

An indoor, 6-lane swimming pool for members. Financial assistance is available with an application.

St. Mary's Park Recreation Center

St. Ann's Avenue and East 145th Street
Bronx, NY 10455, (718) 402-5157

An indoor swimming pool for members. Adult membership is \$75 per year or \$37.50 for 6 months. Senior membership is \$10 per year.

Outdoor Swimming Pools

NYC Department of Parks & Recreation,
dial 311 or (718) 760-6969
www.nycgovparks.org/facilities/pools

Outdoor pools across the Bronx are open for the summer beginning in late June.

Senior Arthritis Aquatics Class

Lehman College Continuing Education
250 Bedford Park Boulevard West, Bronx, NY 10468
(718) 960-8512
www.lehman.cuny.edu/deanadult/continuing

Gentle exercise in the pool that does not put excess pressure on joints and muscles, and helps increase strength and flexibility.

Dance Classes

Lehman College Continuing Education

250 Bedford Park Boulevard West, Bronx, NY 10468
(718) 960-8512, www.lehman.cuny.edu/deanadult/continuinged

Classes including belly dancing, yoga and Tai Chi.

Mercy Center

377 East 145th Street (at Willis Avenue)
Bronx, NY 10454, (718) 993-2789
www.mercycenterbronx.org

Classes for women such as Salsa, Meringue, Swing Dancing, Dancercise, and yoga.

Mind-Builders Creative Arts Center

3415 Olinville Avenue (Gunhill Road & White Plains Road), Bronx, NY 10467, (718) 652-6256
www.mind-builders.org/dance.html

Adult dance classes in African, Modern, Salsa, and yoga to stay healthy and fit while exploring creativity and self-expression.

Mosholu Montefiore Community Center

3450 DeKalb Avenue (at East Gunhill Road)
(718) 882-4000, www.mmcc.org

Classes such as belly dancing and Zumba (dance aerobics to Latin beats).

Palomba Academy of Music

974 East Gun Hill Road, Bronx, NY 10469
(718) 882-3700

Dance classes in many different styles. They also have martial arts classes and music and voice lessons.

Personal Enrichment Classes, Hostos Community College

500 Grand Concourse, Bronx, New York 10451
(718) 518-4444, www.hostos.cuny.edu/contedu/personalenrich

A range of classes for fitness, fun and health such as Belly Dancing, Salsa and yoga.

Physical Activity Websites

Active at Any Size

National Institute of Diabetes and Digestive and Kidney Diseases
<http://win.niddk.nih.gov/publications/active.htm>

Tips for being physically active for larger sized people, with suggestions of specific types of exercise to do.

Growing Stronger: Strength Training for Older Adults

Centers for Disease Control and Prevention
www.cdc.gov/physicalactivity/growingstronger

Strengthening exercises are safe and effective, and can have benefits for arthritis, balance, bone mass, diabetes, depression, and more. This site guides you to start strength training and gives specific exercises you can do. Download a 12-week supply of exercise log sheets to keep track of your progress.

Learning New Moves: Physical Activity Guidelines

Women's Heart Foundation
www.womensheart.org/PDFs/HHH_LearningNewMoves.pdf

This article has tips for getting and staying physically active. It is written for women who want to lower their risk for heart disease but is helpful for anyone.

Physical Activity Guidelines for Adults and Older Adults

Centers for Disease Control and Prevention
www.cdc.gov/physicalactivity/everyone

A guideline to how many minutes of physical activity you need to do each week to promote your health.

Walking: A Step in the Right Direction

National Institute of Diabetes and Digestive and Kidney Diseases
<http://win.niddk.nih.gov/publications/walking.htm>

Tips on how to start a walking program, stretches to do before and after walking, and a sample walking program to try.

Massage Therapy and Acupuncture

These clinics offer massage therapy and acupuncture at reduced cost. Treatments are given by advanced students under the direct supervision of a licensed practitioner. Call to find out the specific details.

Swedish Institute Massage Therapy Clinic

226 West 26th Street, New York, NY 10001
(212) 924-5900 x130

Pacific College Acupuncture Center,

915 Broadway, 3rd Floor, New York, NY 10010
(212) 982-4600

Tri-State College Acupuncture Clinic

80 Eighth Avenue (at 14th Street), Suite 400
New York, NY 10011, (212) 242-2254

FINDING SPIRITUAL SUPPORT AND CONNECTION



Spiritual support can have a significant effect on your emotional well-being. It can help lower feelings of depression and boost your self-esteem. You may find spiritual support through your place of worship, prayer or readings. You may also feel a special sense of connection in nature or through meditation. Whichever ways you choose, spiritual practices can help give a sense of meaning, strength and comfort.

What are your sources of inspiration and strength?

To read more about the importance of spirituality for caregivers, take a look at this online article called *Your Needs: Spiritual Needs*, from the website Net of Care: www.netofcare.org/content/your_needs/spiritual_needs.asp

Religious Services

There are many religious centers in the Bronx, including churches, synagogues, mosques, and Buddhist temples. Along with regular religious services and holiday observance, many religious centers offer special programs and events that might interest you. Some examples include:

- Pastoral counseling
- Bible/Torah/Koran study classes
- Healing Services or Circle of Prayer Services
- Holiday and Feast celebrations
- Community dinners
- Support groups
- Community volunteer opportunities
- Programs to visit the homebound elderly or those with illness

We encourage you to ask your religious center or a center near you what services and special programs they have.

Books for Inspiration

The Art of Being a Healing Presence

By James E. Miller & Susan Cutshall. Willowgreen Publishing, 2001

This book discusses 7 steps to being a healing presence: opening yourself, making the intention, preparing a space, honoring the other, offering what you have to give, receiving the gifts that come, and living a life of wholeness and balance.

Caregiving: The Spiritual Journey of Love, Loss, and Renewal

By Beth Witrogen. McLeod, 2000

Drawing on the wisdom of Christianity, Judaism, Buddhism, and Islam, this book explores how we can develop deep kindness, compassion and renewal through service to others. It includes inspiring stories from caregivers and practical advice from leaders in the field of aging, medicine and finance.

Daily Comforts for Caregivers

By Pat Samples. Fairview Press, 1999

Read a new inspiring affirmation every day of the year. Each reading helps you think about the issues from a different perspective.

Chicken Soup for the Caregiver's Soul: Stories to Inspire Caregivers in the Home, the Community and the World

By Jack Canfield, Mark Victor Hansen, LeAnn Thieman, and Rosalynn Carter. HCI, 2004

Uplifting stories to inspire you about the work you do and your power to make a positive difference in other people's lives.

Healing Zen: Buddhist Wisdom on Compassion, Caring, and Caregiving – For Yourself and Others

By Ellen Birx, PhD, RN. Penguin, 2003

This book focuses on the Buddhist concept of “healing as wholeness” and how we can find wholeness even when we face illness or other challenges. It presents the practice of awareness and meditation as ways to help bring compassion, energy and joy.

“ When the world threatens to flood my barricades,
I run to my center, my calm, my bliss. ”

– Alison Stormwolf

SMALL THINGS YOU CAN DO

- ▶ Light a candle
- ▶ Say a prayer that speaks to your heart
- ▶ Sing a song that has special meaning to you
- ▶ Watch the sky at sunrise or sunset
- ▶ Write down a prayer or inspiring passage and carry it in your bag or pocket to read when you need it
- ▶ Take a slow walk in a park or garden and notice the nature around you
- ▶ If you'd like to attend a religious service but feel you don't have time, how about going once a month?
- ▶ Invite a few people over for a reading: everyone brings a poem, prayer or inspiring passage to share
- ▶ Reflect on a moment of kindness, joy or charity – big or small – that happened to you or that you saw happen this week
- ▶ Take a slow, deep breath and say the words “thank you”
- ▶ Thank *yourself* for all that you are and all that you do

Prayers for Healing: 365 Blessings, Poems, and Meditations from Around the World

By Maggie Oman, Dalai Lama XIV and Larry Dossey.
Conari Press, 2000

Prayers for every day of the year to heal the body, emotions and spirit. There are quotations from the Bible, the Torah, the Koran, Native American texts, and the Tao Te Ching, as well as from people such as Martin Luther King Jr. and Duke Ellington.

Twenty Two Prayer Poems for Care Givers

By Donna Iona Drozda. Wren House, 2001

This book has special poems and illustrations for people caring for a loved one in the last stages of life. It is also a valuable tool during the process of grieving.

Spirituality CDs & DVDs

Personal Reflections and Meditations: A Journey through Four Guided Meditations for Physical and Spiritual Healing

Led by Dr. Bernie Siegel
www.berniesiegelmd.com/audio.htm

This CD has 4 guided meditations for physical and spiritual healing and growth.

Spiritual Literacy: Reading the Sacred in Everyday Life: Enthusiasm, Forgiveness, Gratitude, Hospitality

By Frederic and Mary Ann Brussat

This 6 DVD set helps you develop spiritual practices for your everyday life. It has beautiful images, music and stories, and a special focus on the qualities of Enthusiasm, Forgiveness, Gratitude, & Hospitality. It can be used for personal reflection or for group study. Order at www.healthjourneys.com or (800) 800-8661.

The Healing Power of Nature

by Charles Needle

This video has beautiful images of nature – close-ups of flowers, rain drops on leaves, stems and petals – set to piano and oboe music. It is a relaxing way to feel a deep sense of peacefulness. (Video or DVD, 15 min)
Order at www.healthjourneys.com or (800) 800-8661.

Distant Healing Prayer

Online Distant Healing Clinic

Integrative Medicine Alliance
www.integrativemedalliance.org/projects_distanthealingclinic.asp

This website is for people who wish to send or receive distant healing or distant healing prayer. There are links to request prayers in the Christian, Jewish, Islamic, Buddhist, Spiritual, and Interfaith traditions, as well as for distant Reiki healing.

Spirituality Classes & Retreats

Mercy Center

377 East 145th Street (at Willis Avenue)
Bronx, NY 10454, (718) 993-2789
www.mercycenterbronx.org/Activities.htm

Offers a spirituality group for women, as well as meditation classes.

Christian Weekend Retreats

Passionist Spiritual Center
5801 Palisade Avenue, Riverdale, NY 10471
(718) 549-6500, email: passspiritctr@passionists.org
www.passionists.org

The Brothers and Priests of the Passionist Community hold separate weekend retreats for women and men at their center by the Hudson River. These retreats are meant for you to “rest your mind, body and soul, revitalize your spirit, and deepen your relationship with God.” Call or see the website for the schedule.

Insight Meditation Society Retreat Center

1230 Pleasant Street, Barre, MA 01005
(978) 355-4378, email: rc@dharma.org
www.dharma.org/ims/rc_general.html

This center offers meditation retreats for new and experienced meditators. Courses are taught by meditation teachers from all over the world. Most retreats are from 7–9 days but a few are over a weekend. You can apply for a scholarship for many of them.

Isabella Freedman Jewish Retreat Center

116 Johnson Road, Falls Village, CT 06031
(800) 398-2630 x4 or (860) 824-5991 x319
<http://isabellafreedman.org>

Offers 4-day or week-long meditation retreats in a beautiful, lakeside setting to relax and invite Jewish spirituality into your life. Also has Jewish Life and Learning programs for Jewish people of all ages and backgrounds.

For Christian Caregivers

The Caregiver Meditations

By Erie Chapman. October Hill Press, 2006

Inspirational reflections on presence and compassion for people seeking a deeper meaning in life. The author is the founding president of the Baptist Healing Trust.

Quiet Moments for Caregivers and their Families: Devotional and Worship Ideas for Caregivers and Receivers

By Betty Free. Tyndale Press, 2002

A book of prayers to help you express your feelings to God. Includes worship ideas for caregivers and their loved one to do together. There are prayers about change, worries and fears, pain and suffering, forgiveness, laughter, thankfulness, strength, and hope.

Not Alone: Encouragement for Caregivers

By Nell E. Noonan. Upper Room, 2009

A book of daily devotions, with personal stories inspired by scripture quotes. The author describes the caregiving experience as a spiritual pilgrimage and invites the reader to look for God's embrace along the way.

The Twenty-Third Psalm for Caregivers

By Carmen Leal. CLW Communications/AMG, 2004

Devotional encouragement, hope and affirmation for caregivers. Each chapter is inspired by a phrase of the 23rd Psalm.

124 Prayers for Caregivers

By Joan Guntzelman. Liguori Publications, 2003

Prayers for strength and comfort. Each one includes a short quotation from the Bible or another source, several lines of reflection and a closing petition.

Daily Scripture Readings and Meditations

www.rc.net/wcc/readings

These daily readings of gospel passages follow the daily church readings for the season. They are designed as an aid for daily prayer and meditation.

Sacred Space: Daily Prayer Online

<http://sacredspace.ie>

This website features a special scripture every day. It invites you to spend 10 minutes a day in prayer, reading this scripture.

For Jewish Caregivers

Jewish Spiritual Healing Center

Westchester Jewish Community Services
845 North Broadway, White Plains, NY 10603
(914) 761-0600 x149 or x144, www.wjcs.com

Individual Jewish spiritual/pastoral counseling (payment by donation), spiritual support groups and spiritual journeying groups for the Westchester community.

Sometimes also have a Jewish spiritual support group for caregivers (\$12 per session).

The Shira Ruskay Center & The New York Jewish Healing Center

Jewish Board of Family and Children's Services
120 West 57th Street, New York, NY 10019
SRC: NYC (212) 664-1632
Riverdale: (718) 601-9714, www.wjcs.com
NYJHC: (212) 399-2320 x201, www.jcprograms.org

Information, referrals, social work support, and religious/spiritual counseling for members of the Jewish community who are facing serious illness or loss (patients, caregivers and families). SRC serves people in all 5 boroughs with free home visits, office appointments, or over the telephone. NYJHC offers Jewish spiritual counseling related to caregiving at the Center for a sliding scale fee.

Facing Illness, Finding God: How Judaism Can Help You and Caregivers Cope When Body or Spirit Fails

By Rabbi Joseph B. Meszler. Jewish Lights Publishing, 2010

This book offers comfort, inspiration, practical advice, and spiritual guidance to help you find spiritual strength for healing, coping, personal balance, and family harmony.

Flames to Heaven: New Psalms for Healing & Praise

By Debbie Perlman. Rad Publishers, 1998

A book of new psalms to express joy, sorrow, gratitude, and reflection on many life situations, from birth to death. These psalms set the mood for worship and provide moments for personal meditation.

Jewish Spiritual Resources

The National Center for Jewish Healing
www.jcprograms.org

An inspiring list of Jewish spiritual and creative resources for healing, including special prayers, psalms for caregivers, meditations, stories, and humor.

Healing of Soul, Healing of Body: Spiritual Leaders Unfold the Strength and Solace in Psalms

Rabbi Simkha Y. Weintraub, LCSW, ed. Jewish Lights, 1994

These Psalms and inspiring commentaries offer a source of solace and spiritual support for people facing illness and those who care for them. Available at (212) 399-2685 x216, email: info@ncjh.org, www.ncjh.org

With Sweetness from The Rock: A Jewish Spiritual Companion for Caregivers

By Rabbi Stephanie Dickstein, LCSW

This companion for caregivers offers spiritual support organized around seven themes that reflect the different experiences of caregivers as they go on this journey. Available at (212) 399-2685 x216, email: info@ncjh.org, www.ncjh.org

EXPLORE YOUR CREATIVITY & ENJOY SOCIAL LIFE



Taking some time to express yourself creatively can renew your energy and your connection to yourself. It can enrich your life by adding enjoyment and meaning. It is also a good way to support your emotional well-being – and that can help you be an even better caregiver.

SMALL THINGS YOU CAN DO

- ▶ Turn on some fun music and just move
- ▶ Wear a great color
- ▶ Make a greeting card instead of buying one
- ▶ Try out a new recipe
- ▶ Decorate a cake
- ▶ Get out your tools and fix something up
- ▶ Try walking on a different block on your way home – notice the change in perspective
- ▶ Take a notebook and write down whatever comes to your mind, letting your thoughts flow
- ▶ Take a pencil and pad of paper and sketch what you see
- ▶ Bring that old guitar/paints/poetry writing/dancing/singing back into your life!
- ▶ Knit a brightly colored scarf or decorate something with embroidery
- ▶ Arrange old photos into a scrapbook
- ▶ Make a sock puppet!
- ▶ Rearrange some furniture in your house to freshen things up

Art Classes and Art Therapy

Bronx House

990 Pelham Parkway South, Bronx, NY 10461
(718) 792-1800 x228, www.bronxhouse.org

Arts and crafts classes for seniors such as jewelry design and beading, or knitting and crocheting.

Bronx Museum of the Arts

1040 Grand Concourse (at 165th Street)
Bronx, NY 10456, (718) 681-6000 x133
cgapp@bronxmuseum.org

Offers art classes for adults and children in the Fall and Spring.

Bronx River Art Center

1087 East Tremont Avenue, Bronx, NY 10460
(718) 589-5819, www.bronxrivart.org

Reasonably priced art classes for adults and children such as ceramics and digital photography.

Lehman College Continuing Education

250 Bedford Park Boulevard West, Bronx, NY 10468
(718) 960-8512, www.lehman.cuny.edu/deanadult/continuing/perDev.html

Reasonably priced classes in art, dance, acting, and other creative and academic areas.

Neighborhood Enhancement for Training Services (NETS)

7 Hugh J. Grant Circle, Bronx, New York 10462
(718) 430-1400, www.netscenter.org

Arts and crafts workshops for seniors, including free knitting classes and take-home crafts projects.

New York Art Therapy Association

Find an art therapist in the New York area through the referral list at <http://nyarttherapy.org/referral.html> or email the association at NYATAinformation@gmail.com

Music Classes, Singing and Music Therapy

Music Classes

Hostos Community College
500 Grand Concourse, Bronx, New York 10451
(718) 518-4444
www.hostos.cuny.edu/contedu/personalenrich

Guitar, piano and voice training classes for beginners and advanced beginners.

Music Therapy

Institute for Music and Neurologic Function
Beth Abraham Family of Health Services
(718) 519-5840, email: imnf@bethabe.org
www.imnf.org

Music therapy uses music for medical and health-related benefits, including memory, language and communication, and physical function. These licensed music therapists have experience working with people with Alzheimer's and dementia, Parkinson's disease and stroke, developmental delays in children, and many mental health issues. They can do individualized music therapy in your home or at a healthcare facility. All services are private pay (no insurance accepted).

Music Lessons, Bronx Conservatory of Music

Bronx Community College
181st Street & University Avenue
Guggenheim Building, Room 203, Bronx, NY 10453
(718) 841-7415
www.bronxconservatoryofmusic.org

Private lessons on Saturdays for adults and children in piano, violin, cello, guitar, and music theory.

Music Lessons, Palomba Academy of Music

974 East Gun Hill Road, Bronx, NY 10469
(718) 882-3700

Private lessons with all instruments, using both classic and fun musical styles. They also offer voice lessons, and dance and martial arts classes.

Do you love to sing? Consider joining a chorus!

Parkchester Chorus

www.parkchesterchorus.org

The oldest community chorus in the Bronx, for people of all ages. For more information email lnanko@cardinalhayes.org or daveva@optonline.net

“Three things restore a person's good spirits: beautiful sounds, sights and smells.”

– Babylonian Talmud, Berakhot 57b

Senior Chorus

NYC Housing Authority, (212) 683-3647
www.nyc.gov/html/nycha/html/community/music.shtml

This chorus for seniors provides the enjoyment of singing, training and performing as a group. There are lessons in vocal technique, performance, and learning gospel, pop and R&B music. Auditions are ongoing.

Writing & Poetry

Bronx Writers' Center

(718) 931-9500 x21, email: bronxart@bronxarts.org
www.bronxarts.org/bwc.asp

Offers programs for emerging writers of all ages, including a readings series and open mics, free creative writing workshops, and professional development seminars.

Louder Arts

email: webmaster@louderarts.com
www.louderarts.com

Free or low cost workshops for writers at all levels. Also has poetry slams, readings of poets from the African diaspora, and the Acentos Bronx Poetry Showcase featuring Latino poets.

Mosaic Moon: Caregiving through Poetry

By Frances H. Kakugawa. Watermark Publishing, 2002

This book is a writing tool for non-writers. It is filled with ideas and techniques for finding comfort in journaling and poetry. It is a unique resource for anyone who has a loved one with Alzheimer's disease or another long-term illness.

One Year of Writing and Healing

www.oneyearofwritingandhealing.com

This website gives many suggestions for people who want to explore writing as a way of healing emotionally. Click on "Writing Ideas" for ideas of topics to write about.

The Artist's Way: A Spiritual Path to Higher Creativity (book)

By Julia Cameron. Tarcher Press, 2002

An effective and inspiring 12-week program to help you bring creativity and self-expression (back) into your life. This book is for anyone, whether you think of yourself as an artist or not.

Creative Hobbies and Social Clubs

Book Discussion Groups, Public Programs, Computer Learning & E-Books

New York Public Library

Bronx Library Center: (718) 579-4244

www.nypl.org/events/programs

NYPL branches offer many programs for the public, including classes to learn to use the computer and email (click on "Classes"). Some branches also have knitting and crocheting groups, poetry readings, music concerts, and exercise classes for seniors. Click on "All Programs" and then "Narrow Your Search" for upcoming events. Click on "Book Discussions" to find a monthly discussion group. Go to www.nypl.org/ebooks for free e-books you can download. You can also ask a librarian at your nearest library about their programs (click on "Locations and Hours").

Crochet, Sewing and Quilting Classes

Bronx Community College

Continuing Education

2155 University Avenue, Bronx, NY 10453

(718) 289-5170

www.bcc.cuny.edu/ContinuingProfessionalStudies

Classes for beginners and advanced beginners. Learn the basics and then continue on to make a hat, pillow or poncho!

First Step Women's Support Group

(718) 877-5790 or (917) 443-1952

This group helps women in the Bronx empower themselves and take control of their lives by discussing their concerns, increasing awareness of issues that affect women, and providing information and resources that can enhance women's ability to help themselves and keep their families together.

Hobbies & Classes for Seniors

Parkchester Enhancement Program for Seniors

1525 Unionport Road, Bronx, NY 10462

(718) 409-1619

This senior center offers activities for active people ages 60+ such as a knitting club, a book club, art classes, yoga, belly dancing, movies, and lectures.

Home Repair Classes

Hostos Community College

500 Grand Concourse, Bronx, New York 10451

(718) 518-4444

www.hostos.cuny.edu/contedu/personalenrich

Learn how to fix up your home with classes in painting, plumbing, tile work, refurbishing, electrical, and locks.

Personal Enrichment Classes

Hostos Community College

500 Grand Concourse, Bronx, New York 10451

(718) 518-4444

www.hostos.cuny.edu/contedu/personalenrich

Offers a range of classes such as cake decorating, flower arranging, jewelry making, quilting memories, creative candle and soap making, and basic interior decorating.

The Red Hat Society

www.redhatsociety.com

The Red Hat Society is a website and social club for women over 50 that celebrates life through sisterhood. Members gather in local chapters to have fun and support one another. Join the site to search for and contact chapters in your area, view the event calendar, and read discussion boards. You can also start your own chapter.

University Without Walls and To Your Health

DOROT

(212) 769-2850, www.dorotusa.org

University Without Walls has hundreds of group classes that you participate in by telephone. *To Your Health* has telephone classes and support groups led by health professionals on different health issues. This is a great way to connect with others, learn new things, and get and give support – all within the comfort of your home. To see the list of classes, click on "For Seniors" on the top menu, then "Programs" on the left menu, then "On the Phone."

Yiddish Events and Conversation Class

The Sholem Aleichem Cultural Center

3301 Bainbridge Avenue (at East 208th Street)

(917) 930-0295

This center celebrates Yiddish language and culture. It hosts monthly Yiddish lectures, performances, films (with English subtitles), and holiday celebrations. It also has a weekly Yiddish conversation class.

MONTEFIORE



montefiore.org