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HEALTH AND WELLNESS
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The Health and Wellness Community Service Program Community Connection Initiative: Caregiver's Circle

The Caregivers' Circle focuses upon the importance of the connection between health and the importance of maintaining balance with emotional, nutritional, and physical health and provides much needed and deserved support for caregivers. A caregiver is a person who tends to the needs or concerns of a person with short-or long-term limitations due to illness, injury, or disability. Many times those who are providing care for others overlook their own well-being. Caregivers are often an overlooked group who need support.

The Caregivers' Circle will encourage caregivers to prioritize their own needs, such as emotional health, nutritional health, and staying active. Clubs and members can start a community support group for club friends and others who would benefit. Enlist help from professional counselors, dietitians, medical personnel, and physical fitness trainers. Invite them to speak at a club meeting or see if you could attend one of their sessions to enhance your understanding of what caregivers' experience and strategies to help.

November is Caregiver Recognition Month. Show special support by writing notecards, providing meals, taking the caregiver to lunch, hosting an afternoon tea, or treating them to a manicure, pedicure or massage. If feasible, consider offering the caregiver a break.

Don't ask a caregiver to let you know how or when help is needed, most likely you will never hear from them. Rather, offer specific ideas for what support could be given to help. Be flexible and understanding of the caregivers' schedule and try to assist when they need you versus when it's best for you. With the caregiver's permission, use an online platform, such as Meal Train to provide meals when it would be most helpful. You could also offer to shop for them or schedule grocery delivery. Offer to clean their home, run errands, cut their lawn; things that may get pushed to the side while they are caring for a loved one. Be ready to make a difference.

Support GFWC Affiliate Organizations through local Walkathons

Sign up for your club or individually online through the organization's website.

Alzheimer's Association ~ Walk to End Alzheimer's: Adams & Fall River 10/5/2024 |
Andover 10/6/2024 | Foxborough 10/20/2024 | Cambridge 10/27/2024 | Holyoke 10/20/2024

March of Dimes ~ March for Babies: Plan a virtual event at a convenient time for your club.

St. Jude Children's Research ~ St. Jude Walk/Run: September 28, 2024, Virtual Event

To see the full GFWC Manual page for the Health and Wellness Community Service Program, go to gfwcma.org > About GFWC > What We Do~GFWC Manual > Scroll to Health and Wellness