

**Alberta
Caregivers
Association**
Caring for Caregivers

Monthly eNews No 41 September 2007

***Do you provide care or support to a family member
or to a friend with an illness or disability?***

If you do, you are a caregiver.

Coming Events

COMPASS Program



Letter from the Editor

Bonjour Everyone,

Life is full of surprises, isn't it! If someone had told me that I would be part of a fashion show, not only as an organizer but also as a model, I would never have believed it. Actually, when a very good friend asked me if I would be a model, I laughed and told her, "Me! How could I? I look like an accident that just happened." I was very conscious about my looks; I had lost all my hair this time with the chemo and certainly had not lost any weight. I am a long long way from walking the carpet of a fashion show. However, when my good friend Pat, who was one of the main organizers for the project, asked me to be one of the models, for some reason that I still try to understand, I accepted.

A few days before the event, I thought I had holes in my head. Why did I agree to do such a thing, when I am having so many difficulties with my self-image? I decided to let it go, and trust the Universe. I would learn something about it and hopefully about me.

Boy! Was I right! After the initial panic attack an hour before the show started, I was not only doing well, but had a lot fun. I felt that the room was filled with good vibrations; the atmosphere was positive and joyful. Everyone was smiling, having a good time and sharing a few hours of their lives with people who care about their community. It was a great place to be and I was proud of it. At that point, I was very happy I accepted the challenge.

Many of the guests were not familiar with Alberta Caregivers Association, therefore it was a great opportunity for them to learn about the Association and meet some of their members.

The ambiance at my table was fabulous. Some of my friends met for the first time. Some of these wonderful friends have been part of my life for many many years and others were new friends, whom I had the pleasure to meet recently at a SPA in B.C. But that will be the subject of another letter.

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Letter from the Editor (continue)

Present at the Fashion Show, were other wonderful new friends who have been with me in moments of my life when I thought I would never make it. I refer to the last year of my husband's life, particularly the last few weeks at the St Joseph Auxiliary Hospital. These two ladies, Rose and Joanne have given me wings when I thought I could not stay vertical. At times, they have prayed with me, other times, held my hand and always, always comforted me. They have also become very much part of my life and part of my precious circle of friends. Rose and Joanne were there and for this occasion it was nice to share happier times.

I guess what I would like to tell our readers today, is that when times get so hard, when we think that we will not make it, when we think that we will never laugh again, never feel fun and joy again, when we feel alone, weak and discouraged, try to remember that these feelings will pass. One day you will be stronger; the sun will shine again for you. I have been there. I certainly can say that 2006 has been the most challenging year of my life. It is quite remarkable to see myself now. I finally can see it; I can observe my progress. I am physically and emotionally healing. The courage came from a place I did not even know existed; peace is coming to my heart at a rapid rate and my health is improving every day.

I want you to know that it's OK to be discouraged, to feel down and lonely at times. Just accept these feelings, do not deny them. It is also OK to cry at times; you feel relieved after, but also know that better times will come again. Shift your perspective, count your blessings, have hope, day dream, try to visualize a place you would like to be, people you would like to meet or to be with. Try to feel these feelings of joy, peace and happiness. Try to be connected with your spirit within you, where it is always calm, just like the ocean. The surface could be in complete turmoil but the bottom of the ocean is always calm. I find great comfort with some books, certain types of music, some meditation tapes and even some television programs that are quite inspiring.

Again take it from me, like the song says: "Happy Times Are Here Again." I know that it sounds impossible; for some of you it's hard to believe that happy times will come your way. Just try to believe it, keep faith and remember that you can always count on us, The Alberta Caregivers Association. Give us a call, or send us an email.

Bless you,

Christiane Greasley
Enews Editor

Education

HELPFUL RESOURCES



*The Alberta Caregivers Association has a library of resources for caregivers and our new Alberta Caregiver Magazine as well as others. Please call and we will mail you materials specific to your needs.
(780) 447-9301*



It's a Good Tip

If you start to panic, breathe as slowly and as deeply as you possibly can. It will slow down your body and get those panic symptoms under control.

Fourth Annual Fashion Show and Silent Auction



Recent Research



Words of Wisdom

It does not take monumental feats to make the world a better place. It can be as simple as letting someone go ahead of you in a grocery line.

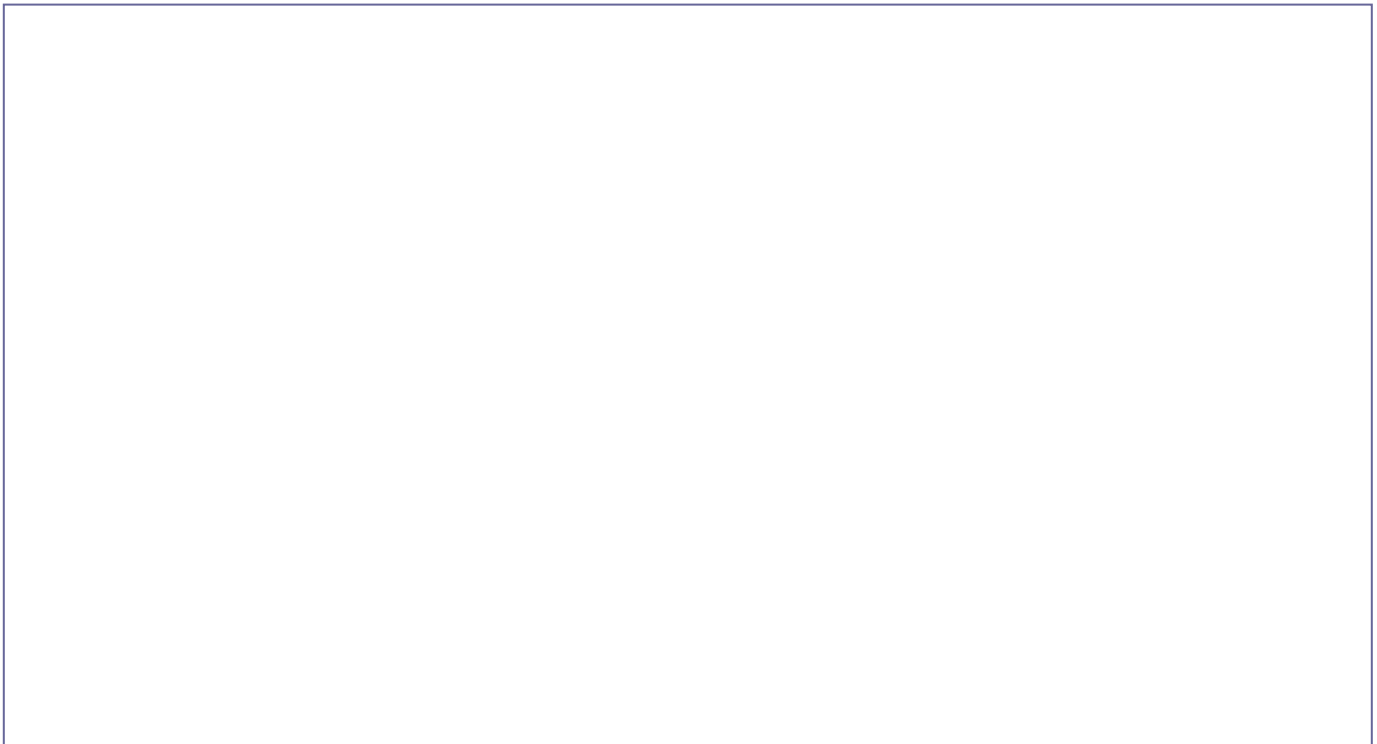
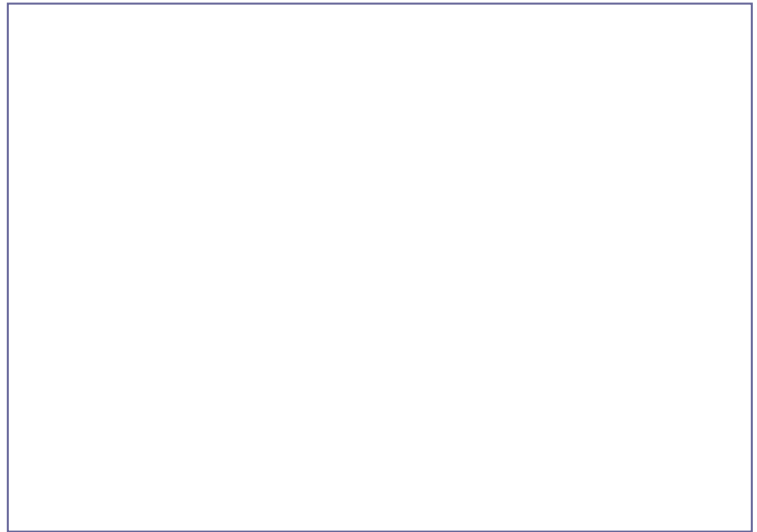
Barbara Johnson

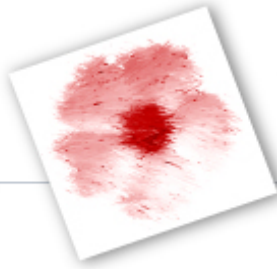
Laughing!



A police recruit was asked during the exam, 'What would you do if you had to arrest your own mother?'

He answered 'Call for backup.'





Alberta Caregivers Association

Caring for Caregivers

Membership Application Form

Personal Information	Membership for 2007:
Name: _____	Individual \$20.00 <input type="checkbox"/>
Address: _____	Organization \$45.00 <input type="checkbox"/>
City: _____ Prov: _____ PC: _____	Corporate \$150.00 <input type="checkbox"/>
Phone: (_____) _____	I wish to make a donation in the amount of \$25 <input type="checkbox"/> \$50 <input type="checkbox"/> \$100 <input type="checkbox"/> Other <input type="checkbox"/>
E-mail: _____	Total\$ _____
Are you a caregiver? <input type="checkbox"/>	<i>Please make your cheque payable to:</i>
Is a family member a caregiver? <input type="checkbox"/>	The Alberta Caregivers Association
Other- specify.....	14220 – 109 Avenue
Volunteer opportunities are:	Edmonton, AB T5N 4B3
Fundraising <input type="checkbox"/>	www.AlbertaCaregiversAssociation.org
Special Events <input type="checkbox"/>	Phone :780-447-9301
Friendly Visiting <input type="checkbox"/>	<i>Tax deductible receipt will be issued.</i>
General service <input type="checkbox"/>	<i>Charitable Tax Reg. No: 86590 2217 RR0001</i>
Information displays <input type="checkbox"/>	<i>Canada Revenue Agency www.cra.gc.ca/charities</i>
Board & committee <input type="checkbox"/>	
Administrative Assistance <input type="checkbox"/>	

October 25, 2006

Thanks to everyone who participated in this edition and thanks to all of you for reading us. Remember; send us your feedback, articles, news and suggestions or questions etc.

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