



## OUR SENIORS AND THEIR CAREGIVING FAMILIES KEEPING THEM FRONT AND CENTER

Story and Photo by Pamela DeMassi

**B**etty, 78, mother of seven children and 14 grandchildren, lives with her husband Jim in Chatham. Spanning a career of more than twenty years, Betty worked in the Chatham school system as a kindergarten and first grade teacher and school librarian while raising her family. Betty began attending the FSMC Time Out Adult Day Center in 2007 upon the recommendation of her neurologist. “Her doctor felt that mom could benefit from social and cognitive stimulation in a fun way,” recalls her daughter Margaret Nilson. “After being in the program for just three months, periodic neurological testing showed great improvement.” The FSMC Time Out Adult Day program offers a broad spectrum of activities that contribute to the overall well-being and health of clients. Betty enjoys a number of activities that have helped her. First and foremost, she loves jigsaw puzzles, and enjoys music and rhythm activities, trivia and word searches. “Mom really enjoys Time Out and it has been a godsend for the rest of us,” says Margaret. “Just knowing that Mom is actively engaged and benefiting from these activities in such a tangible way has really reduced our stress level and brought us all such peace of mind,” says her daughter Betty Bodenweiser. Some caregivers, like Betty and Jim’s children, say that helping their parents can foster a sense of giving back to a loved one and can lead to a deeper, stronger relationship. Most of the Tunny children and grandchildren live in Morris County in relatively close proximity to one another, and in various ways, all share in the responsibility as family caregivers. “We’ve worked out a system based on our availability and expertise,” explains John. “Margaret is the organizer and Betty handles all the appointments with specialists that are further away.” Since John and their other sister Mary live locally, they usually do the morning pick-up. “While Dad is still there 24/7, he now has time to read the paper, have a cup of coffee and go to the library—having some personal time for himself knowing that mom is well cared for,” says Margaret. “This has allowed him to resume his relationship with mom as her equal partner as well as caregiver,” says Betty. “We generally all share in the transportation, and even the teens help out,” says Margaret. Jim is delighted that his grandchildren are actively involved. While they are still very busy with school and sports, they all try to help in some way. “The older teens will run to the grocery store or help with laundry, and the younger ones will come to visit and play games



Betty and Jim Tunny with three of their seven children, Betty, John and Margaret. “We focus on sharing and teamwork.”

with us,” says Jim. “Everyone pitches in.”

More than 50 million Americans care for a family member or friend with a chronic illness, disability or advanced age during any given year, according to a survey by the National Family Caregivers Association. By the year 2030, an estimated 20 percent of the U.S. population will be 65 years or older. As the American population ages, a growing number of people will be serving as caregivers for family members. The list of tasks caregivers handle for loved ones can seem daunting

*“Some caregivers, like Betty and Jim’s children, say that helping their parents can foster a sense of giving back to a loved one and can lead to a deeper, stronger relationship.”*

– helping with transportation, doctor’s visits, taking medication, personal care and other activities of daily living. With most elder care still being done by families, it is our goal to help them cope with these challenges. Family Service programs help to reduce caregivers’ stress, anxiety and self-neglect through respite services such as Time Out Adult Day Centers, caregiver counseling and support groups. ■



# FSMC CAREGIVER SHOWCASE:

CARING WITH LOVE, HOPE AND AFFECTION



Mariann Schlegel, FSMC Executive Assistant, and her mom, Betty

"I'm fortunate that my mother has a terrific sense of humor and she is always making me laugh. Since I wasn't blessed with my own children, my mother helped me understand what it was like to take care of someone other than myself. I see this as my turn now to take care of her."

"Dick and I met at a dance and have been married for 58 wonderful years. We still do everything together. It's all about caring for each other."



Shirley Howell, FSMC Board member, and her husband, Dick



Narayan Parimi and his mom, Lakshmi, attends Time Out Madison

"My mother worked for years as a librarian at the Roxbury Library. She enjoys living with us especially because we are close to the community where she once worked and is most familiar."

"It is a pleasure to be her comfort, her company, her keeper of memories. I know that my life and the lives of my husband and children are enriched by having my mother with us. It is truly a pleasure."



Nancy Arluna, Program Director, Time Out Morris View, with her mom, Mary

## FSMC SENIOR PROGRAMS & SERVICES



Caregiver Outreach in the Workplace  
Lucille Deutsch, CALA, Program Director

We are currently taking registrations for our Time Out Adult Day Centers. For more information about our senior programs and services, visit our website at [www.fsmc.org](http://www.fsmc.org), or please call Marianne Terry, LSW, at (973)598-8469



Caregiver Counseling Program  
Marianne Terry, LSW, Program Director

- **Time Out Adult Day Centers** - Social day programs in three convenient Morris County locations
- **Friends of the Blind** - Volunteer assistance for the blind and visually impaired
- **Senior Cents Money Management** - Assistance with managing household finances
- **Senior Care Case Management** - Information and referral regarding community resources
- **Caregiver Support Groups** - Therapeutic support program for caregivers
- **Caregiver Outreach in the Workplace** - Education, information and resources for employees
- **Senior Resource Center** - Education and resources for those living in Chester and Long Valley area
- **Caregiver Counseling Program** - In-home counseling services

### PRACTICAL ADVICE:

- **Plan time for yourself.** Caregiving is a 24/7 responsibility so look for ways to relax and treat yourself to a gift of time doing something you enjoy;
- **Get in control.** Knowledge is power. Educate yourself about your loved one's condition. Get advice from your doctor, and find ways to cope with your loved one's changing medical condition;
- **Protect your own health.** Follow-up on physical exams, exercise and diet, and most importantly, be sure to get enough sleep;

### MARIANNE TERRY, LSW, Senior Services Team Leader

- **Don't go it alone.** Seek support from other caregivers. Join a support group and look into community respite services such as adult social day care or volunteer companions programs;
- **Ask for help.** Family Service of Morris County has many supportive services for both you as Caregiver and your loved one. Call us today at (973) 598-8469 and let us help you.

Join our email list and receive our FSMC e-News. Sign up online at [www.fsmc.org](http://www.fsmc.org).

## RECENT STAFF NEWS

**Bob Chorney**, MAE, LPC, staff clinician, earned the status of Board Certified Professional Counselor from the Board of Professionals Counselors of the American Psychotherapy Association.

**Laura Gorin**, MS, and **Karen Opstad**, MA, Early Childhood Educators, received a Certificate of Recognition from the New Jersey Registry for Childhood Professionals Serving Children Birth through Age Thirteen.

**Sylvia Lippe**, MA, LCADC, CPS, Director of Addiction Services, was appointed to the Morris County Alliance Steering Subcommittee.

**Tammy Rosenthal**, LCSW, Director of Child and Adolescent Services, celebrates 40 years of service at FSMC on April 15, 2009.

**Lou Schwarcz**, MA, Associate Executive Director, was named to the State of New Jersey Department of Military and Veterans Affairs PTSD Committee.

**Meg Smith**, MSW, staff clinician, earned her License in Clinical Social Work (LCSW).

## Our Wish List

1. Nintendo Wii System for Time Out Succasunna
  2. Filing Boxes and/or accordion folders for Senior Cents Money Management Program (10)
  3. Musical Entertainers for Time Out Centers (about \$150 each)
  4. Shop Rite Gift Cards for low-income seniors
  5. Trivia Books and Games for Seniors:
    - Chuck O Pro - (\$96)
    - Team Top Toss (\$59.99)
    - Ultimate Chipping target (\$9.99)
    - Table Talk Conversation Cards - page (\$5.50)
    - Triple Treat Trivia (\$14.95)
    - Tip of the Tongue 29 (\$10.50)
    - The Great Movie Musical Trivia Book (\$14.50)
- If you wish to purchase any of the wish list items, please contact Janet Horowitz, Director of Development, at 973-538-5260 or [jhorowitz@fsmc.org](mailto:jhorowitz@fsmc.org)

## FSMC BOARD OF MANAGERS

### OFFICERS

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**Alexandra Mead, Vice President**  
**Mark Reffner, Treasurer**  
**Jill Gateman, Secretary**

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**EX-OFFICIO**  
**Virginia Ranger**

## WELCOME NEW FSMC STAFF MEMBERS

Angela Andolino  
 Tammy Burton  
 Mary Monahan  
 Nicole Rhinesmith

Student Interns:  
 Gina Persico  
 Wendi Dumbroff  
 Kathy Franco

## PLANNED GIVING:

If you have included Family Service in your estate plans or if you have any questions about making a bequest or other type of planned gift, please contact Janet Horowitz, Director of Development at 973-538-5260 or [jhorowitz@fsmc.org](mailto:jhorowitz@fsmc.org). For additional information please visit our website at [www.fsmc.org](http://www.fsmc.org).

## FAMILY SERVICE OF MORRIS COUNTY RECOGNITION FUND – GIFTS FROM 9/27/08 – 3/1/09

### IN HONOR OF: Happy Holidays & New Year

A.J. O'Connor Associates, Inc.  
 Digital Color Concepts  
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**Joseph Alderman**  
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*Cali and Andrew Yost*

If you would like to make a gift to remember a friend or family member or commemorate a special achievement or occasion, consider making a donation through Family Service's Recognition Fund. Contact: Helga Markowski at 973-538-5260 or [hmarkowski@fsmc.org](mailto:hmarkowski@fsmc.org)

- Partner Agency: United Way of Morris County
- Member Agencies: Alliance for Children & Families, Family Service Association of New Jersey, New Jersey Association of Mental Health Services
- Licensed by the Division of Mental Health Services

Our sincere thanks to Vision Creative Group for their generosity in donating the graphic design and layout, and to Digital Color Concepts for their donation of the printing of this newsletter.





FAMILY SERVICE  
OF MORRIS COUNTY

CHANGING LIVES FOR NEARLY 200 YEARS  
ONE PIECE AT A TIME

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## A MESSAGE FROM OUR BOARD PRESIDENT & EXECUTIVE DIRECTOR



Joe Longo  
President



Patrice Picard  
Executive Director

Caregivers are the lifeblood of our community. Many of our seniors are wholly dependent on their caregivers for their everyday needs. Many of us are of the generation where we are caring for an elderly loved one, while at the same time, working and caring for growing children at home. We recognize that role can often be stressful. At Family Service, our mission is to keep seniors independent and in their homes. To accomplish that mission we must continue offering practical programs and services to benefit our caregivers. Adult day care, caregiver family counseling and support groups are proven programs that help our caregivers cope with the challenges of an aging loved one. We are delighted to present our spring 2009 edition of Family Connections in celebration of our caregivers and for their dedication and service to their families.

## BLESSED ARE THE CAREGIVERS

Blessed are the caregivers who refuse to compare their responsibilities with others.

Blessed are the caregivers who have learned to laugh, for it is their only chance for sanity.

Blessed are those caregivers who accept the disabilities of their charges, letting each person develop at their own speed.

Blessed are the caregivers who can redirect negative behavior, without anger.

Blessed are the caregivers who involve their charges in the world around them, for it develops the whole person.

Blessed are the caregivers who are teachable, for understanding brings love.

Blessed are the caregivers who love their task, for love is the greatest gift they give.

Blessed are the caregivers, for all the blessings they bestow upon their world.

Yes!!! BLESSED ARE THE CAREGIVERS!

*Author unknown*