



# Caregiver Corner

City of Alexandria  
Division of Aging and Adult Services

*"We must find time to stop and thank the people who make a difference in our lives"*

- John F. Kennedy-

## Caregiver Tip:

November is National Family Caregiver's month and it is a great time to remember the community of caregivers that support family caregivers. Peter DeMarco pays homage to the community of caregivers who helped him and his family in the final week of his wife's life in "[A Letter to the Doctors and Nurses Who Cared for My Wife.](#)" Their actions included simple things like treating the patient with dignity by pulling up her gown, being patient with the family and including them in her care, and letting Peter have one final hour with his wife.

People all over the country were moved and inspired by both the contributions of caregivers and the community that support them. Caregivers are an inspiration. We see you. We appreciate you and hope that throughout the day you always find the time to take care of yourselves. Find this heart felt story at [http://www.nytimes.com/2016/10/06/well/live/a-letter-to-the-doctors-and-nurses-who-cared-for-my-wife.html?\\_r=0](http://www.nytimes.com/2016/10/06/well/live/a-letter-to-the-doctors-and-nurses-who-cared-for-my-wife.html?_r=0)

**Caregiver Support Group**

**Wednesday, Nov. 2, 2016**

**4—5:30 p.m. at the**

**Alexandria Adult Day  
Services Center**

## Resources:

**30th Annual Caregivers Conference:** Learn new ways to engage individuals with dementia at the 30th Annual Caregivers Conference on Friday, November 11, 8 a.m.-3:30 p.m. at the First Baptist Church, 2932 King Street, Alexandria, VA. Conference fee is \$30. For more information call 703.324.5425 or register online at <https://nvdcc2016.eventbrite.com> by November 1, 2016.

**5 Ways + 1 You Can Help a Caregiver this Month:** In recognition of the 90 million family caregivers in the United States, view ways to thank and support one you know at <http://www.huffingtonpost.com/valerie-sobel/5-ways-1-you-can-help-a-caregiver-this-month.html>

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For questions, comments or to remove your name from our mailing list, please email [pamela.austin@alexandriava.gov](mailto:pamela.austin@alexandriava.gov) or call 703.746.5738.



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