



Greater New York Chapter
42 Broadway, Suite 1724
New York, NY 10004
212-619-1400
f: 212-619-7409
www.als-ny.org

First-Class Mail
U.S. Postage
PAID
New York, N.Y.
Permit No. 7566

November Marks National Family Caregivers Month.

In honor of all our caregivers we want to take this time to recognize, honor, and thank you all for your efforts, your hard work, and your dedication to your role and to your loved one.

We spoke with a few of our PALS' caregivers and asked them to share some insight and wisdom gained from their own experience. Here are some of their poignant words:

“A caregiver's lifestyle is changed so suddenly and unexpectedly when a loved one is stricken with an illness, but it also strengthens the love and commitment of a lifelong relationship.”

“Caring for a loved one often results in feelings of anger, sadness, depression, fatigue and anxiety which can lead to neglecting your own needs. Taking care of your personal affairs is the best thing you can do for yourself and your loved one.”

“A day in my life as a caregiver includes learning to expect the unexpected and wearing many different hats. It's easy to spread yourself thin.”

“I wasn't holding up psychologically as well as my husband, and I didn't think I needed any counseling... until I started speaking to the psychologist. If I had any advice for other caregivers it would be don't be afraid to get that 'kind' of help - because it helped me.”

Taking care of yourself is the first and most important thing a caregiver can do. How one acquires more patience or finds time in his or her busy schedule for self-care is often the challenge within the challenge. Some of our caregivers have sought out individual counseling, while others have joined our weekly caregiver telephone support group.

Self-care can take different forms for different people, yet the idea is the same: when a caregiver's needs are taken care of their loved-one will benefit too. Whatever the method of care, we encourage all caregivers this month and always to remember to extend your amazing love and care to yourself as well. And remember, you are not alone; we are here for you.

To learn more about our telephone caregiver support group, please call Liz Schacter or Adam Germinsky at The Greater New York Chapter office (212) 619-1400.

To learn more about NFC Month visit the National Family Caregivers Association Web site: www.thefamilycargiver.org.

“National Family Caregivers Month (NFC Month) - observed every November - is a nationally recognized month seeking to draw attention to the many challenges facing family caregivers - NFC month is a time to thank, support, educate, and celebrate more than 50 million family caregivers across the country.”

Lift Chairs Recliners Available. Our Jon Stone Equipment loan closet has some lift chair recliners to loan out. If you are a PALS in need or if you know an ALS patient that could benefit from one of these chairs, please call us. A lift chair recliner is a Lazy Boy style recliner that will help a patient get up from a seated position with the push of a button. These chairs are located in our New York closet, so we can only deliver to our NY catchment area. **For more info please call Antoinette Verdone: 212-720-3054 or verdone@als-ny.org**