



Family Support  
Center of  
New Jersey



The Family  
Resource  
Network

Providing families with news, resources and action

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## For Immediate Release

### Retreat Celebrates National Women's Health Week

Hamilton, NJ – In celebration of National Women's Health Week, the 6<sup>th</sup> Annual Women's Caregiving Retreat was held on May 13, at the Robert Wood Johnson Center for Health and Wellness. The retreat, which focused on the well-being of women who are providing care for a loved one with a disability or chronic illness, consisted of renewal and support services, health screenings and pampering, such as cosmetic makeovers. Also, exhibitors lined the hallways with helpful resources on caregiving and information about healthy living. The retreat ended with an optional yoga class led by Romy Toussaint.

Between 44 and 54 million people provide care for a loved one in the United States, and according to a survey by Monmouth University and Caregivers of NJ in 2007, New Jersey has about 1.06 million of them. Because of added stress and responsibilities, caregivers are twice as likely as non-caregivers to report physical and mental health complications and experience 63% more mortality risks than non-caregivers. Caregivers also tend to suffer from an increased risk of depression, anxiety disorders, diminished immune response, slower wound healing and a greater incidence of hospitalization than do non-caregivers. Many of the factors that add to these statistics are due to the overwhelming responsibilities causing the caregiver not to be able to care for their own needs.

To ease the stress and burden of the every day caregiver life, the Family Support Center of NJ, the NJ Department of Health and Senior Services, Office of Nutrition and Fitness, the Division of Aging and Community Services and the American Heart Association | American Stroke Association have teamed up to provide this day of re-energizing and relaxation for women in particular, since women perform the majority of caregiving responsibilities.

"This is the 6<sup>th</sup> year we've gotten together to host this retreat, and there's always a high demand for attendance," says Jacqueline Moskowitz, Director of the Family Support Center of NJ. "This retreat focuses entirely on the women who are working endlessly to provide the best care for the person they love. The day is designed around making these women feel appreciated and valued, and giving them a renewed strength to continue their caregiver role when they get home."

Guest speakers included author, Janis Abrahms Spring, PhD, ABPP, Dr. Felicia D. Stoler, an expert in nutrition, fitness and wellness, Romy Toussaint, and life coaches, Jean Hanham, Jill Magerman, Sandra Olper.

The event would not have been possible without it's sponsors: Amerigroup Community Care and the Division of Disability Services.

#### **About The Family Support Center of NJ (FSCNJ):**

FSCNJ is a clearinghouse of up-to-date information and services to families caring for someone with a disability, chronic health condition or other special needs. Call 800-FSC-NJ10 or visit [www.fscnj.org](http://www.fscnj.org) for more information. FSCNJ is an affiliate of The Family Resource Network.

#### **About The Family Resource Network (FRN):**

FRN is a comprehensive, family-focused, organization designed to meet the growing need for community based programs and services to this rising population. FRN's affiliated organizations are Autism Family Services of NJ, Caregivers of NJ, Epilepsy Foundation of NJ and the Family Support Center of NJ. Please visit [www.familyresourcenetwork.org](http://www.familyresourcenetwork.org) for more information.

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