

# Family Support Chronicle

## Welcome !

Our year is coming to a close and we hope you have enjoyed reading our new and updated publication. Last week we held the 2009 National Caregivers Conference in Iselin New Jersey and it was a wonderful event. Be sure to visit our website to view a slide show presentation.



**Family Support  
Center of  
New Jersey**

Also in this month's issue we continue to provide you with good advice on how to keep your family healthy during this cold and flu season. Be sure to read up in this month's issue on how you can lessen your chances of spreading the flu.

To learn about the Family Support Center of New Jersey please visit us on the web: [www.fscnj.org](http://www.fscnj.org) or call (800)372-6510 and a friendly staff member will be more than happy to assist you.

[Join our Mailing List!](#)

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## 2009 National Caregivers Conference Was A Great Success!

On Thursday, October 29, 2009 over three hundred and fifty professionals and caregivers from thirteen states came together at the Renaissance Woodbridge Hotel in Iselin, New Jersey. It was an amazing day that afforded all attendees the opportunity to learn about what is the latest caregiving information, share stories and network with each other, speakers and exhibitors.

### Some positive comments from attendees:

"I loved and needed this day! Thanks!"

"The conference was excellent! I am looking forward to next year!"

"I really learned a lot at the Caregivers Conference!"

"This was a very diversified event!"

"I really appreciated the opportunity to be here - thank you for all the workshops and exhibits."

Doug Ulman, CEO of the Lance Armstrong Foundation and cancer survivor, kicked off our day with an inspiring keynote presentation. Doug's fighting spirit seemed to really resonate with audience. During the course of the event attendees were able to visit over fifty-five different exhibitors and choose from eighteen different workshops that varied in topics from Blended Families: Combining Households and Caregiving Responsibilities, Healthcare Insurance, Medicaid, SSI and Waiver Services to Tai Chi for Caregivers.

During the lunch, attendees were able to sit down and hear a proclamation from New Jersey's governor in recognition of Caregiving Awareness Month. This was followed by a humorous presentation by Carol O'Dell, author of *Mothering Mother: A Daughter's Humorous and Heartbreaking Memoir*. We hope that when attendees left they realized how special they are and that it is okay to laugh.

To cap off our busy day attendees were welcomed to a "Meet and Mingle" reception. Many of our attendees, presenters and exhibitors stayed to network with each other. At the "Meet and Mingle" Eric Joice, Executive Director of the Family Resource Network, announced the collaboration on a new and exciting project, (Family Support 360), with the Cerebral Palsy Association of Middlesex County. He also announced we are looking forward to providing caregivers a conference with a focus on technology at the 2010 National Caregivers Conference.

The National Caregivers Conference Committee would like to say a heartfelt thank you to all of the attendees that were able to attend and enjoy the event. We would also like to thank all of the exhibitors that joined the day to provide caregivers with incredible resources, and a special thank you to those exhibitors that raffled off prizes throughout the conference. We were also very fortunate to have the Apple Store of Menlo Park Mall participate and set up an Internet Café, show demonstrations and create an absolutely beautiful montage video of the day's activities. Thank you Apple of Menlo Park Mall for your participation! You can view the [video](#) and other [photos](#) of the day at [www.fscnj.org](http://www.fscnj.org).

## The Training Calendar Offers a Clearinghouse of Community Events

In an effort to spread awareness about workshops, conferences and other training opportunities the Family Support Center of New Jersey has launched The Training Calendar. We invite professionals to post information on activities, lectures, trainings, or other events for caregivers and the people they are caring for on [www.thetrainingcalendar.org](http://www.thetrainingcalendar.org). We also invite families and caregivers to view the trainings available in their area.

Previously The Training Calendar had been administered by the Progressive Center for Independent Living. We applaud their foresight in developing this clearinghouse program.

## 2009 Fall Training Schedule

FSCNJ conducts three trainings through the collaboration of the New Jersey Division of Developmental Disabilities, they are Life Line for the Journey, Pathways to Adult Life and Preparation for Life After 21.

**Life Line for the Journey** - Click [here](#) for more information!

**Pathways To Adult Life** - Click [here](#) for more information!

**Preparation for Life After 21** - Click [here](#) for more information!

If you have any questions related to the 2009 Training Schedule please call (800)372-6510 and a friendly staff member will be more than happy to assist you.

## Steps to Lessen the Spread of Flu in the Home

When providing care to a household member who is sick with influenza, the most important ways to protect yourself and others who are not sick are to:

- Keep the sick person away from other people as much as possible especially others who are at high risk for complications from influenza.
- Remind the sick person to cover their coughs, and clean their hands with soap and water often. If soap and water are not available, they should use an alcohol-based hand rub, especially after coughing and/or sneezing.
- Have everyone in the household clean their hands often, using soap and water (or an alcohol-based hand rub, if soap and water are not available). Children may need reminders or help keeping their hands clean.
- Ask your health care provider if household contacts of the sick person-particularly those contacts who may be pregnant or have chronic health conditions-should take antiviral medications such as oseltamivir (Tamiflu®) or zanamivir (Relenza®) to prevent the flu.
- If you are in a high risk group for complications from influenza, you should attempt to avoid close contact (within 6 feet) with household members who are sick with influenza. If close contact with a sick individual is unavoidable, consider wearing a facemask or respirator, if available and tolerable. Infants should not be cared for by sick family members.

For additional information and to learn more about Interim Guidance for 2009 H1N1 please click [here](#) or visit [www.cdc.gov](http://www.cdc.gov).

## 2009 H1N1 Vaccination Recommendations

With the new H1N1 virus continuing to cause illness, hospitalizations and deaths in the US during the normally flu-free summer months and some uncertainty about what the upcoming flu season might bring, CDC's Advisory Committee on Immunization Practices has taken an important step in preparations for a voluntary 2009 H1N1 vaccination effort to counter a possibly severe upcoming flu season. On July 29, ACIP met to consider who should receive 2009 H1N1 vaccine when it becomes available. The 2009 H1N1 vaccination recommendations are available by clicking [here](#)

*"Know what to do about the flu".* Visit [www.flu.gov](http://www.flu.gov) for up to date information regarding the H1N1 Virus.

## Keeping You Connected!

Everyone is social networking, and FSCNJ will not be left behind. Our goal with blogging is to keep you informed of the latest hints, trends and resources that may pass our way. We encourage you to tag this as a favorite, to check back on a weekly basis to see what is going on, and to make suggestions and comments that might help others as well.

[Click this link to be redirected to our "blog spot"!](#)



Blogger™

## FSCNJ is on facebook!

The Facebook logo, which is the word 'facebook' in white lowercase letters on a blue background.

The Family Support Center of New Jersey has joined cyber space and we want to connect with you! Click on [Facebook](#) to become our "fan" to receive bulletins and messages. Our goal is to keep people updated on news, legislation, and other activities important to the community we serve.

## Respite Workbook for Families & Care Providers



The Family Support Center is distributing comprehensive patient information tools that can be entrusted to a temporary care or respite provider. "About Our Family - A Respite Workbook for Families & Care-Providers" is a product of the Child Neurology Foundation and is distributed free of charge by the Family Support Center. Call (732)528-8080 or (800)FSC-NJ10 and a friendly staff member will mail you a free copy today!

Thank you for reading Family Support Chronicle! If you have any information you would like included in our e-zine, please email me at [enza.jacobowitz@fscnj.org](mailto:enza.jacobowitz@fscnj.org). To receive regular publications click "Join Our Mailing List" located on the top of our newsletter.

Additionally, the Family Support Center of NJ is dedicated to keeping you informed and sharing resources with the community, so we invite you to utilize the "Forward Email" button at the bottom of this email.

Sincerely,

Enza Jacobowitz, Website Operations Manager  
[Family Support Center of New Jersey](#)

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