



care you can count on  
Medicare-certified home health care | Visit [ridgefieldvna.org](http://ridgefieldvna.org)



# DANBURY'S HAMLETHUB

Your Town. Your Message. Our Mission.

HEADLINES

Employment Opportunity: Bernard's & Sarah's Wine I

- LIFE
- NEIGHBORS**
- EVENTS
- PLACES
- POLITICS
- CHARITIES
- PUBLIC SAFETY
- ABOUT US

## RVNA Announces Education Program to Help Those Providing Care to Family

Tweet

- Published on Tuesday, 26 April 2016 10:01
- Written by LFleming



If you're like most people who find themselves caring for



a loved one, you probably aren't trained for the responsibilities you now face or have been facing for some

time. And you probably never anticipated that you'd be in this stressful situation. At the same time, you love your family member or friend and want to provide the best care you can. The good news is that you don't have to be a nursing expert, a superhero, or a saint in order to be a good caregiver. With the right help and support, you can be an effective, loving caregiver without having to sacrifice yourself in the process.

To aid in this endeavor, the Ridgefield Visiting Nurse Association is offering a free, six-week education program titled "Powerful Tools for Caregivers," during which caregivers can learn personal strategies to reduce stress, communicate their feelings, balance the demands of daily life, increase the ability to make difficult decisions and locate helpful resources. In addition, throughout the series, there will be interactive lessons and discussions to help identify the tools needed daily for successful caregiving.

Barbara Newland, Director of Community Health & Wellness for RVNA, and Michelle Dillane, Case Manager for Western CT Area Agency on Aging, Inc. are class instructors. "This course is designed for people who are providing care to someone, whether that is a family member or a friend. Family members who provide care for their loved ones experience high levels of stress and often put their own health at risk. For them, it is a very demanding job, often unpaid and often performed by people who also have children of their own," said Ms. Newland. "Helping caregivers learn to manage the stress in this role can reduce their incidence of depression and improve their coping skills, and ultimately improve the quality of care they provide."

The class schedule is as follows:

- June 2<sup>nd</sup>: Taking Care of You - Make a weekly

action plan for self-care.

- June 9<sup>th</sup>: Identifying and Reducing Personal Stress - Learn four steps for effective stress management, as well as relaxation activities to incorporate into your daily life.
- June 16<sup>th</sup>: Communicating Feelings, Needs & Concerns - Learn how to communicate using “I” messages.
- June 23<sup>rd</sup>: Communicating in Challenging Situations - Incorporate communication tools which are helpful in difficult situations (with a segment specific to the memory impaired).
- June 30<sup>th</sup>: Learning from our Emotions - Identify constructive ways for dealing with difficult feelings- especially anger, guilt, and depression.
- July 7<sup>th</sup>: Mastering Caregiving Decisions - Learn tools for dealing with changes and for making difficult decisions.

All classes will take place on Thursdays from 1:30-4:00 pm at RVNA, located at 27 Governor Street in Ridgefield. The program and Caregiver Handbook, developed specifically for the class, are presented free of charge. Registration is limited to 15 participants.

#### **About The Speakers**

Barbara Newland is Director of Community Health & Wellness for RVNA. Barbara has a degree in Business and Human Services with Certificates in Gerontology, Mental Health and is a Certified Dementia Practitioner. In addition, she is a member of the CT Geriatrics Society, Chair of the Western CT Geriatrics Council, and on the Board of Commission on Aging in Danbury.

Michelle Dillane is Case Manager at Western Ct Area Agency on Aging for a variety of programs. Michelle is an RN, ASN currently pursuing a Bachelor of Science Degree. In addition, she is Choices and PTC trained, as well as a Live Well trainer.

#### **About RVNA**

Founded in 1914, RVNA is an accredited non-profit Medicare-certified home healthcare agency that also supports public health and safety, and promotes the highest quality of life. RVNA provides compassionate care to all individuals, whether young or old, through a continuum of care that encompasses health care at home and in the community. RVNA also provides home health aides and companionship through a non-

medical subsidiary called HomeCare by RVNA.

### To Contact RVNA

Call RVNA at [203-438-5555](tel:203-438-5555). Visit RVNA at [www.ridgefieldvna.org](http://www.ridgefieldvna.org).



Danbury resident Ethel A. Omasta, ...

Next article

### MORE STORIES



### Subscribe

Email address

Follow Danbury HamletHub





Tweets by @

## CT Bites - Your Guide to Great Food

### Crabby-Cado + Plantain Chips Recipes

CT Bites Apr 28 2016 | 7:12 am



Chips + guacamole go together like lime and tequila! We've kicked our guac up with fresh crabmeat. It's guaranteed to be a hit at your Cinco de Mayo party. Make sure to taste it because you won't have leftovers for this recipe. Check out the full recipes for Crabby-Cado and...

[READ MORE +](#)

[ADVERTISE  
HERE](#)

[CONTACT  
US](#)

[TERMS OF  
SERVICE](#)

Copyright ©2014 HamleHub™, LLC. All Rights Reserved.

