

May/June 2022

THE GRAPEVINE

North Shore Caregivers Newsletter



THE STONE OF LIFE AND THE POWER OF POSITIVITY

Written by VG

I found a couple of short, simple resources recently that gave me a good dose of perspective and a powerful jolt of positivity; and they certainly seem applicable to the caregiving journey.

First, Dr. Steve Peters (2016) created the term, the Stone of Life, to represent the values and beliefs by which we live our lives. The statements should be personal, based on what is important to the client.

The Stone of Life and the Power of Positivity cont.

Review the following, adapt, modify, and delete as appropriate. Use it to remind yourself of what you hold dear and what you must accept in life (modified from Peters, 2016):

- Life is not always fair.
- Goalposts move.
- There are no guarantees.
- I am an adult, and I can deal with any situation.
- Everything that happens ultimately passes.
- Disappointments (while sometimes painful) must remain in perspective.
- Happiness can be found in many different ways.
- It is not what happens but how you deal with it that gives you peace of mind.
- Every day is precious.

Review your personal truths and place these statements somewhere where you will be reminded daily that reacting emotionally and losing perspective is not always the best path.

Secondly, the Power of Positivity website or app. On Instagram, just Follow the page and you get a stream of short life-affirming messages to brighten your day. Here are 2 examples:

“One day it just clicks. You realize what’s important and what isn’t. You learn to care less about what other people think of you and more about what you think of yourself. You realize how far you’ve come and you remember when you thought things were such a mess that you would never recover. And you smile. You smile because you are truly proud of yourself and the person you’ve fought to become.”

“The past cannot be changed. The future is yet in your power”

Here’s the weblink: <https://www.powerofpositivity.com/>

I hope these will resonate with you as much they do with me. Wishing you all a safe, happy and healthy couple of months,

Vic G. '22

References:

Power of Positivity: Positive Thinking & Attitude. (2021, April 26).

<https://www.powerofpositivity.com/>

Sutton, J. (2020, October 7). Understanding emotions: 15 ways to discover what you're feeling.

PositivePsychology.com. <https://positivepsychology.com/understanding-emotions/>



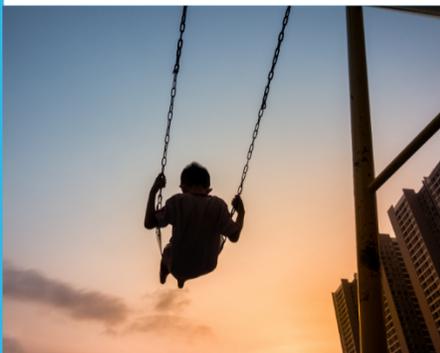
CAREGIVER BEREAVEMENT SUPPORT GROUP

Monday, May 30, 2022

In-Person at our Community Room from 6:00PM to 7:30PM

In the COVID-19 context, protocols are still in place (proof of double vaccination, masks) for any in-person meetings at the NSCR Community Room.

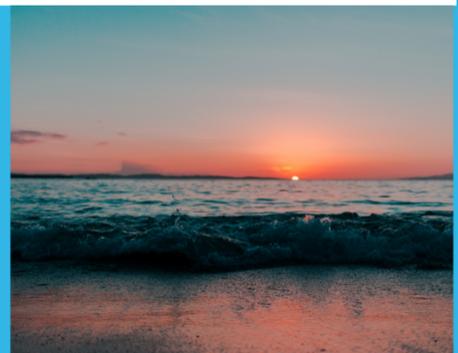
North Shore Community Resources (NSCR) is offering a support group specifically for caregivers experiencing grief/beravement in the loss of their loved one. The group is designed to create community and offer a time of sharing, listening, and connecting with others with similar experience.



CONNECT

EMPOWER

PARTICIPATE



As Spring moves towards Summer, the sunshine offers hope to us all. It is a perfect time to consider our well-being, new ways to revive our spirit and how to find meaning on the difficult path of loss.

For more information, to register, and for details, please contact:

Vic Gailiunas

Caregiver Support Program Coordinator

604.982.3320

vic.gailiunas@nscr.ca

CAREGIVER WORKSHOP: EMOTION-FOCUSED THERAPY

w/ Chantal Bourke, Registered Clinical Counsellor

The needs of caregivers are far reaching, as there are numerous factors to be considered. Many programs can label and address needs that are at the forefront, such as self-care, mindfulness and attending to practical needs of their loved one.

What can be challenging are the complex emotional needs that arise in the context of loving and connected relationships. Examples of this, and are not limited to, shame, emotional blocks to caregiving and resentment. The current climate of Covid-19 has also placed extraneous stress on caregivers. In order to increase the resiliency, emotional agility and overall well-being of the caregivers, their emotional needs require support and psycho education.

This 3-part workshop will run
Wednesdays, June 15, 22, and 29
1-3pm.

Chantal Bourke is a Registered Clinical Counsellor who sees clients in person in North Vancouver and virtually all over BC. Chantal has worked with children, adolescents and their families for the last 10 years. Chantal's focus has been on mental health, family systems, parent coaching, and systemic practices. Over her career, she has worked at BC Children's Hospital, The Maples Treatment Center and Child and Youth Mental Health. Chantal has worked with a variety of mental health diagnoses such as, but not limited to: Anxiety, Depression, ADHD, Attachment Styles, and Parenting.

Contact: To register or to learn more about NSCR's caregiver support programs, please contact: Vic Gailiunas (Caregiver Support Program Coordinator) ~
Vic.Gailiunas@nscr.ca or Phone: 604-982-3320



MEN'S CAREGIVER SUPPORT GROUP

North Shore Community Resources (NSCR) offers a support group specifically for male caregivers who support their spouses or partners – either living together or apart.

The group was designed to create community and offer a time of sharing, listening, and connecting for men with the unique experience of caregiving for their partners.

Program participants are welcome to encourage other men they feel might benefit from joining the group.

FOR NOW, WE WILL BE BACK MEETING IN PERSON. IN THE COVID-19 CONTEXT, PROTOCOLS ARE IN PLACE (PROOF OF FULL VACCINATION, MASKS) FOR ALL IN-PERSON MEETINGS AT THE NSCR COMMUNITY ROOM. OUR MEETINGS RUN THE FIRST THURSDAY OF EACH MONTH, FROM 10:30AM-12:30PM



For more information and details, contact:
Vic Gailiunas Vic.Gailiunas@nscr.ca
or Pat Dean (Group Leader) pdean@telus.net

May Events

May 3rd

Caregiver Support
Group Meeting
(Zoom)
6:30-8:30PM

May 5th

Men's Support
Group Meeting
(In-Person)
10:30AM-12:30PM

March 16th

Persian Group
Meeting
(Zoom)
6-8PM

May 30th

Bereavement
Group Meeting
(In-Person)
6-7:30PM

June Events

June 2nd

Men's Support
Group Meeting
(In-Person)
10:30AM-12:30PM

June 7th

Caregiver Support
Meeting
(Zoom)
6:30-8:30PM

June 20th

Persian Group
Meeting
(Zoom)
6-8PM

June 15, 22 & 29

Emotion Focused
Therapy Workshop
(Zoom)
1-3PM

Contact Vic to register:
604-982-3320 or vic.gailiunas@nscr.ca

Interview with a Caregiver: Catherine Bryson



What has been your journey into caregiving?

My journey began 23 years ago when I was only 34. At that time, I lived at home (still do) and cared for my parents, who are retired professors. Caregiving involved things like housework, yard work, pet care, and the like—but after my mother became severely ill with cancer my work became more intense. My mother passed away two years ago, and now it's just my dad and me. My dad is in remarkably good shape, for his age (he turns 90 in May of this year.)

What made you want to be a caregiver Peer to Peer support person?

Actually, I am currently a supportee, not a supporter—but perhaps in the future I can take on that role...I'll have so much experience to share with a peer. My peer supporter is very helpful with advice and comfort. It's a wonderful resource, I highly recommend it.

Tell us about your weekly blog on caregiving (that we post through NSCR). What do you enjoy the most about doing it? Where do you find your ideas for content?

Firstly, let me begin by sharing the link to the blog:

<https://northvancaregivers.wordpress.com>

... and say that I am delighted to volunteer my time in this role (since 2014), and that this is a very timely interview as April 24-30 is National Volunteer Week in Canada. I'm honoured to have the opportunity to share my knowledge about this fascinating topic—eldercare. Never more in Canada has it been more crucial to provide support to family caregivers, who contribute over 25\$ billion to the health care system in unpaid labour. An awful lot of us find ourselves in this role in our country - in fact 1 in 4. I enjoy sharing information about resources and access to information. It gives me a great deal of satisfaction to know that I am of service to others.

My ideas... well, I just look at my own situation with my dad; that's an endless source of

Interview With A Caregiver: Catherine Bryson cont.

inspiration. Also, my daily journal. Often, I'll find I write in my journal about a particular issue that has meaning to me, and re-read it later and think yes, I think I'll share that. For a while I was writing 'A Day in the Life of a Caregiver' posts. All the content for those posts came from my journals. I'd have to say also that the media, both print and online, offers me a wealth of ideas.

What do you feel are some benefits to attending a caregiver group?

I think the biggest benefit (for me) is that all of us caregivers are on different stages of the caregiver journey. I can help someone just beginning the journey, or else, I can see a larger perspective of someone who has already been through it to the other side. We can help each other. The other thing is that I know that no matter what I am going through, or how hard it is, I'm never alone. That's huge, frankly. I mean, really. Like, lifesaving huge. How can I ever thank NSCR enough for that? Honestly, you guys do an invaluable service to the community.

How do you take care of yourself?

First, I try and ensure adequate sleep and rest. Although difficulties with sleep is an issue, I find that if I stay physically active (such as gardening), and am busy during the day, I sleep better. I like to go out and get fresh air and try to embrace life, in all its beauty and, I regret to say, ugliness. Take the good with the bad. Accept life on life's terms. I also paint, I sculpt, I enjoy knitting and crocheting, and of course, I write, whenever I can. I need some fun in my life, some balance. Beauty is important to me. I used to live in Europe and I loved to visit all the old churches. Here it's more like natural beauty—but that can be nurturing too, in a spiritual way. Spiritual sustenance. I'm from Ontario originally and I find that living out West is an entirely unique experience—very different, not better or worse—just different.

CAREGIVER SUPPORT GROUP

North Shore Community Resources (NSCR) offers a monthly support group specifically for family caregivers who support their loved ones – either living together or apart.

The group's goal is to create community and offer a time of sharing, listening, and connecting for anyone with the unique experience of caregiving for family members.

Program participants are welcome to encourage and invite others they feel might benefit from joining the group.

MONTHLY MEETINGS

NEXT MEETINGS:

TUESDAY, MAY 3 & TUESDAY, JUNE 7 ON

ZOOM

MEETINGS ARE CURRENTLY ON THE FIRST

TUESDAY EVENING OF EACH MONTH

FROM 6:30 – 8:30PM.

FOR THE NEAR FUTURE, NSCR WILL BE

MEETING ON ZOOM. WE HOPE TO BE BACK

IN-PERSON SOON. FOR THE ZOOM LINK,

PLEASE CONTACT NSCR DIRECTLY.



For more information and details,
contact Vic: Vic.Gailiunas@nscr.ca

NSCR Caregiver Support Program

201-935 Marine Drive, N. Vancouver BC V7P 1S3

We publish this bi-monthly newsletter on topics related to self-care and the caregiving role.

If you would like to learn more about NSCR's Caregiver Support Program, please contact Vic Gailiunas: vic.gailiunas@nscr.ca or 604-982-3320.