It has been a busy fall so far. For those of you who may not know, Vickie Landes accepted another position in June, 2009 with Kathleen Pantaleo assuming the duties of CCN Program Director. The position of program assistant was not filled due to state funding cuts, but we are fortunate to have graduate assistant, Nicole Perry for this year to help us with the workload. We have 45 students this semester and are currently serving 25 clients.

Please enjoy our new cost-saving newsletter format. Although financial circumstances have been challenging, we are making a difference in the lives of our families and caregivers. Thank you for your continuing support!

Kathleen Pantaleo
Program Director

Updates at CCN

Upcoming Events -- Add to Your Calendar

Thursday November 19, 10:00am
Honoring Virginia Family Caregivers, Virginia Caregiver Coalition presents Hank Dunn
Details on pg. 3

Thursday November 19, 7:00-8:30pm
“Caregivers” - A collection of five portraits, each of which highlights the sacrifices and successes made by people experiencing their loved one’s dementia.
Register by 5pm on Wednesday, November 18. Call 433-9168
CCN Earns National Award

The Caregivers Community Network at James Madison University has been honored with the National Family Caregiving Award by the National Alliance for Caregiving.

The CCN, a grant-funded outreach program of the Institute for Innovation in Health and Human Services at JMU, was one of seven national winners recognized by the NAC and MetLife Foundation. The awards are given to community-based programs supporting family caregivers of older adults, rewarding innovation, effectiveness and responsiveness to caregiver needs.

CCN, founded in 2001 and partially funded through grants from the Virginia Department for the Aging and the United Way of Virginia, recruits and trains students and members of the community to assist families that are caring for frail or disabled older adults.

Introducing Nicole Perry, Graduate Assistant

Nicole joined the CCN office in September as a Graduate Assistant. She is a graduate student in the Communication Sciences and Disorders department at JMU. She completed her undergraduate degree in elementary education at Randolph-Macon Woman’s College in Lynchburg, VA. This is her first year at JMU.

Did you know? A gift of only $40 provides four hours of respite care to a caregiver?

Please consider a gift in honor or memory of someone special to help CCN continue providing services to families in the community.

I am enclosing a gift of: $ _____

Name: ________________________________
Address: ________________________________
____________________________________
Phone: _______________________________ Email: ________________________________

Please make checks payable to:
Caregiver’s Community Network
MSC 9014
Harrisonburg VA 22807

Gifts are tax deductible to the extent allowed by law.
Honoring Virginia Family Caregivers with Frank Dunn

The Virginia Caregiver Coalition Presents Hank Dunn, nationally recognized author of *Hard Choices for Loving People: CPR, Artificial Feeding, Comfort Care, and the Patient with a Life-Threatening Illness* and *Light in the Shadows: Meditations While Living with a Life-Threatening Disease*.

You are invited to attend this presentation via video conferencing at:

Room 334 Blue Ridge Hall – JMU—IIHHS
Thursday, November 19  10:00am

R.S.V.P to: Caregivers Community Network
Kathleen Pantaleo
540-568-6682
pantalka@jmu.edu

Refreshments Provided
Join us for good fellowship and an informative presentation!

Great Ways to Celebrate National Family Caregivers Month

1. Offer a few hours of respite time to a family caregiver so they spend time with friends, or simply relax.
2. Send a card of appreciation or bouquet of flowers to brighten up a caregiver’s day.
3. Help a family caregiver decorate their home for the holidays or offer to address envelopes for their holiday cards.
4. Find 12 different family photos and have a copy center create a monthly calendar that the family caregiver can use to keep track of appointments and events.
5. Offer to prepare Thanksgiving dinner for a caregiving family in your community, so they can just relax and enjoy the holiday.
6. A United States postage stamp honoring the more than 50 million family caregivers in America is officially “under consideration” by the U.S. Citizens’ Stamp Advisory Committee for introduction as early as 2011. Sign the petition at [www.thefamilycaregiver.org](http://www.thefamilycaregiver.org).
Steps to Prevent Fraud
From Virginia Triad

Manage Your Phone
- Con artists target seniors by telephone.
- NEVER give out personal information (Medicare number, social security number, credit card, bank account, etc.) over the phone unless you initiate the call.
- Don’t agree to any offers unless you see it in writing.
- Add your name to the Do Not Call list by calling 1-888-382-1222 (for TTY, dial 1-866-290-4236).

Tear it Up
- Discard any offers you receive in the mail that are from sweepstakes or lotteries. If it sounds too good to be true, it is!
- Check out charities before you write a check. Go to www.guidestar.org or www.give.or. Also check with the Central Virginia Elder Fraud Unit by calling 804-780-2222.
- Shred any mail that has personal identifying information on it.

Don’t Open Your Door
- Never let a salesman into your home, particularly if you are alone.
- Do not pay cash up front to any “service provider” who seeks you out by coming to your door.

Did you know that CCN is a United Way partner? Please contribute to the Harrisonburg/Rockingham United Way campaign this year. CCN depends upon this community resource for part of its budget. For more information and a wonderful video about CCN, visit: www.uwhr.org