



May 2009

Caring Times

A *News Flash* from TTN's Caring Collaborative

The Caring Times News Flash is an abbreviated version of our quarterly newsletter - designed to keep you informed and engaged with the Caring Collaborative.

Caring Collaborative Launches New Website

www.ttnccaringcollaborative.org

Want to know more about osteoporosis? Need to find information about pain management? What are the options for treating diabetes?

Caring Collaborative members now have access to medical information and listings and descriptions of services that can be tapped when a medical problem arises. Our new **Health and Wellness Resource Directory** describes an array of services offered in New York City for specific diseases and medical conditions - from Alzheimer's to Vertigo. The Directory suggests websites that rate doctors, and offers listings of places offering home delivery of food (including restaurants that deliver), organizations that provide short-term nursing and rehabilitation care and groups that provide transportation services -- and much, much more. Check it out - you'll be surprised at just how much valuable information we have collected.

**All this information is available to TTN members.
To take a look simply log on and enter your TTN member
username and password.**

Share Your Hospital Experience with TTN-CC on May 12th

Have you had recent experience - either personally or as a caregiver - with the hospital discharge planning process? If so, we'd like to hear from you.

Please join us for a **Focus Group** on **Tuesday, May**

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12th at 5:30 PM designed to capture members' experiences with care transitions from hospital/emergency room to home. Information shared will provide the platform for a manual that explores the most effective ways of handling care transitions from hospitals and emergency rooms.

For more information or to join the focus group, contact Laura Traynor: laura@ttncaringcollaborative.org.

Neighborhood Group Meetings

Downtown

Wednesday, May 27th from 7 to 9 PM
Contact Nora Bleich for details:
london28nyc@yahoo.com

Upper West Side

Thursday, May 28th at 7 PM
Contact Anita Kane for more information:
kanes@nyc.rr.com

Upper East Side

Monday, May 11th
Contact Fried Marshall for more information:
FJM917@aol.com

Neighborhood News



Neighborhood Group Leaders meet at Livia Yanowicz's house.

Upper West Side

West Side Members Share Names of "Top Doctors"

Some 35 members of the Caring Collaborative's West Side group are offering each other their personal takes on New York City's "Top doctors." Members decided to

focus on the tangible needs of many in their group for knowledge of medical practitioners who have offered good care for fellow members.

At their March meeting, **Phyllis Meissel** circulated a list of names of internists, cardiologists, gastroenterologists, endocrinologists, ophthalmologists, gynecologists and physical therapists -- all suggested by West Side CC members. Many shared information on the spot; others promised to add names to the ongoing list.

Group leader **Anita Kane** cautioned that the list does not constitute recommendations. It provides a way for members to hear about the personal experiences members had with practitioners they they consider exceptional. The group plans to keep the list as a work-in-progress for several more months before deciding whether to share it with the Caring Collaborative membership at large.

The meeting in May will focus on end-of-life issues, based on Jane Brody's new book, *Preparing for the Great Beyond*.



Downtown

Sixteen CC members attended the meeting at **Elissa Williams'** (*shown in the photo above*) apartment. The meeting focused on suggestions for improving diet, nutrition, fitness and exercise. Several members brought copies of useful articles for distribution. Of particular interest is *Nutrition Action* magazine, published by the Center for Scientists in the Public Interest (CSIPI.) Much of the attention focused on motivation. Having a regular routine boosts motivation. The idea is to assign yourself a time and day or days of the week. It's important to find the form of exercise that pleases you, such as dancing, ping pong, tennis, bowling or swimming.

On the issue of weight control some pointers include: smaller portions; leaving something on the plate; eating only half the portion and saving the rest for another meal. You can boost metabolism by walking 5 or 10 minutes shortly after the meal; don't eat when you're not hungry; and, remember that you need less food as you grow older.

Sparking off the West Side group's project to compile a list of medical resources that have helped members, three Downtown group members - **Elissa Williams**, **Rahla Gold** and **Arline Newman** - volunteered to assemble a similar list. The directory will include email addresses for those who suggested medical resources

so members can contact the member to get further information.

At the May 27th meeting the discussion will center around insomnia and sleep problems.



Frieda Marshall, Acting Coordinator of the Upper East Side group.

Upper East Side

Upper East Siders came together in April at **Dr. Diana Killip's** home to discuss what they've come to call "delicate issues," problems facing women as they age. Topics included post-menopausal benchmarks, sexuality, constipation and incontinence. As would be expected the conversation was lively and wide-ranging. The meeting in May will be on the 11th at **Jennifer Rushton's** home.

Brooklyn

We expect the Brooklyn group to become more active in the near future. Its leaders, **Marsha Carlin** and **Irene Porges**, have been traveling and new meetings are not planned. It would be wonderful to have a couple of volunteers who are willing to contact Brooklynites. In the meantime, our Brooklyn members are encouraged to attend meetings at one of the three Manhattan groups.

Two Pairs of Ears are Better than One



Recently a CC volunteer accompanied a member diagnosed with probable breast cancer based on a mammogram and sonogram. The doctor talked about the need for further exploration and noted there were three alternate approaches. The patient, fearing the worst, emerged from the appointment thinking she had to go through two of the three procedures. Because the CC member could immediately

point out that the doctor had said that only one procedure was necessary, the relief was immediate. So, the morale of the story is don't hesitate to tap the Caring Collaborative when you are facing a consultation with your doctor. The doctor was delighted to have another person in the consultation, saying it makes his job easier.

Medical researchers estimate that patients typically hear only about 20% of what's told to them at a doctor's appointment when the diagnosis is serious - and the more serious the diagnosis the less likely we are to absorb critical information. That's why it's important to bring a Caring Collaborative member along when you are discussing alternative procedures for tackling a medical issue.

Caring Collaborative: Members Helping Members

To get help from the TTN Caring Collaborative, email or call:
Laura Traynor, Program Manager
laura@thetransitionnetwork.org
(646) 823-6321

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