

Taking the time...

CALVARY HOSPITAL

Family Care



...to take care of you.

Welcome to the Family Care Center

In caring for your family member or friend, have you remembered to take the time to care for yourself? If the answer is no, you are not alone.

In times of crisis or stress, we prioritize the things that must get done over things that can be put off until a later date. Unfortunately, we tend to underestimate the value of self-care, putting off our own doctor's appointments, eating unhealthy food on the go, and not giving ourselves time to rest. In order to continue to care for a loved one, we need to remain healthy. Self-care needs to be considered a priority.

Here's the good news. Self-care doesn't have to take a long time. You could try going for a short walk outside to get some sun and fresh air, taking a twenty minute nap, or even calling a friend just to chat for a few minutes. Even small things like these can allow your body to rest, lower your stress level and help clear your mind.

We understand how difficult it can be to find time for self-healing when you just want to be at your loved one's bedside. The Family Care Center is available to you, to help you in this endeavor. Please take a few moments for yourself, stop by for a cup of coffee or join in on one of our many programs.

Massage Therapy

Our bodies often become very tense when we are under stress. Our muscles may ache. We may feel heavy and weighted down. We may develop headaches.

Massage therapist, Robert Maloney, provides family members and friends with a complimentary massage utilizing the Trager Approach to help address these problems and bring our bodies back to a relaxed state.

Complimentary massage appointments are available every Wednesday between 11:00AM and 3:00PM in the Family Care Center.

Call ext: 2574 for an appointment.

Manicures

Our manicurist, Michele Posimato, offers complimentary manicures to patients in their rooms on Monday evenings and to family members and friends in our beauty salon on the fourth floor on Tuesday evenings.

Taking a few minutes to care for yourself can make a huge difference in your day and looking good can help you feel good.

Call ext: 2574 for your complimentary appointment.

Yoga

Regardless of your physical condition or skill level, all family members and friends are welcome to join our yoga class. Yoga instructor, Carey Samuels will modify the yoga poses to your needs. You can even participate while sitting in a chair.

Experience a deep state of relaxation through breath work and meditation and by practicing different postures. Rejuvenate and rebalance yourself. Join in for the whole class or just for a few minutes.

Tuesdays in PAC #1 from 12:30PM - 1:30PM.

No appointment necessary.

Support Groups

Whether you are receiving support from family members or friends or lack a support network, meeting up with others who are currently experiencing a similar situation as you can be beneficial. In support groups, people share their feelings, experiences, successes and failures to help each other through this difficult time.

Stephanie Mastropaolo, LMSW, Coordinator of the Family Care Center, and Jessica Peterson, Social Work Intern, offer support groups for adults and children throughout the week. Take care of yourself by making connections with others.

Support Group for Family and Friends	Tuesdays	5:00PM - 6:00PM
	Fridays	2:00PM - 3:00PM
The Children's Hour	Wednesdays	4:30PM - 5:30PM

No appointment necessary.

Educational Groups

There are a number of issues that you may encounter while in the hospital with a loved one. In an environment where open discussion among the attendees is encouraged, Stephanie Mastropaolo, LMSW, Coordinator of the Family Care Center, will provide relevant information and instruction.

Discussions of the following topics are held on Thursdays at 11:30AM on a rotating schedule. Please see the Family Care Center Weekly Schedule for the specific dates of each topic.

**Artificial Nutrition and Hydration ~ Advance Directives ~
Understanding Dementia**

No appointment necessary.

Word Search

R N F R W U E J P Q V X Q R I
R E I P E A C E F U L J I I U
E E L M D E L B U O R T N U Q
L T L I O Y Q T O Z O F C A N
A A E E E C F X D F O C A Z A
X D J V A F L E E C I F L W R
E E T M K S S E U N Z W M E T
D S K R R O E S W D E G B M H
P E T I P S E R I C A R I N G
O O R M V D H C L Y Q D E N I
X L O I U U A X S P B H E S M
U C M Z K L E U V S V P L A Y
F S Y F P W V O K B C Q V D F
P L E U B Q Z F O F M N M F G

CALM	CARING	COMPOSED
FOCUSED	PEACEFUL	PLACID
RELAXED	RELEASE	RELIEF
RESPITE	SEDATE	SERENE
TRANQUIL	UNTRoubLED	WELCOMING

Telephone Directory

Main Number: 718-518-2000

X 2566 **Debbie Feldman, JD, LCSW**
Administrator, Family Care Services

X 2574 **Stephanie Mastropaolo, LMSW**
Coordinator / Social Worker, Family Care Center



