

# ProActive Caring e-news

June, 2020

## GOT STRESS? WE CAN HELP

### *ProActive Caring to Offer e-Resources*

While most people enjoy face-to-face learning, someone caring for a person with an intellectual or developmental disability may need more flexibility than a traditional class offers. Responding to the need for greater flexibility in the delivery of *ProActive Caring* Stress Reduction trainings, the *ProActive Caring* team sought to make resource and training materials available in multiple formats and to design an interactive, on-line *ProActive Caring* course that caregivers could take at their own pace, at home. The arrival of COVID-19 and the consequent “stay-at-home” restrictions imposed in 2020 have reinforced the wisdom of that decision!

We are pleased to announce that an **e-Manual** for the *ProActive Caring* Stress Reduction course has been developed in partnership with Dr. Mindy Scirri and Theresa Drum of Parent Network of WNY, and will be made available this month. The content of the manual is interactive, and the course modules are designed to be self-paced--ideal for use by individuals at home, as well as in home-based therapy and with small groups. The new materials will also increase access for those who live in rural areas or who might not be available on the day or at the time of a local class.

Supporting materials are being made available in ProActive Caring’s Digital Resource Center, a new web site that will work in concert with the *ProActive Caring* e-Manual, FaceBook page, and You-Tube channel. The new site will be launched in the first week of June and will remain a living and evolving resource, as new materials are created and new pages are constructed.

**Web Site:** <https://www.msmc.edu/proactive> Phone (Voicemail): 800-691-3980

**Mailing List:** <https://msmc.wufoo.com/forms/m12l5ywn1o7a2jh/>

 [Facebook.com/proactivecaring](https://www.facebook.com/proactivecaring)  [ProActiveCaring@CADP\\_MSMC](mailto:ProActiveCaring@CADP_MSMC)

**YouTube:** [ProActive Caring](https://www.youtube.com/channel/UC32614747120839) [Facebook.com/groups/32614747120839](https://www.facebook.com/groups/32614747120839)



### “ProActive Caring - School Exchange” Continues in June

To assist families whose children are now home from school, *ProActive Caring* initiated a series of webcasts in which Lisa Nathan, a Parent/Advocate, and Peggy Pisano, a School Psychologist/Advocate, discuss how Mindfulness may offer strategies for coping with everyday stressors and help build resilience. The webcasts, moderated by Dr. Larry Force at 10 am each Wednesday, run for about 30 minutes and then open for questions, thoughts, and exchanges.

Please join us in June when Peggy and Lisa will be joined by special guests:

**June 3** – “The Behavioral and Mindfulness Connection: Awareness”

**June 10** – “How to Add Mindfulness to Enhance the Summer Experience”

**June 17** -- “How to Bring Mindfulness to Problem Solving”

**June 24** -- “Reflections on the Connections of Behavior & Mindfulness.”

A Zoom sign-on link is circulated each week so you may join live via video or audio. Previous “School Exchange” programs are available as recordings on the [ProActive Caring YouTube channel](https://www.youtube.com/channel/UC32614747120839)

## ONLINE RESOURCES ON LEARNING TO MEDITATE



In times of stress - internal or external - staying in the moment, with a focus on one breath at a time, can be calming and reassuring.

For an introduction to mindfulness meditation that you can practice on your own, the [UCLA Mindful Awareness Research Center](#) offers guided meditations that you can download or stream free of charge. Their web site offers eight guided meditations, as follows, and also provides guided meditations in Spanish:

- Breathing Meditation (5 mins)
- Breath, Sound, Body Meditation (12 mins)
- Complete Meditation Instructions (19 mins)
- Meditation for Working with Difficulties (7 mins)
- Loving Kindness Meditation (9 mins)
- Body and Sound Meditation (3 mins)
- Body Scan Meditation (3 mins)
- Body Scan for Sleep (13 mins)

In addition, the [Insight Timer](#) app has over 30,000 free meditations, including a whole section on learning to meditate, coping with anxiety, and managing stress.

## TEXT4CAREGIVERS



Text4Caregivers is a free 10-week text service that distributes timely and relevant self-care and stress-management support via text messaging. The goal is to offer support in a quick, easy way to parents of children with special needs. The texts are available in English AND Spanish.

To get started and receive free self-care text messages, fill out this online signup form:

<https://platform.trumpia.com/onlineSignup/ddpctext/text4caregivers>

Questions? Contact Parent to Parent's Project Director, Valerie Colavecchio, 631-434-6196.

Parent to Parent of NYS desea hacerles saber de su nuevo programa, **Text4Caregivers**, un servicio de mensajería gratuito que se le enviara a su telefono celular frecuentemente, con mensajes de como tener cuidado de su persona y como manejar el estres.

Le invitamos a ser parte de este nuevo programa. Por favor registre online en el siguiente link:

<https://platform.trumpia.com/onlineSignup/ddpctext/spanish>

Preguntas? Comuníquese con Coordinadora de Familias Hispánicas, Angela Picardo, 646-766-3462.