



Hope Grows Newsletter

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**Issue 5
Winter 2015**

From the Hope Grows Garden



As I was standing outside the front door of the future Hope House this morning, the snow was softly falling and I took notice of the dormant Magnolia tree. The tree sits at the top of the Garden of Hope above the pond. The tree's intertwined branches reach toward the sky, almost as a protector, waiting for the right moment in the spring to present itself as this dominant force of beauty that nature allowed a rest. I couldn't help but think of caregivers at this time and how tired their intertwined tasks of caring must be and while the season of winter can be a time

of rest, dormancy is something a caregiver rarely allows, a break.

The winter season allows for preparation; what seeds to plant, how much compost and fertilizer to use in the spring, and then begins the cultivation of new growth. As an organization we experienced growth this past year and as we continue to move forward with implementation of outreach programs, we are ready to begin our new volunteer empowerment projects. We are currently recruiting individuals that want to help with gardening, sewing, organizing, and leading.

Our efforts remain strong as we move forward with the Hope House and our relationships with the larger caregiver community continue to expand. Our empowerment initiatives have been planted and we will continue to water and evaluate the growth.

Hope Grows received its first grant from the PA Department of Health, which will allow Hope Grows to provide a break to family caregivers while the care recipient learns about horticulture. The program will provide us the tools to create a sustainable ongoing model from the Temple University Institute on Disabilities -Take 5 evidence based volunteer respite program for families of children and youth with special healthcare needs, including disability or chronic illness.

I would like to thank everyone that has and continues to support Hope Grows. With the help of our donors, we were able to begin implementation of the Powerful Tools for Caregivers and Educational Workshops. More support is needed though in continuing to support the mission. As we wait for spring to arrive, take some time to mimic the dormancy we see outside our window and reflect on the lives of caregivers, both family or professional.

Stay warm and be safe.

Lisa Story, MSCP, LPC, CT
Executive Director

Hope Grows in the Community

Upcoming Activities

Counseling Center
Integrating caregiver needs &
psychotherapy
Accepting Clients

A Victorian Tea
May 3, 2015
1:00-3:30 pm

Essential Oils
Check website for class
schedule
&
monthly essential oil specials.

*Implementation of the TAKE
5 Volunteer
Respite Program*

Continuing Education Credits

www.hopegrows.net
Check for updates

Founded in 2010, Hope Grows is a 501(c)3 nonprofit organization with the mission to restore the lives of those impacted by the role of caregiver and to inspire wellness of mind, body, and spirit through the use of counseling, overnight retreats, education, supportive services and healing and restorative gardens.

All donations are tax deductible to the full extent as allowed by law.

A Victorian Tea

Hope Grows is proud to announce the date of the 2nd Annual benefit, A Victorian Tea. Our focus is always about engaging the community with conversation about caring for others and with our mission based around healing and restorative gardens, we can't help but pull in the use of flowers and plants. Last year's event was focused around connecting words and flowers to provide comfort as well as the use of essential oils for finding the balance needed for optimal health. Our focus this year is relaxation and we hope that you will be able to relax with us as we continue to engage the community with conversation about caring for others. The benefit is on May 3, 2015 at 1:00 pm and guests will be greeted at the Club at Shadow Lakes in Aliquippa PA. Upcoming details about the event, guest speakers, and registration will follow at www.hopegrows.net.



Featured Story

Life After Caregiving

Providing care can be a time in our lives when we lose sense of 'who we are'. A caregiver spends so much of their time and energy providing care that in some cases quit their career, lose their social connections, and become spiritually exhausted. Regaining a balance to begin developing a sense of self or identity can become daunting especially if one is mourning the loss of the family/friend. Hope Grows provides support in this area. Life After Caregiving is a monthly peer support group for the caregiver who has lost their family/friend and is struggling in this area. A program currently runs the 2nd Tuesday of the month in Brentwood. If you are a funeral home or church, this support group can be easily incorporated into your services. Call 412-369-4673 or info@hopegrows.net for information.

Caregiver Tips

Daily struggles occur in providing care for someone with Alzheimer's. Although someone with Alzheimer's or even an older person who is aging might not appear to be the person they once were, their feelings and emotions remain very much intact. Perhaps the poem below may serve as a reminder or provide a way to cope with the one struggling with receiving care.

Do Not Ask Me To Remember

*Do not ask me to remember,
Don't try to make me understand,
Let me rest and know you're with me,
Kiss my cheek and hold my hand.*

*I'm confused beyond your concept,
I am sad and sick and lost.
All I know is that I need you
To be with me at all cost.*

*Do not lose your patience with me,
Do not scold or curse or cry.
I can't help the way I'm acting,
Can't be different though I try.*

*Just remember that I need you,
That the best of me is gone,
Please don't fail to stand beside me,
Love me 'til my life is done.*

~Author Unknown

Seasonal Feature

In the season...

Now is the time of year to start some herbs from seed indoors. A sunny windowsill will provide enough encouragement for sprouting and then by the time the ground warms they can be planted outside for the summer. One of my favorites to start inside at this time of year is basil. Starting by seed is easy and

Basil

there are a variety of species (64 to be exact). Sweet basil is one of the most popular in this region along with Lemon basil. Watch out though for cold nights in the month of May, since basil is a tropical plant that likes warm temperatures. Water regularly in a sunny site with well-drained soil.



While basil is used a lot in culinary dishes, such as tomato sauce, pizza, and pesto, it has a lot of “anti” properties. Examples are antibacterial, anti-infectious, anti-inflammatory, antioxidant to name a few. Basil was used in historical times for respiratory problems, digestion, fevers, and malaria to name some of the reported usages. The essential oil is considered to be the Oil of Renewal, helpful for anxious, weary, and overwhelmed individuals. It can give hope and optimism to the tired soul in addiction recovery. Consider planting some seeds this winter and watch them sprout for outdoor use early June. Whatever your preference though with Basil, seek a medicinal herbalist if using for medical or therapeutic healing.

Events, Campaigns, & Programs

Caregiver Empowerment Project

Hope Grows announced its 4th quarter recipient for the Almond Project Caregiver Story submission. Wendy Hughes, mother of 3 children and full time employee, was the caregiver for her mother. Her mother passed away recently from cancer and COPD. Although her caregiving tasks have ended, the effects of providing this level of care can continue to prevail in one's life. Thank you for everything you did in your role not only as a daughter but also as a caregiver.

Essential Oils Classes

Join us for a 3-CLASS SERIES on March 4th, March 11th, and March 17th. Educational topics include:

- Learn how to use essential oils safely and effectively
 - Learn how to use the oils to reduce stress for you and your care recipient
 - Learn the Aromatouch Hand Technique
 - Sample and make your own natural remedy roller blends for various ailments
- See www.hopegrows.net for time and details

Powerful Tools for Caregivers

Powerful Tools for Caregivers is an evidenced based educational series designed to provide you with the tools you need to take care of yourself. Hope Grows is in progress for the 6-week series at the Moon Library. The class is at the maximum number of participants and knowing there is a waiting list for this program, we will be implementing another program hopefully late April. The educational series will help family caregivers reduce stress, improve self-confidence, communicate feelings better, balance their lives, increase their ability to make tough decisions and locate helpful resources.

www.hopegrows.net for details

Thank you

Thank you to everyone who donated to our “#GivingTuesday” online donation campaign on December 2nd and to our online “Year End” Campaign for 2014. Thank you to those that continue to support Hope Grows and its mission/vision.

Thank you to the Board of Directors for their continued support as well as to our latest additions to the board, Tana Ford and Kendra White. Tana is a retail business owner of Tana’s Boutique in Sewickley and Kendra is the Community Relations Manager for UPMC Health Plan; UPMC for Life Medicare Products.

Wish List

Volunteers Needed

- *Hope Grows Ambassadors* (to learn about and retell the Hope Grows story)
- *Compassionate Angels* (to learn and administer the Aromatouch Hand Technique)
- *Empowerment Motivators* (to help with implementation of the Caregiver Empowerment Project)
- Machine embroiderers and sewers to help with the Empowerment Project.

For more information, and interest, please call 412-369-4673 or fill out the volunteer form on www.hopegrows.net.

YOU are the Mission

Consider Supporting

Our general funds support the mission of the Hope House and provide outreach programs for caregivers so they do not have to strain their already tight budgets.

The key findings of [An Evercare NAC Caregiver Cost Study \(Study of Family Caregivers – What They Spend, and What They Sacrifice\)](#) indicated that caregivers struggle financially. Various financial strains were reported with some caregivers having used their savings to pay for caregiving services, quit their job or reduced work hours, and reported having higher levels of out-of-pocket expenses associated with reported emotional & physical effects of caregiving.



“When one tugs at a single thing in nature, he finds it attached to the rest of the world.”

-John Muir

Hope Grows wants to connect with YOU, the larger caregiver community to work at empowering the caregiver.

If you would prefer our e-newsletter, go to www.hopegrows.net and subscribe to our newsletter.