I want to wish all involved with the Relative Caregiver Program a prosperous New Year for 2013! We are so thankful for all of our families, sponsors, board members and supporters. This has been a bittersweet year for the program. We celebrated the Retirement of our Director, Juanita Williams, who transitioned after 30 years of employment with the state and 12 years as the Director of the Relative Caregiver Program. Ms. Williams was very passionate and committed to making sure that the program was dedicated to servicing families in need. Her dedication proved to affect the many families in the program in such a way that even when they were no longer eligible for the program, they were still committed to offering support. The staff and families are so grateful for the commitment and leadership she exemplified during her tenure here. From the Staff and Families in the Relative Caregiver Program, we love you and wish you a happy retirement. As the new program manager, I want to continue the same professional commitment that the program has maintained for the last 12 years. As 2013 approaches we want to help our families move to the next level in their lives by providing services and resources that take a holistic approach, thus addressing the many phases of life. We want to empower our families and equip them with the tools they need so that life’s transitions, celebrations and struggles are easier to manage. I am so thankful that I have a wonderful team of employees who are committed, dedicated and love the job that has been assigned to them. They are truly servants and enjoy helping to make others’ lives manageable and easier. Thanks to all the families, supporters, and board members. We look forward to another great year in 2013!

Laura Teresa English, MSSW
Program Manager
Shelby County Relative Caregiver Program
Looking Forward to the New Year: 2013

Usually when running a race, it is up to the runner to start off fast and strong. The intent of the race is the same, to stay the course and finish with intensity and a sense of accomplishment. Similarly, embarking upon a new year will require one take upon the same mindset to gain an advantage in the race. Conditioning the body for a race yields optimal results. Below are a few suggestive ways to enter into the New Year:

1. Consider what you would like to leave behind in the previous year.
   When running a race you have to pass your opponent, you are not focused on what they are doing. You are focused on finishing.
   
   **Forgive and “Let It Go.”** Harboring Unforgiveness is a sure sign to slow a runner down in a race and affects one of the most vital organs in a race.

2. Condition the mind, body, and heart for change.
   Throughout the course, challenges may present itself to slow a runner down. Take inventory and note the most possible strategies for gaining the edge in a race. Perhaps, it is a disconnection from old habits, reconnecting with family members, educating yourself regarding the most helpful techniques, tools, and resources specific to your race.

3. Recognize those who are on your team. Don’t be afraid to ask for or give assistance. There is a healthy balance that occurs when we are not focusing merely on our selves, but in addition we are encouraging others to run the race in like manor.
   No doubt endurance is one of the most qualifying attributes for a good runner!

Perhaps you can think of other attributes to display and share among those in your circle of influence.

--

Educational Session Soothes the Soul this Holiday Season!!!!

The Shelby County Relative Caregiver Program hosted its annual holiday educational session December 20, 2012. Highlighting nutrition, presenter Rita Jackson nutritionist of the UT extension, shared a simple, sizzling recipe that proved to be healthy and cost effective with only a few ingredients. The aroma filled the hallways and those that passed by delighted to get a copy of the recipe. Ms. Jackson emphasized the importance of practical healthy eating, while caregivers sampled the savory addition.

Following, Dr. Young provided an occasion for caregivers to open up about the stress of the holiday season, along with how they view the holidays. For many, the holidays are a constant reminder of the loss of a loved one, and for others the holidays present another challenge. As a result, caregivers resolved to utilize special coping skills that aid in times of grief, depression, or anger. Caregivers shared and encouraged one another.
The holidays may be filled with intense emotions as families scurry to make plans for traveling, cooking, shopping, and visiting loved ones or friends. If nothing else is important, we can rest assured that what makes the holidays more enjoyable is being in the company of those you love.

Each year, the UT Shelby County Relative Caregiver Program helps to spread the joy of the holiday season by hosting an annual holiday giveaway. With the help of UT employees, friends, volunteers, and other nonprofit agencies, families received a little help for the holidays. The donations received caused deep abounding joy that was expressed through welcoming smiles, warm hugs, and simple gestures of thanks. It is one of the most notable and rewarding feelings to know that a child’s life was positively impacted this holiday season.

The Shelby County Relative Caregiver Program hosted its Annual 2012 Holiday Giveaway during the Holiday Season distributing food baskets, toys for children, gifts for caregivers and refreshments for the entire family. This year the program served 211 caregivers and 504 children and teens.

**Coming Soon!!!!!!!!!!!!!!!**

This program is funded by the TN Department of Children’s Services.
Support Group Schedule

1st Thursday of the month
Whitehaven Branch Library
4120 Mill Branch, 38116
11:00am-12:30pm

2nd Thursday of the month
Mt. Vernon Baptist Church
620 Parkrose, 38109
11:00am-12:30pm

3rd Thursday of the month
Boling Center Exhibit Hall
711 Jefferson, 38105
11:00am-12:30pm

3rd Saturday of the month
University of Tennessee Gym -
Behind the student alumni center
800 Madison
Memphis, TN 38107
9:00 a.m.-12:00 p.m.
YEP! Youth Enrichment Program
Ages 5-18

Special Thanks to:
University of Tennessee Health Science Center
MIFA
Neighborhood Christian Center
Girl Friends Inc.
MAPA
Memphis Area Psychological Association
Relative Caregiver Program Advisory Committee
Relative Caregiver Program Staff
Memphis Grizzlies Tickets for Kids Program
Orpheum Family Series Program

Caregiver Support Group Conference Call
Please Call 901 448-3323 for more information
Support Group from your own home!
The UT Boling Center is part of the National Developmental Disabilities Network that includes University Centers for Excellence in Developmental Disabilities (UCEDD’s), Protection and Advocacy Agencies, and State Councils on Developmental Disabilities.

The BCDD is now one of the most comprehensive facilities in the nation dedicated to improving quality of life for people of all ages with developmental disabilities and their families through programs for mothers and children who have or are at risk for having special health care needs.

---

**About the UT Relative Caregiver Program**

The University of Tennessee Shelby County Relative Caregiver Program is a comprehensive public/private collaboration designed to support children whose parents are not able to raise them. These children may be cared for by a grandparent, aunt, uncle or other extended family member. Program staff respects what is unique and special within each family and provides accurate, easy to follow information about existing resources available to families.

Contact us:

**UT Boling Center for Developmental Disabilities**  
**Shelby County Relative Caregiver Program**  
711 Jefferson Avenue  
Memphis, TN 38105  
(901) 448-3133  
Program Director: Teresa L. English, MSSW  
Community Outreach Coordinator &  
RCP Newsletter Editor: Shunta Adams

*This program is funded by the TN Department of Children’s Services.*