



3333 North Front Street, Harrisburg, PA 17110 | Ph: (717) 233-1681



## February 23, 2017 Agency News and Events

**ONE OF OUR OWN TEACHES THE HARRISBURG AREA  
ABOUT PTSD**



Malinda Myers, LCSW came on as the Director of Mynd Works in July of 2016. Her therapy experience includes working with a variety of populations, including the homeless population, people with addictions and many other traumatized people. This led to her interest in trauma and continued training and research on the topic. Recently, she was asked to be on the news to discuss the nature of PTSD, what it is, and how it affects our bodies and behaviors. You can see that link [here](#).

Malinda also wrote an article depicting more about PTSD and the appropriate treatment. You can read more [here](#).



## **JOIN US FOR THE LEGACY YEAR 1 CELEBRATION**

Come celebrate our community success as we thank those who signed a letter of intent to secure our Jewish future!

This event will be held on Thursday, March 2 at Stock's Manor located at 2421 Mt Allen Drive Mechanicsburg, PA 17055. Registration will occur at



6:00pm. The Awards Presentation will begin at 6:30pm.

This event is FREE for LOI signers, their spouses, and invited guests. To RSVP please call 236-9555 or email [Rebecca Robinson](mailto:Rebecca.Robinson). This celebration is sponsored in part by Stock's Manor. Kosher Dairy Dietary Laws will be observed. Click [here](#) to see the flyer.

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## CAREGIVING BURNOUT: WHAT IS IT AND HOW TO MANAGE IT

By: Marjorie Koch, MSW, LCSW GCM



Caregiving for a spouse or an aging loved one is one of the most challenging jobs there is. While taking care of a loved one can be very gratifying and promote healing and intimacy within the relationship, it often times is accompanied by stress, exhaustion and loneliness. In 2009, according to a National Alliance for Caregiving research collaboration with AARP, it was

estimated that [65 million](#) people were serving as caregivers for vulnerable family members and friends. This number will continue to grow as people live longer and have fewer resources.

Caregiver burnout is characterized by less energy, lowered immune system, self-neglect, trouble relaxing and increased irritability and resentment towards the person you are caring for. This is very common in situations where there is not adequate support for the caregiver. As the caregiver stops getting adequate rest, stops exercising and eating well, stops getting their own medical care and starts to isolate from their support system, symptoms of [caregiver stress](#) and ultimately burnout are quick to arise. When someone gets to the burnout stage, it is impossible to be an effective caregiver.

So how can this increasingly prevalent issue be managed?

To read more about managing caregiving burnout, click [here](#) or call Marjorie Koch, Director of SeniorLinks, at JFS, 717-233-1681.

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Contact Us

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