

## HELPING FAMILY CAREGIVERS BLOSSOM DURING LIFE'S CHALLENGES

Kadamba Tree Foundation was inspired by the personal self-care journey of our founder and director. Here's Karen's story :

“I embarked on my own self-care journey with the goal of becoming a better caregiver. It was this journey that introduced me to a variety of holistic health modalities, wellness experts and Western evidence-based research on caregiving interventions. It also led me to Chennai, India, where I was introduced to traditional holistic yoga therapy. While in Chennai, I came across a necklace made from the wood of a Kadamba tree. Upon hearing that the tree blossoms at the sound of monsoon thunder, I immediately recognized the power of this symbol. Not only did it resonate with me, it offered a profound message to help caregivers persevere and cope with the unique challenges of providing care—to others and to ourselves.”

### Mission

The Kadamba Tree Foundation's nonprofit mission is to help family caregivers fill the gaps between moments of respite with practical, sustainable solutions to managing stress responses.

### Vision

We teach family caregivers individually appropriate stress management practices that help nourish and support mind, body and soul during life's challenges. our programs provide caregiver education while exploring a variety of timeless stress management techniques and tools to cultivate wellness from the inside out.



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# May at a Glance

In May, the U.S. Court of Appeals for the D.C. Circuit heard oral arguments on a rule that would make home health aides eligible for minimum wage and overtime. Following the arguments, the National Employment Law Project (NELP) held a press conference on the courthouse steps about this vital issue for the home care workforce. While there, here is what our very own executive director, Karen Marshall, had to say,

"Family caregivers provide critical assistance with activities such as bathing, dressing and shopping, with nearly half performing medical/nursing tasks. The annual value of family caregivers unpaid care has been

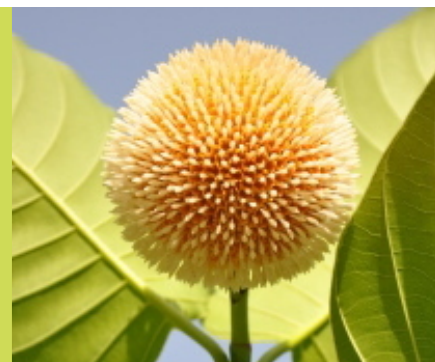
estimated at over \$450 billion. Although the care they provide is unpaid, it too often levies significant tolls such as increased risk of developing serious health conditions and depression rates that are twice the national average.

But, like family caregivers, home health workers are at risk of burnout and economic uncertainty. Patients and their families need a healthy, stable home care workforce. An estimated 23 percent of home care workers live below the poverty line. Low wages and irregular hours create high turnover in the home health workforce which has a ripple effect on the quality and continuity of care experienced by patients and their families."



**TO READ MORE ABOUT KADAMBA'S WORK VISIT**

[HTTP://WWW.KADAMBATREE.ORG/NEWS/](http://www.kadambatree.org/news/)





## National Alliance for Caregiving Launches

### "Caregiving Champions" Program

Chicago, IL (PRWEB) March 24, 2015 The National Alliance for Caregiving announced today the inaugural class of the "Caregiving Champions" program, an initiative to connect state caregiving advocates to local and national persons of influence. The program launched during the 9th Annual National Conference of Caregiving Coalitions, held in Chicago in conjunction with the American Society on Aging.

- NAC Press Release



Why We Need Champions-Karen Marshall

<http://www.youtube.com/watch?v=u3NWgGMjGi0>



Caregiving Champions- What Motivates You?

## What to Look Forward to in June

### National Safety Month

Celebrate and participate in National Safety Month to bring awareness and reduce leading causes of injury and death in our homes, jobs, communities and on the road.

NATIONAL  
**SAFETY**  
MONTH 2015

### National Men's Health Week

This week brings awareness to preventable health problems and encourages early detection and treatment of illnesses among men and boys

### National Cancer Survivor Day

This a day to celebrate those who have survived cancer, inspire those who have been recently diagnosed with cancer to continue fighting and provide support.



## Upcoming Programs

Montly Caregiving Circles (in Partnership with VITAS Healthcare) - 3rd Tuesdays, 5:30-6:45pm

Caring for You, Caring for Me - 5 Workshop Series for Health Services for Children With Special Needs, Inc.'s Male Caregiver Advocacy Support Group

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