

SPOTLIGHT

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VOLUME ONE

NOVEMBER 2021

NATIONAL FAMILY CAREGIVERS MONTH

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SENIOR SHOWER PROJECT

Celebrating caregiver life & prioritizing self-care

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CAREGIVING RESOURCES

National organizations & links

FOUNDER OF SENIOR SHOWER PROJECT

JENN CHAN

Caregiver Coach & Party Starter



When someone mentions a word like hero, I imagine a super human sporting a cape and leaping tall buildings in a single bound. Likewise, I usually picture a cheerleader as someone in a team uniform with a booming voice leading chants and firing up the crowd with a megaphone. Make no mistake—Jenn Chan fits the mold of both, but in place of a cape she throws on party attire and commands her microphone rather than a megaphone.

Taking a more positive stance on dependent adult caregiving, when society often stigmatizes the role, is no easy feat. It requires a motivational and supportive spirit with real, firsthand 'knowledge.' New caregivers can find themselves overwhelmed and sometimes lonely when faced with the heavy responsibility of caring for a loved one. It is a job that offers more sacrifices than rewards and can take a toll on your own quality of life if you are unprepared.

Knowing just how exhausting and isolating it can be from her own experiences, Jenn has envisioned a world where caregivers feel better-supported, even inspired before taking on this huge responsibility.

Putting her thoughts into action, she has formed the Senior Shower Project and believe me when I say that it is so much more than an online store. It is a

caring and sharing opportunity space where family, friends, and other members of the community can come together to not only learn how to celebrate the life of caregiving, but to also build a circle of support for the new caregiver.

"Caregiving shouldn't have to be a reactive thing. With a more proactive approach, we can set up new caregivers with resources and a sense of community utilizing tools, advice, and shared experiences. It's sort of like how a baby shower helps new pregnant persons prepare for their new parenting role, a Senior Shower prepares a new caregiver for taking care of a dependent older adult in their family," Jenn explains.

In early 2021, Jenn also began promoting caregiver self-care awareness through her Senior Shower Project's free virtual Caregiver Dance Party, which takes place on the third Fridays of each month. Caregivers all across the nation have the chance to meet other caregivers and unwind in a low-stress and inclusive, "good-vibe" space. Participants can mingle, freely put on their best moves, or simply relax and enjoy the music for 90 minutes a month, with cameras either on or off. This virtual platform through Zoom allows caregivers and their supporters access to much needed down time for themselves, which is a key element to (continued on page 2)

"Most of us will become caregivers at some point in our lives. Why not get set up for success with a circle of support right from the beginning?"

For more information:
info@seniorshowerproject.com

successful caregiving. Jenn describes it as a dance therapeutic support group that provides connection and stress-relief. "When you think of a dance party, you do not usually think about caregivers, but caregiving can be fun too! I want to offer that to as many as I can in order to change caregiving culture."

I had the pleasure of attending the masquerade-themed October dance party and I thoroughly enjoyed listening to the mashups of upbeat disco, soulful funk, and house music. Jenn did not disappoint with her costume changes and amazing mixes, while everyone danced and utilized the Zoom chat throughout the night.

If you are looking for someone to mentor your new caregiving experience, offer self-care tips, and provide celebrations for your new role, Jenn is your go-to-person. She is also a planning committee member of the Bay Area's Free Caregivers Count Conference, held every year for four weeks during the month of October. For more information about this free annual conference, please visit their website: www.caregiverscount.net.

Jenn Chan, you are such an inspiration, and your energy and caring demeanor have not gone unnoticed! Thanks so much for supporting the life of the caregiver! You and all caregivers are unsung heroes!

For the month of November, consciouscafes.com honors National Family Caregivers Month. If you or someone you love is a family caregiver, please check out the free resource links connected to the coffee mugs on this page!



NOVEMBER

**IS
NATIONAL FAMILY
CAREGIVERS
MONTH**



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Resource
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HELLO



COMRADES

Sometimes difficult circumstances bring about new ideas, and when these new ideas collide with creative minds, collaborations can emerge. Consciouscafes.com is a space that celebrates creative and inclusive minds as well as highlights those who are often overlooked in today's society. This virtual "mini-mag" is just one example of what arises when we look outside ourselves to find the "good news" and happen upon others doing amazing work in the community. I'm a strong believer in taking hold of opportunities to learn something new whenever possible. These spotlight articles and resource links are a way of spreading the good works of others while offering a shared knowledge surrounding diverse topics. Come read about people you may never have heard of. Learn something and get inspired by them. It's my way of showing appreciation for those who help *me* envision a more creative and inclusive world.

Thanks for reading.

A handwritten signature in white ink that reads "Brandy". Below the signature is a small, stylized logo or icon.

EDITOR'S NOTE