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# Family Eldercare



We are thankful for all who support Family Eldercare in providing our clients with comfort and protection this holiday season. We hope that you have a warm and wonderful Thanksgiving filled with joy.

From our family to yours,  
**Happy Thanksgiving**

## Celebrating Family Caregivers

Join Family Eldercare as we continue to celebrate the tremendous contributions of more than 65 million sons, daughters, spouses and other family members who are caregivers in the U.S. As Rosalyn Carter said, "There are only four kinds of people in the world - those who have been caregivers, those who are currently caregivers, those who will be caregivers and those who will need caregivers."

Who is a caregiver? A caregiver is someone who assists a loved one when they are no longer able to care for themselves, due to illness, disability or age. At Family Eldercare, we work with adult children, partners, neighbors and family friends who have all lent a hand in helping their loved ones age as independently as possible. Some simply identify themselves as a husband, wife, daughter or niece, rather than as a caregiver. While they have many faces, according to the [National Family Caregivers Association](#), the typical family caregiver is a 49-year-old woman caring for her widowed 69-year-old mother who does not live with her. She is married and employed. Approximately 66% of family caregivers are women and more than 37% have children or grandchildren under 18 years old living with them.

Day in and day out, family caregivers in this country fulfill a vital role on the care team. No one else is in a better position to ensure continuity of care. [Read more...](#)

## Ray & Marlyn's Story

Ray and Marlyn grew up three houses apart in their home town of Bennington, Vermont. Sparks flew in 1945 when Ray returned from war and finally noticed that Marlyn was all grown up, though he jokes, "*she* had her eyes on me." In July of 1948 they were married and celebrated their 63rd anniversary this year. Ray was a career military man, retiring as a Lieutenant Colonel in the US Air Force, and Marlyn worked hard at home, raising their three wonderful children. As the children migrated to Texas for work, Ray and Marlyn followed and have called Austin their home ever since.

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## Donate Goods: Winter Wish List

Many of Family Eldercare's programs work with low-income seniors and adults with disabilities who are unable to afford simple every day and seasonal items on their fixed monthly income. With cold weather quickly approaching these gifts are more important than ever. Please look at the list of items below and [contact us](#) if you can help.

- New space heaters
- Gift cards for local grocery stores
- New/gently used sweat shirts or flannel shirts
- Toiletries



In 1990, Marlyn became ill and Ray took on the role of caregiver. Last year, she was hospitalized with a collapsed lung. She spent several months in a rehab facility where Ray visited faithfully three to four times each day. But it still wasn't home. He said that she was "always looking at the door, she was

so lonely." Ray decided it was time to bring her home, but he would need help. After encouragement from his son, Ray contacted Family Eldercare for assistance.

Belle and Ivy, two of Family Eldercare's Care Attendants, came to help care for Marlyn, alternating three days per week. "You have two jewels there," Ray brags about the Care Attendants. While the Care Attendant cares for Marlyn, Ray has a break from laundry, meal preparation, housekeeping, bathing and personal care.

After receiving care in the comfort of her home, Marlyn's health improved, "I was so happy to be home," she said. Marlyn is grateful to have such a loving husband and the support of Family Eldercare so that she is able to enjoy a better quality of life. "He's a good man," she says, referring to how her husband cares for her and dotes on her, but having Belle and Ivy "means that he doesn't have to do everything."



Help Family Eldercare "Make the Holidays Brighter" by participating in our annual Holiday Giving Drive. Each year the Holiday Giving Drive provides gifts to more than 300 seniors and adults with disabilities in Travis and Williamson Counties who otherwise would not receive gifts during the holidays. You can become involved by sponsoring a client and/or delivering gifts. Currently, we have 131 clients sponsored, but we have 207 more who need your help. For more information about how you, your group, co-workers or business can participate [click here!](#)

### About Family Eldercare

Family Eldercare provides essential services to seniors, adults with disabilities, and caregivers.

**Family Eldercare**  
1700 Rutherford Lane  
Austin, TX 78754

805 W. University Avenue

- [For a full list of items and instructions on how to donate click here.](#)

### Like us and Win!

During the month of November, "Like" us on Facebook and be entered to win either a \$75 gift certificate to NoRTH Restaurant or a \$25 gift certificate to the Alamo Drafthouse!

If you're already our friend, don't worry, you are automatically entered. If you're not, sign up today! The drawing will be held on Wednesday, November 30th and the two winners will be announced on Facebook.

[Like us on Facebook](#) 

### Senior Luncheon - How You Can Help

Help spread holiday cheer - volunteer to cook and/or serve a holiday luncheon to more than 500 seniors on **December 14th!** For the past 8 years the Austin Fire Department has put on this event to serve low-income seniors a holiday meal. If you would like to help out at this great event between 6:30am and 3:30pm please call 512-483-3579 or email [bbiddle@familyeldercare.org](mailto:bbiddle@familyeldercare.org).

**Are you caring for a parent or loved one? We can help.**  
**(512) 467-6168**

[Join Our Mailing List](#)

[www.FamilyEldercare.org](http://www.FamilyEldercare.org)

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