

# Join NFCA in Celebrating National Family Caregivers Month 2007



NFC Month – observed every November – is a nationally recognized time to focus attention on the more than 50 million family caregivers who provide 80% of our nation’s long term care services. Currently, family caregivers provide over \$306 billion annually in “free caregiving services” to their loved ones. NFC Month is a time to SPEAK UP for family caregivers by advocating for stronger public policy to address family caregiving issues and increase the community programs that support family caregivers. During NFC Month and every day, the National Family Caregivers Association encourages family caregivers to:

**Believe** in Yourself. **Protect** Your Health. **Reach Out** for Help. **Speak Up** for Your Rights.

To learn more about how you can become involved in NFC Month, visit [www.thefamilycaregiver.org](http://www.thefamilycaregiver.org).

## Order Form

Credit card orders may be placed online at [www.thefamilycaregiver.org](http://www.thefamilycaregiver.org)

Name _____ Organization (if applicable) _____ Address _____ _____ City _____ State _____ Zip _____ Phone (    ) _____ Fax (    ) _____ Email _____	Shipping address (if different from address at left) _____ _____ _____ City _____ State _____ Zip _____ <b>Payment:</b> <input type="checkbox"/> Check enclosed <input type="checkbox"/> Visa <input type="checkbox"/> Mastercard Name _____ Card Number _____ Expiration Date _____ Signature Required _____
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Return this order form with your payment to:  
**National Family Caregivers Association**  
 10400 Connecticut Ave., Ste. 500, Kensington, MD 20895-3944

### Part I: NFC Month 2007 Promotional Materials

#### Basic NFC Month 2007 Kit

Includes a list of suggested ways to celebrate NFC Month, plus:

- One NFC Month Poster
  - 20 Buttons
  - 20 copies of the new Pamphlet:  
**new!** “Speak Up”
  - 20 copies of Pamphlets:
    - “Safe & Sound: Preventing Medical Mishaps”
    - “Support Group Guide: For Family Caregivers”
  - 20 Bookmarks  
**new!** “4 Messages to Live by: Believe, Protect, Reach Out, Speak Up”
- \$25.00/members, \$30.00/nonmembers x \_\_\_\_\_ = \$ \_\_\_\_\_

Additional quantities of individual items are also available.  
 See listing at right and on reverse side.

#### NFCA Specialty Items

NFC Month celebratory items help raise awareness, provide an easy way to honor caregivers and show your support for the caregiver cause.

	<b>member</b>	<b>non-mem</b>		
NFC Month T-Shirts (each)				
__M __L __XL	\$13.00	\$16.00	x _____	= \$ _____
__XXL (ltd. supply)	\$14.00	\$17.00	x _____	= \$ _____
NFC Month Posters (each)				
	\$6.00	\$8.00	x _____	= \$ _____
Buttons (one dozen)	\$6.50	\$8.50	x _____	= \$ _____
Note Pads	\$10.00	\$14.00	x _____	= \$ _____
with “Believe. Protect. Reach Out.” message (1/2 doz.)				
NFCA Key Chain*	\$5.00	\$7.00	x _____	= \$ _____
NFCA Mouse Pad*	\$7.50	\$9.00	x _____	= \$ _____

**PART 1 SUBTOTAL** \$ \_\_\_\_\_

\* CONTACT NFCA FOR SPECIAL VOLUME PRICING.

**(OVER)**

## Part 2: NFCA Publications

The following is a shopping list of educational materials that you can purchase separately.

(Sold in packs of 20 each.)

- New!**  
**Speak Up**  
 mem/\$6.50 nonmem/\$9.50 x \_\_\_\_\_ = \$ \_\_\_\_\_
- 1,2,3 Steps 4 Caring Every Day  
 mem/\$6.50 nonmem/\$9.50 x \_\_\_\_\_ = \$ \_\_\_\_\_
- Accessing Resources: Telephone Tips and Techniques  
 mem/\$6.50 nonmem/\$9.50 x \_\_\_\_\_ = \$ \_\_\_\_\_
- Believe in Yourself: Take Charge of Your Life  
 mem/\$6.50 nonmem/\$9.50 x \_\_\_\_\_ = \$ \_\_\_\_\_
- The Best Present You Can Give Your Loved One: Your Own Good Health  
 mem/\$6.50 nonmem/\$9.50 x \_\_\_\_\_ = \$ \_\_\_\_\_
- Improving Doctor/Caregiver Communications: A Guide for Family Caregivers  
 mem/\$6.00 nonmem/\$9.00 x \_\_\_\_\_ = \$ \_\_\_\_\_
- Managing Family Caregiving: Techniques That Can Help  
 mem/\$6.50 nonmem/\$9.50 x \_\_\_\_\_ = \$ \_\_\_\_\_
- Reaching Out for the Help You Need  
 mem/\$6.00 nonmem/\$9.00 x \_\_\_\_\_ = \$ \_\_\_\_\_
- Safe & Sound: Preventing Medical Mishaps  
 mem/\$6.50 nonmem/\$9.50 x \_\_\_\_\_ = \$ \_\_\_\_\_
- Share the Caring  
 mem/\$6.00 nonmem/\$9.00 x \_\_\_\_\_ = \$ \_\_\_\_\_
- Support Group Guide: For Family Caregivers  
 mem/\$6.50 nonmem/\$9.50 x \_\_\_\_\_ = \$ \_\_\_\_\_
- When Your Loved One is Hospitalized: Helpful Hints  
 mem/\$6.50 nonmem/\$9.50 x \_\_\_\_\_ = \$ \_\_\_\_\_
- Bookmarks:  
**New!** "4 Messages to Live by: Believe, Protect, Reach Out, Speak Up"  
 mem/\$5.00 nonmem/\$7.00 x \_\_\_\_\_ = \$ \_\_\_\_\_
- Ten Tips for Caregivers (English)  
 mem/\$5.00 nonmem/\$7.00 x \_\_\_\_\_ = \$ \_\_\_\_\_
- Ten Tips for Caregivers (Spanish)  
 mem/\$5.00 nonmem/\$7.00 x \_\_\_\_\_ = \$ \_\_\_\_\_

**New!**

### A Family Caregiver Speaks Up... **IT DOESN'T HAVE TO BE THIS HARD**

(A revised and updated edition of LOVE, HONOR & VALUE)

By Suzanne Mintz, NFCA's President & Co-founder

"Suzanne Mintz has written the perfect book for everyone who ever has or ever will take care of a loved one — parent, spouse, child or sibling. With her own powerful personal story, she tackles the range of emotions and the challenges facing every caregiver. And most important, she offers advice on how to ask for help. As the mother of a son with a disability, I only wish I'd read Suzanne's book before I brought him home from the hospital."

— Judy Woodruff, Senior Correspondent for the NewsHour  
 with Jim Lehrer

#### 25% discount for NFCA members

mem/\$11.20 nonmem/\$14.95 x \_\_\_\_\_ = \$ \_\_\_\_\_

Postage per single copy \$5.00

(add \$1.00 for each additional copy) Postage \$ \_\_\_\_\_

**PART 2 SUBTOTAL** \$ \_\_\_\_\_

## Part 3: Have You Joined NFCA?

National Family Caregivers Association envisions an America in which family caregivers lead full and productive lives, free from depression, pain, isolation, and financial distress. Our mission is to empower family caregivers to act on behalf of themselves and their loved ones, and to remove barriers to health and well being. Please join us today to help make a difference.

	1 year	2 year	
Family Caregivers	<b>FREE</b>		
Individual Professionals	\$40.00	\$75.00	\$ _____
Nonprofit Organizations	\$60.00	\$110.00	\$ _____
For-Profit Companies/ Corporations	\$100.00	\$190.00	\$ _____

A list of professional/organization benefits can be found at [www.thefamilycaregiver.org](http://www.thefamilycaregiver.org).

I would like to make a tax deductible contribution \$ \_\_\_\_\_ to NFCA.

**PART 3 SUBTOTAL** \$ \_\_\_\_\_

## Order Summary

### ORDER SUMMARY

**PART 1 SUBTOTAL** \$ \_\_\_\_\_

**PART 2 SUBTOTAL** \$ \_\_\_\_\_

**PART 3 SUBTOTAL** \$ \_\_\_\_\_

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**TOTAL ORDER** \$ \_\_\_\_\_

**NFC Month materials will be available in late September. Standard shipping fees are included in your order. Large orders or requests for expedited shipping are subject to additional fees. NFCA staff will contact you if additional charges apply.**

NATIONAL FAMILY CAREGIVERS ASSOCIATION  
 10400 Connecticut Avenue, Suite 500  
 Kensington, Maryland 20895  
 301/942-6430 800/896-3650 Fax: 301/942-2302  
[info@thefamilycaregiver.org](mailto:info@thefamilycaregiver.org) [www.thefamilycaregiver.org](http://www.thefamilycaregiver.org)

# National Family Caregivers Month 2007

## Promotional Items

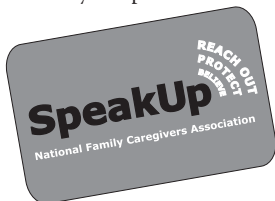
### T SHIRTS

White, heavy weight 50/50 blend material with colorful logo, available in M, L, XL, XXL. (Corporate sponsor logos on the back)



### BUTTONS

2 3/4" x 1 3/4" square with safety clasp



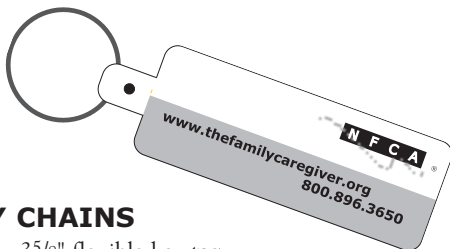
### NOTEPADS

5 1/2" x 8 1/2" pads



### KEY CHAINS

1 1/4" x 3 5/8" flexible key tag



### POSTERS

Full color 14" x 24"

**BELIEVE** In yourself,  
**PROTECT** your health,  
**REACH OUT** for help,  
**SPEAK UP** for your rights.

www.thefamilycaregiver.org 800.896.3650

### MOUSE PADS

8 1/2" x 7 1/2" with vinyl surface

To learn more about NFC Month and receive updates and order forms for materials, contact



NATIONAL FAMILY CAREGIVERS ASSOCIATION

www.thefamilycaregiver.org 800/896-3650

10400 Connecticut Avenue, Suite 500, Kensington, MD 20895 ■ Fax: 301/942-2302 ■ info@thefamilycaregiver.org

# Top 10 Ways

## To Celebrate

### National Family Caregivers Month 2007

- 1** Offer a few hours of respite time to a family caregiver so that they may spend time with friends, or simply relax.
- 2** Send a card of appreciation or a bouquet of flowers to brighten up a family caregiver's day.
- 3** Offer to help with home repairs, yard work or indoor house cleaning, or encourage a local business to donate these services.
- 4** Help a family caregiver decorate their home for the holidays or offer to address envelopes for their holiday cards.
- 5** Offer comic relief! Purchase tickets to a local comedy club, give a family caregiver your favorite funny movie to view, or provide them with a book on tape.
- 6** Find 12 different family photos and have a copy center create a 2008 calendar that the family caregiver can use to keep track of appointments and events.
- 7** Offer to prepare Thanksgiving dinner for a caregiving family in your community, so they can just relax and enjoy the holiday.
- 8** Take a few minutes to write a letter encouraging your mayor, county executive, or governor to issue a local proclamation establishing November as National Family Caregivers Month. Contact information for government officials can be found at [www.firstgov.gov](http://www.firstgov.gov).
- 9** Become a part of the National Family Caregivers Story Project. Encourage the family caregivers you know to share their stories at [www.thefamilycaregiver.org](http://www.thefamilycaregiver.org).
- 10** Join the National Family Caregivers Association (NFCA) and show your support for family caregivers. For more information, call NFCA at 800/ 896-3650 or visit our Web site at [www.thefamilycaregiver.org](http://www.thefamilycaregiver.org).

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NATIONAL FAMILY CAREGIVERS ASSOCIATION

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800/896-3650