

THE BEDFORD BANNER

April/May 2005

Volume 9, Issue 2

Caregivers in the Workplace Have Special Need

By Leann Thieman
www.leannthieman.com

John, a dedicated employee, doesn't linger at the coffee pot, but grabs a cup, black and hustles to his first assignment of the day. For two hours, he toils, efficiently, cheerfully, even though he didn't get much sleep last night. Then he begins his next task, working faster now because another still awaits him. This job is done; he grabs another cup of coffee and heads out the door, to work.

John is one of the 54 million Americans who is a caregiver for a family member. This problem, of near-crisis proportion, escapes no business today. At any given time, 20-50 % of the workplace is dealing with a care giving situation; nearly one half of all caregivers work outside the home

A recent study showed that 82% of working caregivers came into work late or left early as a result of care giving and more than half modified their work schedules. Many take unpaid leaves of absences, or take personal or sick days to provide care. They make long and frequent phone calls on the job; have more mistakes, conflicts, accidents, and poor morale and health problems. Caregivers have more stress related illnesses, utilizing the company's health care plan and adding costs to the employer. Caregivers sometimes quit their jobs early, often turn down promotions, overtime and assignments or take early retirement.

Employers can make a tremendous difference in the professional and personal lives of their caregiver-employees, as support from co-workers and supervisors are their greatest need. Extending compassion and empathy is the first step. Encouraging the caregiver to care for themselves is vital. Remind them to get regular check ups, to eat properly, exercise and get adequate sleep. Suggest the use of relaxation or stress management techniques, such as meditation, biofeedback, yoga, and to take time out for themselves. Advise them to pay attention to their own feelings, and emotions, and to seek counseling and support groups if needed.

One of the greatest workplace needs is flexible hours and time off. This benefits all workers, regardless of their age or family situation. Other program considerations should include providing information about support services available, such as elder care services, adult daycare, respite care, or home health assistance. These resources can be provided onsite in lending libraries with in-depth information about resources in a format that minimizes the time required to access them, such as web-based, printed video materials.

Care giving employees are the ones most worthy of retention, as their determination and commitment apply to both their home and work lives. Supporting them is a win/win/win proposition. The family member gets care from someone who loves them, the employee keeps their commitments to both priorities in their lives, and the employer retains a dedicated, cheerful, efficient employee.

WHAT IF THE BASE CLOSSES?

The Hanscom Area Town Selectman (HATS) have recently held two public meetings to discuss contingency plans for Hanscom if it finds itself on the Base Realignment & Closure List (BRAC) to be released on May 16. They will produce a final report at that time. The meetings were taped and are being aired on Bedford Cable TV.

(check the chamber page for program schedule)

Town Events Calendar is Up and Running

The Town of Bedford in collaboration with Bedford Public Schools, Bedford Community Partnership, and the Bedford Chamber of Commerce, is pleased to make available a Town Events Calendar on-line through the Town of Bedford web site. The purpose of the on-line calendar is to increase citizen awareness of and participation in large community-wide events and decrease scheduling conflicts, especially for families with children and who might be involved in several activities. The on-line Town Events Calendar enables the Town and School to post the significant events intended to draw a large number of citizens. Other organizations can check this master schedule before arranging their own event so as to maximize participation by not double-booking. Events to be listed

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Bedford Community Access Television, Inc. (BCAT), is up and running!

Kim Barber, the new Executive Director, has been keeping busy with equipment and facility upgrades, membership information and developing ways for BCAT to be a resource to the Bedford Community.

BCAT is a non-commercial, non-profit community resource for residents, organizations and businesses in Bedford. Membership in BCAT offers access & training so the community can produce their own shows. Organizations can use local TV channels to raise awareness for their mission, events and needs. Businesses can sponsor shows and get their name out to the local community. Classes in digital camcorders, editing and studio production are being set up for the Bedford Community to be trained.

The Community Bulletin Board is a video based bulletin board that organizations can submit information to. These bulletins run on channel 9 throughout the day to homes that carry cable in Bedford. Thousands of residents can be reached with your message. One page messages can be emailed to cbb@bedford.tv.

Information on membership, sponsorship, training classes and more will soon be available on our web site www.bedford.tv. Always feel free to call 781-275-5520 or stop in and say hi; we are located in the High School.

Bedford Community Access TV
P.O. Box 203
Bedford, MA 01730
phone: 781-275-5520
fax: 781-275-6672
web: www.bedford.tv
ED email: kbarber@bedford.tv
Community Bulletin Board email:
cbb@bedford.tv

CHAMBER CALENDAR



April 7 7:30 a.m.	Chamber of Commerce Directors Meeting NOTICE DATE CHANGE <i>Old Town Hall (Great Room 3rd floor)</i>
April 21 12:00 noon	Working Woman's Alliance Meeting <i>Frank Webb Bath Center 160 Middlesex Turnpike</i>
April 26 5:30-7:30 p.m.	Spring Multi Chamber Networking Event <i>Waltham Doubletree Hotel, Waltham, MA</i>
May 12 7:30 a.m.	Chamber of Commerce Directors Meeting <i>Old Town Hall (Great Room 3rd floor)</i>
May 19 5:30-7:30 p.m.	Woman in Business Networking Event <i>Marty's Furniture, Melrose MA</i>
May 19 12:00 noon	Working Woman's Alliance Meeting <i>To Be Announced</i>
May 31 4:45 p.m.	Sovereign Senior Prom Stroll <i>Town Common</i>
June 3 8:00 a.m.	Chamber of Commerce Golf Tournament <i>Patriot Golf Course, Springs Road</i>

Barbara Davis to Head up Chamber Development

We extend a big welcome to our new Ambassador, Barbara Putnam Davis who is now working on development and membership for the Chamber of Commerce. Barb will be responsible for increasing membership in the chamber and developing a network in support of the Chamber's mission to improve commerce and quality of living and working in Bedford. In addition, she will work to solicit new sponsors for Chamber events, starting with the golf tournament in June.

Chamber President, Larry Gould notes, "We are pleased in the extensive network and professional skills that Barb brings to this role. She brings a wide range of volunteer experience and a commitment to Bedford that is unique. Her spirit of lending a helping hand was recognized by being presented the 2004 Outstanding Service to the Chamber Award, and we are excited to have her on board."

In addition, Maureen Sullivan notes that Barb has been a member of the Chamber for several years as a Mary Kay Consultant. In addition, she participated as a Chamber volunteer on behalf of the Bedford Business Education Alliance due to the support of Chamber members. Barbara brings 5 years of fundraising and development experience to this position, with 22 years of experience in finance, marketing and operations in High Tech. She is a NE Huskies fan, holding an MBA from Northeastern. Barbara lives in Bedford with her three sons.

BEDFORD COMMUNITY ACCESS TV CLASSES ARE HERE!

Orientation is the first class all potential BCAT members must take; after that, choose your area of interest: digital camcorders, studio production or editing. For class schedule check out the Community Bulletin Board on Channel 9 or BCAT web page at www.bedford.tv. Special arrangements for classes outside the regular schedule are welcome. Call 781-275-5520 to schedule!

Bedford Chamber of Commerce Presents a Multi-Chamber Program Network Spring Business Card Exchange

*Arlington, Bedford, Billerica, Concord, Lexington, Malden, Medford, Melrose, North Suburban,
Reading-North Reading, Stoneham, Wakefield, Winchester, Wilmington*

TUESDAY, April 26, 2005 5:30 – 7:30 P.M.

\$10.00 Member; \$20.00 non-member

Hosted by

DOUBLETREE GUEST SUITES HOTEL

550 Winter Street, Waltham

Mark your calendars, gather your business cards and brochures,
and make your reservation for another great networking event –
one you do not want to miss!

Bring plenty of business cards, sales brochures, and promotional items for
shared display tables that are provided at no additional cost. First come first served basis.

Over 200 people typically attend our multi-chamber events.

Don't miss out! Bring a friend or business associate.

NETWORKING SEMINAR

(4:30–5:30 p.m.)

“Winning Sales People”

Given by Linc Miller of Greg Nanigian & Associates, Inc.

Please join us – This is a “can’t miss” opportunity!

To make reservations, please complete and return this form with a check to the Bedford Chamber of Commerce 12
Mudge Way 2-2 Bedford, MA 01730 by **April 22, 2005**.

Company: _____ Telephone: _____

Address _____ email: _____

Attendees: _____

Make check Payable to the Bedford Chamber of Commerce

or you can now pay online with  for your convenience

THE BEDFORD CHAMBER OF COMMERCE**Invites You to a
Multi-Chamber Program Network**

*Arlington Bedford Billerica Concord Lexington Malden Medford Melrose North Suburban
Reading-North Reading Stoneham Wakefield Waltham Wilmington Winchester*

Women in Business Meeting

FEATURING

Janice Bissex, Author and Nutritionist

A resource for local and national media, Janice has appeared on CNN, PBS, New England Cable News, WCVB-TV, WHDH-TV, Fox5-DC, Good Day Atlanta, and Boston's WB56, and conducted dozens of live TV interviews nationwide as part of a media tour surrounding her book launch. Her book, *The Moms' Guide to Meal Makeovers* has been featured in national and local press including Newsweek, The Boston Parents' Paper, Readers Digest, The Boston Herald, Parents magazine, and Parenting magazine. Janice spent ten years at the Boston Harbor Hotel, consulting with the hotel's award-winning executive chef and counseling clients at the hotel's health club. There, she created "Food & Wine for Life," an annual event featuring nutrition seminars and cooking demonstrations.

Hear About Her Successes and Challenges

Date: Thursday, May 19, 2005

Time: 5:30 -7:30 PM

Place: Marty's Furniture, 99 Washington St., Melrose

Cost: \$10 members, \$20 non-members

YOU WON'T WANT TO MISS THIS DYNAMIC PROGRAM!

Generously Sponsored by Marty's Furniture of Melrose

Appetizers, beer, wine and soft drinks will be served

To make reservations, please complete and return this form to
Bedford Chamber of Commerce, 12 Mudge Way 2-2, Bedford, MA by Friday, May 13th, 2005.

Company: _____

Telephone: _____

Address: _____ email _____

Attendees: _____

Make checks payable to Bedford Chamber of Commerce or you can pay online 



Welcome to New Members

Liz Coules
Coldwell Banker
Residential Brokerage
49 The Great Road

Bedford, MA 01730
Phone: 781 275 7111
Fax: 781 275 4688
www.newenglandmoves.com

Membership Renewals

Harold F. Nichols Insurance Agency, Inc.
Minuteman Volkswagen
Bond Associates
Gould Motors, Inc.
Frank Webb's Bath Center
Edith Nourse Rogers Memorial Veterans
Hospital
Mr. David Hannum
Callahan's Karate Studio
Town Planner
Richard Egan Insurance Co.
Spencer Company
The Equipment Shop
Bedford Funeral Home, Inc.
Waterhouse Leather Co. Inc.
Usability Resources, Inc.

Walk for Hunger

Project Bread's annual Walk for Hunger is Sunday, May 1. Walkers will enjoy a 20-mile route weaving through Boston, Brookline, Newton, and Cambridge, and will be provided with entertainment and free snacks along the way. This year, an expected 40,000 participants will raise more than \$3 million in pledges to help fund 400 food pantries, soup kitchens, food banks, and food salvage programs across Massachusetts. Registration is from 7:00 to 9:00 a.m. on Boston Common. For more information, call 617-723-5000 or visit www.projectbread.org.

**You can now pay on-line
with PayPal for Chamber
events & membership.**

**Visit
www.bedfordchamber.org
to sign up & pay for
upcoming events!!**

Town Events Calendar

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on the Town Events Calendar will be special events of the community. This would include meetings that affect every member of the Bedford community or a significant portion. The calendar is not designed to list routine meetings involving small groups. The Town maintains a separate public meeting calendar on the Town web site for meeting of Town boards and committees. Check it out by going to www.bedfordchamber.org and hitting the link.

The Bedford Chamber of Commerce, Inc.

16 South Road
Bedford, MA 01730
Tel. (781) 275-8503
www.bedfordchamber.org
Office Hours:
Monday, Wednesday, Thursday
7:30 a.m.-1:30 p.m.

President: Lawrence Gould
Executive Director: Maureen Sullivan
Newsletter Design/Printing:
Partnership Resources