

Caring For Caregivers



Gifts

- G-Gather with family
- I- Invite joy into your life
- F-Focus on Love
- T-Trust yourself
- S-Share the spirit

Elderhaus Caregiver Groups

Life Transitions Group

Every Monday 1-3 p.m.
or every Wednesday 9-11 a.m.
At Elderhaus

FTD Caregivers Group

Third Tuesday Monthly
2:30-4 p.m.

Daz Bog @ Cherry and Mason

Christmas Caregiving

What if you don't feel merry? Christmas can be difficult for caregivers. There's lots of noise, lights and visitors which can be overstimulating for those with dementia and overwhelming for caregivers.

Is this my loved one's last Christmas? Such a painful question may put undue stress on caregivers to make this the "perfect" Christmas. Perfect is not attainable, but there are tips to create a Christmas that is doable and satisfying. Slow down your pace, delegate tasks, and manage the timing of visits and the number of visitors. Select activities which mean "Christmas" to you and your loved one, and let the rest go. Listen to Christmas music and sing along. Music and memories go together. Sip hot chocolate. Sit quietly and enjoy the lights on your tree.

The Grinch has not stolen Christmas and there can still be Christmas in our hearts. ❤️💚

Merry Christmas everyone.

Papa's Changes

Linda Osmundson has written a wonderful book about Dementia through a Child's eyes. ***Papa's Changes*** celebrates what was and the new normal. Linda knows firsthand how dementia affects spouses and family members. Her husband Bob died last year from PSP, a less common dementia. Linda is a member of one of the caregiver support groups at Elderhaus and is dedicated to helping others on their dementia journeys. She is an invaluable member of the support group and the many organizations she is active in. Linda has sold hundreds of copies and the book is on Amazon. The paperback is 12.95 and the hardback is 19.95. The wonderful illustrations are done by Laura Peters.

What do you call Santa's helpers?

A. Subordinate clauses.

What do you call a Santa living at the South Pole?

A. A lost clause.

What nationality is Santa Clause?

A. North Polish.

Caring About Care

In Forbes magazine, Robin Seaton Jefferson writes that caregivers do not have the support they need, and the emotional and financial costs of caregiving are staggering. This is not news to caregivers! Jefferson shares the results of a national survey done by *Caring Across Generations* and the *Women's Alzheimer's Movement*. The consensus is we are "...woefully unprepared for the cost and burden of Alzheimer's [and other dementias] and caregiving at every stage of life..." Again this is not news to caregivers. Our senators and representatives need to hear from their constituents and grassroots organizations of caregivers. This means they need to hear from YOU, a caregiver who knows first hand the problems caregivers face and the lack of support. Speak up and let your representatives know how you feel. AARP has legislation information.

Senator Michael Bennett: 303-455-7600.

Senator Cory Gardner: 970-484-3502.

Governor Jared Polis: 303-866-2471.

Mayor Wade Troxell: 970-416-2154.

Let your representatives know that you expect them to support legislation that shows they are caring about care.

Elderhaus Adult Day Program, Inc.

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For info, call Tim or Danita @ 221-0406

