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CAREGIVER TIPS

Pumpkins on the doorstep, cranberries in the grocery stores, and decorations at the mall foretell that Thanksgiving and Christmas are coming. As we prepare, we are often at our limits with long to-do lists and expectations. Care giving responsibilities seem to never end. So how do we keep the JOY in the season?

Begin by looking in the mirror, taking a few deep, calming breaths and smile. What do you see? Starting with our own attitudes, we can make a choice to approach life positively. Each week at the House of Friends it is obvious that good cheer is contagious. One person's JOY is reflected in another's smile, and the chain of optimism touches each volunteer and participant. Whether it's reminiscing about childhood school days in September or wearing frightfully silly costumes at our Fall Fun Fest, it is possible to create moments that are wonderful.

During the holidays, perhaps the most difficult thing for caregivers to do is to retain some perspective on what's best for their loved ones—and for themselves as caregivers.

- **Manage expectations for yourself.**

SET PRIORITIES, choosing holiday activities and traditions that are most important to you and focus on them. Do the important things first. SIMPLIFY. Bake only one or two kinds of cookie and hold smaller family gatherings. USE RESOURCES AND DELEGATE tasks to family members and friends. Now is the time to call on those who have offered their assistance. Ask a friend to come over for a short visit.

- **Prepare your home.**

Keep it simple.

- **Involve your loved one in activities by doing.**

REMINISCE, using photos and pictures. Reminisce Magazines in the Lending Library can spark a memory. SING some familiar carols. WRAP GIFTS,

bake a pumpkin pie together, take a drive to view holiday lights and decorations.

- **Let go of your expectations and Let God be a part of your life and within your heart.**

Find a JOY by starting with yourself. Keep the JOY by doing an attitude check. Our live is simply a reflection of our actions. Keep God in your heart.

Wishes for a bountiful Thanksgiving.

May your Christmas be bright with promise, glad with hope, and blessed with peace and joy.



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“Joy is not in things, it is in us”, *Richard Wagner.*

“Fill your life with as many moments and experiences of joy and passion as you humanly can. Start with one experience and build on it”, *Marcia Wieder.*

“Joy is very infectious; therefore, be always full of joy”, *Mother Theresa.*

“Real joy comes not from ease or riches or from the praise of men, but from doing something worthwhile”, *Pierre Conaille.*