



**Thrive Alliance Caregiver Services Mission Statement:**  
*Helping caregivers through their journey one step at a time.*

**New Year's Resolutions to Consider**

1. I give myself permission to not keep the following resolutions or to keep them only partway.
2. When I feel I am imperfect, I will remember that guilt is not an option as long as I know I did the best I could, given the circumstances.
3. I will find time alone for myself, even though that seems impossible. That may mean asking for help from people and sources I've never considered before.
4. Regardless of how deserving the source, I will say "No" to requests for my time when I can't add any more to my plate.
5. I will remember that family members and friends who are not care receivers deserve some of my time. This may mean a little less of my attention will go to my care receiver, and that is okay.
6. I will follow through with my own health care appointments and screenings, including dental cleanings and eye exams.
7. I will find a way to monitor my own energy levels so I can recharge my batteries before I hit the point of exhaustion.
8. I will remember that seeking advice from professionals, organizations and fellow caregivers is a sign of strength, not weakness.
9. I will remember that my care receiver didn't choose the illness or disability that he or she is living with.
10. I will remember that I didn't choose this life for my care receiver either, so I won't be a martyr to their illness.
11. I will remember that taking care of my own needs isn't selfish. Taking care of myself benefits everyone I love.
12. I will get appropriate help for myself if depression, anxiety or other mental health issues become apparent to me, my friends or my family.
13. I will be open to alternative ways of caring for myself. This can include massage, aroma therapy, some form of meditation, exercise, attending a support group, seeking out respite care, or meeting with a therapist.

*From: Safe At Home Senior Care*

Do you have an email address?

Want to receive your newsletters electronically?  
Please submit your email address to me for future correspondence! You can email me at  
**[jferril@thrive-alliance.org](mailto:jferril@thrive-alliance.org)**.

Caregivers of Older Adults support groups are currently held the third Thursday of each month at 2:30 p.m. via Zoom. You can also join the first Thursday of every month at 3:30 p.m. via Zoom from Decatur County Memorial Hospital.

Also, a new **Powerful Tools for Caregivers** class is being offered from January 19 through February 23 via Zoom every Wednesday from 3:00 to 4:30pm.

Register via email at  
**[seggers@thrive-alliance.org](mailto:seggers@thrive-alliance.org)**  
or call **812-372-6918**



**Happy New Year!** This is the perfect time to think about the goals that you would like to work towards in 2022. Below are some tips to consider when creating and reaching your new year's goals

1. **Choose a Specific Goal:** Focus on something that is specific, realistic, attainable, and achievable.
2. **Limit Your Goals:** While you might have a long list of potential New Year's resolutions and goals, you will be more successful if you choose one that you can focus all your energy on, rather than focusing on several and not being able to achieve them all.  
  
If you have a large goal in mind for this year, consider breaking down the goal into manageable, smaller goals to work on one at a time. Taking on too much all at once can be daunting. Focusing on one specific goal makes keeping a resolution much more achievable.
3. **Put Time Into Planning:** Try not to wait until the last minute to choose your goal. Picking your resolution wisely and putting in extensive planning are essential parts of achieving any goal.
4. **Start with Small Steps:** Taking on too much too quickly is a common reason why so many New Year's resolutions and goals fail. Focus on taking small steps that will help you reach your larger goal.
5. **Avoid Repeating Past Failures:** Another strategy for keeping your New Year's resolution and goal is to not make the exact same resolution year after year. If you do choose to reach for the same goals you have tried for in the past, spend some time evaluating your previous results. Which strategies were the most effective? Which were the least effective? What has prevented you from keeping your resolution in past years? Consider altering your goal slightly to make it more feasible. By changing your approach, you will likely to see the results you are wanting this year.
6. **Remember That Change Is a Process:** Those unhealthy or undesired habits that you are trying to change probably took time to develop, so it will take some time to adjust your thinking and behaviors. Be patient with yourself. Understand that working toward your goal is a process. Even if you take a few steps backwards, you can restart and continue on your journey towards your goal.
7. **Get Support:** Having a solid support system can help you stay motivated and accountable. Explain what your goals are to your close friends and/or family and ask them to help you stay motivated and accountable to help achieve your goals.
8. **Renew Your Motivation:** During the first days of a New Year's resolution and goal setting, you will probably feel confident and highly motivated to reach your goal. After dealing with the reality of the hard work it takes to reach and sustain your goal, your motivation to keep working towards your goal may start to dwindle. When you face such moments, remind yourself exactly why you are doing this. Think about or write a list of what you have to gain by achieving your goal. Finding sources of inspiration can keep you going when times get tough.
9. **Keep Working on Your Goals:** By March, many people have lost that initial spark of motivation that they had in January. Keep that inspiration alive by continuing to work on your goals, even after facing setbacks. If your current approach is not working, reevaluate your strategies, and develop a new plan.
10. **Learn and Adapt:** Encountering a setback is one of the most common reasons why people give up on their New Year's resolutions and goals. If you suddenly revert into a bad habit, do not view it as a failure. The path toward your goal is not always a straight one, and there will often be challenges along the way. Instead, view setbacks as learning opportunities. By understanding the challenges you face, you will be better prepared to deal with them in the future.

\*The yearly ritual of resolution and goal setting does not have to be an annual disappointment. Sometimes, the difference between success and failure is simply choosing the right goal and the process you use to go about achieving it. Most importantly, remember to be kind and flexible with yourself and to celebrate all progress along the way. It is not just the end goal that matters; it is your journey along the way

### Upcoming Wellness Programs:

- A Matter of Balance: January 11<sup>th</sup>-February 3<sup>rd</sup>, every Tuesday and Thursday from 1:00pm - 3:00pm at the Cornerstone Community Church in Seymour, IN
- Powerful Tools for Caregivers: January 19<sup>th</sup>-February 23<sup>rd</sup>, every Wednesday from 3:00pm - 4:30pm via Zoom
- Bingocize: January 19<sup>th</sup>-March 30<sup>th</sup>, every Monday and Wednesday from 1:00pm - 2:00pm via Zoom

To learn more about these programs or to register, you can contact Shelby Eggers at 812-372-6918 ext. 3011 or email at [seggers@thrive-alliance.org](mailto:seggers@thrive-alliance.org)



## Recipe of the Month: Applesauce French Toast

Link: <https://www.eatgathergo.org/recipe/applesauce-french-toast/>

### INGREDIENTS:

- 2 eggs
- 1/2 cup nonfat or 1% milk
- 1 teaspoon ground cinnamon
- 2 teaspoons white sugar
- 1/2 teaspoon vanilla
- 1/4 cup unsweetened applesauce
- 6 slices whole wheat bread

### Nutrition Facts

6 servings per container

Serving size **1 slice (89g)**

Amount per Serving

**Calories 140**

% Daily Value\*

**Total Fat** 3.5 **4%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

**Cholesterol** 65mg **22%**

**Sodium** 220mg **10%**

**Total Carbohydrate** 24g **9%**

Dietary Fiber 2g **7%**

Total Sugars 6g

Includes 1g Added Sugars **2%**

**Protein** 8g

Vitamin D 1mcg **6%**

Calcium 118mg **10%**

Iron 1mg **6%**

Potassium 62 mg **2%**

Vitamin A 39mcg **4%**

Vitamin C 2mg **2%**

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### DIRECTIONS:

1. In a large mixing bowl, combine eggs, milk, cinnamon, sugar, vanilla and applesauce. Mix well.
2. Soak bread one slice at a time until mixture is slightly absorbed.
3. Lightly spray or oil a skillet or griddle. Cook over medium heat until golden brown on both sides.
4. Serve hot. Refrigerate leftovers within 2 hours.

**Tip:** To use sweetened applesauce, remove about 3/4 teaspoon of sugar from the measured amount.

**For a change of pace:** Top with applesauce, fresh fruit or yogurt.