

Helping caregivers through their journey one step at a time.

A Grandparent's Story

When my granddaughter, Kori, was born I offered to babysit whenever was needed. I would go to work and stop by to check on her each afternoon when I got off. My daughter asked every day if I would take Kori home with me. Each day was a new excuse, but I didn't mind. She was my first grandchild, and I knew she needed me. When she was six-months-old, she entered daycare where I was the only one who did pick-ups and drop-offs. I took care of all medical needs and made all necessary purchases. I'm not quite sure when I became her full-time caregiver, but it felt as though my daughter was the babysitter.

My daughter made many poor choices and chose to do less and less with Kori as she got older. When Kori was about two, my daughter had another daughter, and the cycle continued. I and my husband did all the school activities, field trips, sports, and vacations. These girls were our whole life.

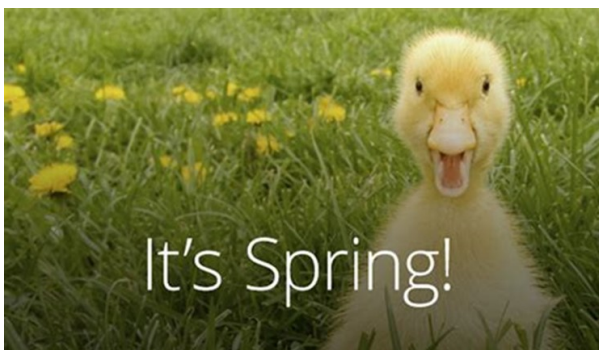
The longest we were without the girls was when their parents got mad at me. They moved away and said we would never see the girls again. It didn't even last two weeks before they were begging me to take them back. The girls lived with us full time until January 2012, when Kori was a senior in high school. They called Kori and me over to their house, our rental home, and were upset because they didn't agree with decisions we were making for Kori. They told Kori she would be moving in with them for good.

When Kori became inconsolable, I argued with them, and my son-in-law shoved me out the backdoor and down the porch steps. He dragged Kori through the house and locked her in her bedroom. I went home crying and explained what had happened to my husband. He immediately got in his vehicle and we drove back over. He walked in and rescued Kori, allowing her to run to my car waiting out front.

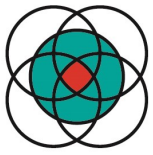
My daughter and son-in-law called us every name in the book and called the authorities. The sheriff's department met us at home to talk about that night's events. Kori was granted permission to stay with us for the night, her sister chose to stay with her parents. No one got any sleep that night. The next morning, we filed for emergency custody. Thanks to a guardian angel at Columbus East, Kori was permitted to leave school a bit early each day and was escorted to my car in the back-parking lot. It was a long semester but we made it to graduation! My daughter and son-in-law did not attend.

Kori went off to college and had to be declared an "independent student" because her parents refused to sign any paperwork to help her with financial aid. Each year it was not guaranteed that she would be granted the funding or independent status.

We are so incredibly proud of what she has accomplished. Last Father's Day, Kori surprised my husband with adoption papers. We formally adopted Kori July 20, 2021 at the age of 26. She has always been our pride and joy, but now it is official!



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 jferri@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 or live at the Decatur County Hospital. Relative Caregivers support groups are currently being held the second Tuesday of every month at 1:00 p.m. via Zoom. We also have a Thrive Caregiver Resources Facebook group. Email me if you would like to join the group.



Brain Exercises

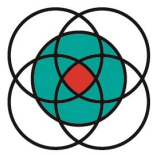
Aerobic exercise like **walking, jogging, or gardening** may help your brain's hippocampus -- the part that's linked to memory and learning -- grow. It also might slow the shrinking of your hippocampus that can lead to memory loss as you get older. Some studies suggest the regrowth is stronger if you like the activity you're doing.



SPRING Word Scramble

Unscramble the Spring themed words below.

1. UARBMELL _____
2. UESFBTRTEIL _____
3. RLSOFWE _____
4. UNSYN _____
5. IPLSTU _____
6. EISNSNUH _____
7. OLOSSBM _____
8. OIAWNRB _____
9. CICNIP _____
10. NGEARD _____



Easy Roasted Veggies

Roasting brings out the sweetness of the vegetables in this recipe.

Prep 15 min	Cook 45 min	Total Time 60 min
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Servings: 5

Ingredients

- 5 cups assorted vegetables cut into chunks (potatoes, sweet potatoes, winter squash, turnips, carrots, onions, mushrooms)
- 1 tablespoon oil (canola or vegetable)
- 2 teaspoons dried Italian seasoning
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon salt

Directions

1. Heat oven to 425°F.
2. Line a 9 x 13 inch baking pan with aluminum foil.
3. Spread vegetables in pan, sprinkle oil over the vegetables, and stir.
4. Sprinkle with Italian seasoning, pepper, and salt, and then stir again until vegetables are evenly coated.
5. Bake uncovered for 45 minutes. Turn vegetables every 15 minutes.
6. Serve while hot.

Nutrition Information

Serving Size	1 cup	
Nutrients	Amount	% Daily Value
Total Calories	90	
Protein	2g	
Carbs	16g	5%
Dietary Fiber	3g	12%
Total Sugars	4g	
Total Fat	3g	5%
Sat. Fat	0g	
Cholesterol	0mg	
Minerals		
Calcium	34mg	3%
Sodium	95mg	4%
Iron	0.7	4%

Quick Tips

Use thyme, basil, or rosemary in place of dried Italian seasoning.

Save energy: Roast vegetables in oven with other food or right after other food is done.



Recipe adapted from [Iowa State University Extension](#)