



Helping caregivers through their journey one step at a time.

Seven Positive New Year's Resolutions for Caregivers



New Year's resolutions for caregivers can be opportunities for growth, but can sometimes feel like punishments.

Instead of starting the year by focusing on the negatives, here are seven positive resolutions that help you realize just how meaningful you are to the people you're helping.

1. Learn to love yourself again

When we embark on the journey of family caregiving, it's easy to lose ourselves.

Between endless to-do lists and increasing needs, caring for an older adult may swell to consume our time and eventually, our personality, too. And when even tiny, unimportant mistakes feel like we're failing someone we love, we may find ourselves in dark places with no clear path out. But part of being a good family caregiver is taking care of yourself, too. Finding ways to manage the doubt and insecurity that can sink in over time is one of the most important things we can do for ourselves.

2. Don't stress about things you can't control

One way to manage that doubt is to understand that there are many things that are simply out of our control. There are times when we just can't be there or when there's nothing we can do to make a situation better. But these things are not your fault. Punishing yourself for unforeseen events or things outside your control only makes life harder and the future seem more bleak. In the new year, take a step back and breathe – and remember that you can't control or solve every situation.

3. Become mindful of your situation

Ultimately, as family caregivers, we do what we do out of love for someone in our lives. Our sense of responsibility and duty may cloud that, but that love is the bond that keeps family caregivers going. But it's easy to lose sight of this when you're trying to have a conversation with your older adult's doctor or helping them with basic needs. Stop for a minute and consider the valuable time you've shared with the important people in your lives as well as the relationships you've built through these challenging times.

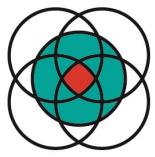
4. Look for silver linings

There are upsides to even the most difficult situations, but sometimes they're difficult to see. The forest is there, though, you just have to look for it. Every time your kids get to spend an afternoon with their grandparents, or you have a moment to flip through old photo albums with your parents, these are points of genuine meaning. Reflect on these and savor them as they occur.

5. Make time to decompress

Every caregiver needs to be able to step away once in a while. You deserve to find respite from your responsibilities, whether it's finally taking that vacation you've been planning or going for a short walk in the evenings. Self-care is care too. And finding ways to process or escape your feelings is a valid and important part of the caregiving process. Start here: once a week, plan to take an hour for yourself. What you do with that time is yours to decide, just as long as you give yourself some distance from your caregiving responsibilities. Taking time for yourself isn't selfish, it's critical for your well-being and those around you.

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Seven Positive New Year's Resolutions for Caregivers (continued)

6. Embrace the time you have

Caregiving may seem endless, but it won't last forever. The moments we have with an older adult are special, even if stress and responsibility often prevent us from enjoying them. Working toward appreciating some of these moments a little more can help you feel more secure and confident about your caregiving – and maybe a little happier, too.

7. Find help when you need it

Finally, caregiving is a huge job. It's often more than one person can handle alone. When you find yourself stretched thin or unable to meet all the obligations you've set, don't hesitate to reach out to family and friends for assistance. Remember to be specific and direct, so your calls for help don't fall through the cracks. Remind yourself that caregiving is about caring for someone and helping them live the best life they can, despite the circumstances. Seeking help to provide the needed level of care isn't a failure. It's part of doing the best job you can.

Guest contributor: Rebecca Rushing, BSN, RN, is director of Client Care Services for FirstLight Home Care. Nurse Beckie is a certified dementia practitioner, an Ageless Grace brain health educator, and a Positive Approach® to Care Independent Trainer. Beckie has more than 30 years of nursing experience and a passion for the well-being of older adults.

Ten Caregiver Wishes for 2023

HAPPY NEW YEAR

- Wishing for kinder and gentler days
- Wishing for understanding of our caregiver ways
- Wishing for support to arrive at our doors
- Wishing for respect for our caregiving chores
- Wishing for caregivers to not be neglected
- Wishing for caregivers to be more respected
- Wishing for us to care for ourselves as we care for our mother, father and son
- Wishing for the day we accept that self-care is always Job One
- Wishing for the support you so very much deserve
- Wishing for these wishes to come true for each and every caregiver - especially yours



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. Caregivers of Older Adults support groups are currently held the second Tuesday of each month at 3:00 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. Listing of other caregiver support groups are available upon request. **All support groups are R.S.V.P.** We also have a Thrive Alliance Caregiver Resources Facebook group. Email me if you would like to be a part of the group.



Corned Beef Brisket & Cabbage

Ingredients

- 1 Corned Beef Brisket (3-4 pounds)
- 1 onion (or can substitute 1 tbsp onion powder or ¼ cup dried minced onion)
- 3 cloves garlic (or can substitute 1/8 tsp garlic powder or ¾ tsp minced garlic or ½ tsp garlic salt)
- 2 bay leaves
- 3 cups water
- 2 pounds potatoes (peeled and quartered)
- 2 large carrots (chopped)
- 1 small head of cabbage (cut in wedges)

Directions

1. Chop onion in to large chunks and place in the bottom of a 6 qt slow cooker. Top with corned beef.
2. Pour water into slow cooker until it just about covers the corned beef. Add garlic and bay leaves.
3. Cook on low 9-10 hours.
4. After the initial 3 hours, add potatoes and carrots to the slow cooker.
5. Two hours before serving, add cabbage wedges to the slow cooker.
6. Remove corned beef from slow cooker and let rest 15 minutes before slicing.
7. Serve with potatoes, carrots and cabbage.

Once cooked, your corned beef should be tender (Usually cooks closer to the 10-hour time). Appliances can vary, if your corned beef is not tender, it likely needs to cook longer. It is essential to cut your corned beef across the grain.



Nutritional Facts

Calories	897
Total Fat	59g
Cholesterol	248 mg
Carbohydrates	38g
Fiber	7g
Sugar	7g
Sodium	206mg
Protein	52G

Corned beef with cabbage is a dish **served for luck** on New Year's Eve: Corned beef and cabbage on New Year's is associated with the fortune you should hope for in the coming year.

The long tradition of eating **cabbage** on new year's for good luck comes from Germany and Ireland, where it was said to bring blessings and wealth, good luck and prosperity for the new year; In many parts of eastern Europe, eating cabbage rolls for new year's is considered very lucky. The cabbage is green like money.

Black-eyed peas are part of many people's New Year's celebrations because they are believed to bring good luck or more money in the coming year. It's not clear exactly why black-eyed peas are associated with money, but one theory is that they get bigger when cooked, which could represent increased wealth.



New Year's Word Search

J A N U A R Y F R I E N A C E
 F R I E N D S Y A S R I L A H
 N E Y S E R T I E M O W B L C
 B S I L Y F A E N E I Y A E O
 N O C R N V N V E Y D L B N U
 A L D C L O C K L T I E Y D N
 R U V E W M I D N I G H T A T
 V T O A S T W S N O L Y I R D
 G I A N I N G S E V E U A R O
 C O N F E T T I T M I N G S W
 R N O L C E L E B R A T I O N
 A J A N U E L V E I M K E R A
 Y P A R T Y H A A P Y S E V W
 N E W Y E A R C L O K S O R Y
 S H A P P Y E B A L L R E S O

BABY

BALL

CALENDAR

CELEBRATION

CLOCK

CONFETTI

COUNTDOWN

EVE

FAMILY

FRIENDS

HAPPY

JANUARY

MIDNIGHT

NEW YEAR

NOISEMAKER

PARTY

RESOLUTION

TOAST

