



November is **National Caregiver Month**. I would like to thank you for everything you do as a caregiver. Whether you are full-time or part-time, you are still a caregiver. Caregiving comes in all forms. You may be a caregiver for a spouse or significant other. You may be caring for a sibling, child, parent or friend. Kinship caregiving is at an all-time high for grandparents or other relatives taking care of children. Sometimes as a caregiver it is easy to feel stressed, underappreciated and isolated. I encourage all of you to find a circle of friends or family to talk to, a virtual or in-person support group and to take time for yourself. It is hard to take care of others if you aren't taking care of yourself. I am always available to talk if you need.

*Jane Ferril, Dementia Care Coach/Caregiver Coordinator*

## Upcoming Events

- **Care Partner Fair, Thurs., November 7, 10:00 a.m. to 3:00 p.m.**  
Brown County Public Library, Nashville.
- **Virtual Dementia Tour, Tuesday, November 12, 10:00 a.m. to Noon** -  
Greensburg Adult Center. Participants should contact Jennifer Moffatt to schedule a session: 812-314-2775.
- **Managing Relative Caregiver Stress - A Powerful Tools for Caregivers Course, Thursday, November 14, 11:00 a.m. to 12:30 p.m.,**  
United Way Building, 1531 13th Street, Columbus - First Steps  
Conference Room. Please register by Nov. 7 at 812-372-6918 Ext. 2402 or  
Ext. 2404

Do you have an email address? Want to receive your newsletters electronically? Please submit your email address to [jferril@thrive-alliance.org](mailto:jferril@thrive-alliance.org) for future correspondence! If you desire a listing of caregiver support groups whether live or virtual please e-mail or call me at 812-314-2783. We also have a Thrive Alliance Caregiver Resources Facebook group. Please e-mail or call if you would like to be a part of the group. If you want removed from the mailings, please let me know as well.



## Once Again in the Holiday Zone

As we enter the 2024 holiday zone the joyous season preparations can be somewhat (or much) more complicated than ever before as family caregivers. There are a few things to remember as you plan for your holiday.

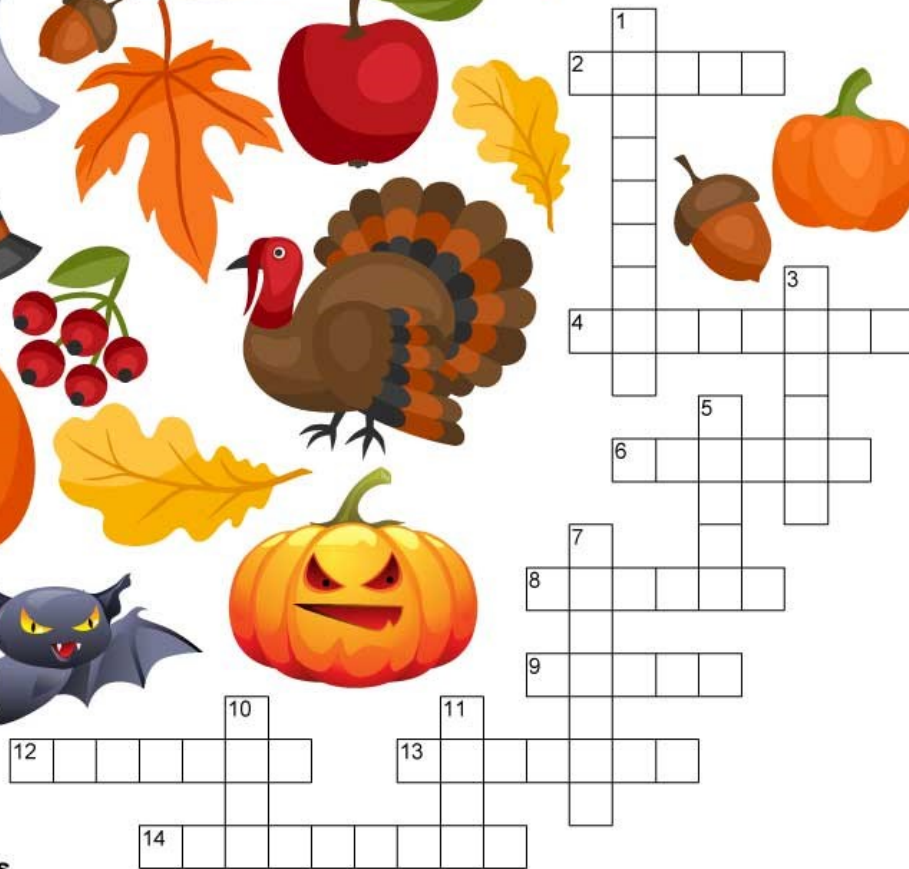
- Maintain a sense of familiarity for your loved ones with cognitive challenges. Go easy on the decorations and do not move too much furniture to accommodate trees or other objects. Changing familiar surroundings can lead to confusion, especially for someone with memory problems, physical impairment, or another handicap. Extra cords, fragile decorations, and piles of gifts can be hazards to those with limited mobility.
- With the entire holiday hubbub, your loved one could become confused and agitated. Try to limit the number of guests in your home at one time, and make sure that someone is always aware of the whereabouts of your loved one. If he or she tends to wander, there is a chance that this may happen when everyone thinks someone else is “on watch.”
- Ask for help! Do not take on all the burdens of caring for your loved one and preparing for the holidays. Something as simple as asking a neighbor or other relative to stay with your loved one for a few hours while you get some shopping done can make all the difference between calm and a stressed-out holiday.
- Most importantly, (and my personal favorite) take time for yourself. Spend an hour in a bubble bath, read a book, do something that you enjoy, and have fun. The holidays are about fun, enjoyment, and spending time together once again. Knowing that this might be the last Thanksgiving or Christmas, we can feel enormous pressure to make this time especially significant. But keeping your level of expectations realistic will make the day go smoother for you, your loved one, extended family and friends.



Now enjoy that turkey, dressing and cranberry sauce. Pass me the mashed potatoes please.



## FALL CROSSWORD PUZZLE



### Across

- 2. The seed of an oak tree.
- 4. A team game played with a brown oval ball.
- 6. The parts of a tree that change colors in autumn.
- 8. A large bird that is cooked for dinner on Thanksgiving.
- 9. A common round red or green fruit that is made into pie or cider.
- 12. The first day of fall when the sun crosses the celestial equator.
- 13. A ride in a wagon carrying hay.
- 14. A very large yellow flower that can grow over 6 feet tall.

### Down

- 1. A figure set up in a crop field to scare away birds.
- 3. An outer layer of clothing worn to keep warm on a chilly day.
- 5. A colorful fall tree that is grown for its sap that is made into syrup.
- 7. A large round fruit that is carved with faces for Halloween.
- 10. A grain plant that yeild kernels set in rows on a cob.
- 11. A yard tool used to gather and pile leaves.

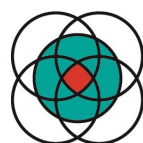


# NATIONAL FAMILY CAREGIVER MONTH



**Thank you, Caregiver...**

*... for all you do  
to improve the lives  
of the people who  
entrust you with their care!*



**ThriveAlliance**  
Enhancing lives. Building communities.