



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 know 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 and burnout.
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.





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.

- 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)

Instructions

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

Notes

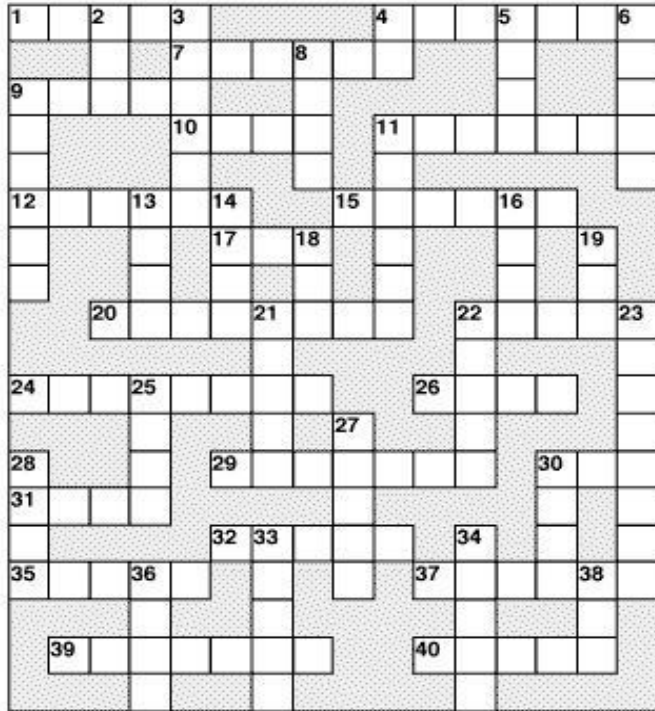
Once cooked, your corned beef should be tender (Usually cooks closer to the 10-hour time). Appliances can vary, if your corned beef is not tender, it likely needs to cook longer. It is essential to cut your corned beef across the grain

Nutritional Facts:

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



Winter Crossword



Down:

- 2. Frozen water
- 3. Small
- 4. Myself
- 5. Small pie
- 6. Neck warmer
- 8. Chilly
- 9. Used to move snow
- 11. A season
- 13. Strong emotion
- 14. Ripped
- 16. Nil
- 18. Bath _____
- 19. Cloud of water vapour
- 21. Last month of winter
- 22. Wooden snow vehicles
- 23. Winter road condition
- 25. Be carried on
- 27. Locomotive
- 28. Carried along by wind
- 30. Piece of hockey equipment
- 33. Make this in the snow
- 34. Winter foot wear
- 36. Faucets can do this
- 38. You hear with this

Across:

- 1. Sudden cold breeze
- 4. Hand warmers
- 7. Hanging spike of ice
- 9. Freezing rain
- 10. Show and _____
- 11. Conditions outside
- 12. Flowering plant, colour
- 15. Achoo
- 17. Not in
- 20. Month of winter
- 22. Carols, etc.
- 24. Valentine month
- 26. Thaw
- 29. Keeps drinks warm
- 30. Small dog
- 31. Winter Olympic sport
- 32. Silky material
- 35. Breezy
- 37. Ice sport
- 39. Foot warmer
- 40. Direct a vehicle's course

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Thrive Alliance has moved!

Thrive Alliance announces that it has moved its office location to

**2158 Cottage Avenue,
Columbus, Indiana
47201.**

This will be Thrive Alliance's new mailing address as well.

JOIN THE ACTION TEAM!

DEMENTIA FRIENDLY JACKSON COUNTY

Come out and brainstorm ideas for Dementia Friendly efforts in our community!
All are welcome!

**Tuesday, January 14,
10 - 11 a.m.**

Seymour City Hall:
301-309 N. Chestnut Street

Dementia Caregiver Support Group

Presented by: Alzheimer's Association of Greater Indiana
2nd and 4th Monday of the month 2:00 p.m. - 3:30 p.m.
Seymour Community Center, 107 South Chestnut St., Seymour, IN 47274

Do you have an email address? Want to receive your newsletters electronically? Please submit your email address to 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 812-399-5854. 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.