



12 Ways for Caregivers to Lessen Holiday Stress

The holiday can bring joy, but also additional stress for caregivers. In addition, caregivers often have unrealistic expectations trying to create the perfect holiday.

Here are ways to adjust your holiday celebrations & expectations:

- 1) **Fill your tank first:** Find quick ways to re-fill your own tank. A visit with friends, a good night's sleep or a day to yourself.
- 2) **Line up someone to listen:** Talk to a close friend or family member; or contact a local or online support group.
- 3) **Adjust holiday meals:** Purchase most of the food & just prepare a few family favorites; or go out to a restaurant for a holiday meal.
- 4) **Cut back on decorations:** Display only the decorations that are most meaningful.
- 5) **Be flexible with shopping & gift giving:** Shop online or make a list & ask someone else to do the shopping for you.
- 6) **Invite holiday visitors:** Ask friends or family to come over to visit to help lift your spirits, arrange to meet at a coffee shop or café, or video chat.
- 7) **Limit the festivities:** Cut back on your role and the number and location of holiday activities.
- 8) **Find a travel companion:** Plan someone to drive or ride along to help you out with your loved one.
- 9) **Get respite:** Even if you don't normally have help caring for your loved one, this may be a good time to arrange care. This will give you more time to relax & focus on holiday tasks.
- 10) **Start a new tradition:** It's hard to let go of a tradition when a loved one is gone or unable to participate, so start a new one. Instead of going to church for Christmas Eve, sing carols at home when your loved one is no longer able to get out.
- 11) **Don't forget tomorrow:** Don't forget that you'll need help cleaning & putting away decorations after the holiday. Plan for support & fun activities to do to ward off post-holiday blues.
- 12) **Stop, breathe, feel the joy:** It's easy to get caught up in the holiday frenzy. Be mindful of joyful moments with your loved one and savor them.

Source: www.aarp.org

WHAT IS A KINSHIP CAREGIVER?

- The raising of children by grandparents, other extended family members, and adults with whom they have a close family-like relationship such as godparents and close family friends because biological parents are unable to do so for whatever reason.
- May be short term, long term, temporary or permanent.
- May have court involvement, may not.
- Regardless of the type of kinship arrangement, the kinship caregivers' voluntary commitment to step up and devote their lives to the children under their care can be a courageous, life-changing decision.

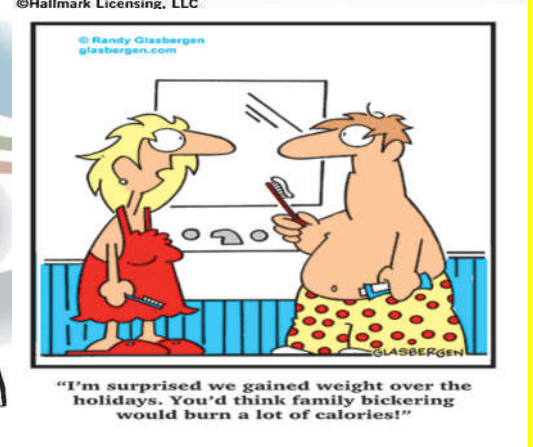


IF YOU OR SOMEONE YOU KNOW ARE A KINSHIP CAREGIVER AAA9 CAN OFFER SUPPORT, EDUCATION, AND INFORMATION & REFERRAL

CONTACT OUR CAREGIVER PROGRAM AT 800-945-4250

Laughter... the Best Medicine

Source: wordpress.com; quotesgram.com; cartoonstock.com; glasbergen.com; & facebook.com/maxine



Emergency Planning

Source: FEMA- www.ready.gov & Red Cross

With winter weather approaching there is always the possibility of power outages & being stranded at home for a period of time.

Three basic things you need to do to get prepared:

1) Get a kit ~ Prepare an emergency kit to include:

- * Water, one gallon of water per person per day for at least three days for drinking & sanitation
- * Prescription medications and glasses
- * Food, at least a three-day supply of non-perishable food and can opener (if kit contains canned food)
- * Battery-powered or hand crank radio & a NOAA Weather Radio with tone alert & extra batteries for both
- * Flashlight and extra batteries
- * First aid kit
- * Whistle to signal for help
- * Important family documents such as copies of insurance policies, identification & bank account records in a waterproof, portable container
- * Moist towelettes, garbage bags and plastic ties for personal sanitation
- * Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- * Feminine supplies and personal hygiene items

2) Make a plan

~ Know whether you will be staying at home or going to a shelter or family member's or friend's home. Discuss this in advance and have phone numbers available.

3) Be informed

~ Know what potential emergencies you may face (flooding, snow storms, power outages) and plan accordingly.

~ Know your local emergency resources: Red Cross, Salvation Army, and local warming centers.

~ Keep radio/TV on during weather emergencies to keep informed.



Ohio's Energy Assistance Programs can help income-eligible Ohioans manage their utility bills.

The Home Energy Assistance Program (HEAP) and emergency HEAP provide the benefit directly to a customer's utility bill. The Percentage of Income Payment Plan (PIPP) is an extended payment plan in which customers pay a percentage of the income toward their utility bill each month.

Help is available for eligible Ohioans trying to cope with the costs of winter heating and summer cooling.

To be eligible for assistance, households must have a gross annual income that is at or below 175 percent of the federal poverty guidelines, have a member in the household who is 60 years of age or older; or have a member who has a medical necessity verified.

For more information or assistance, contact the Area Agency on Aging Region 9 at 844-932-7277 today.

Area Agency on Agency offers an array of **FREE** education programs including

Powerful Tools for Caregivers

CLASSES COMING IN 2020

Contact Pat Lake, RN or Stephanie Border, LSW at

AAA9 at 800-945-4250 to Register

Powerful Tools for Caregivers is a six week educational program designed to help caregivers learn how to care for themselves while caring for a relative, friend, or neighbor in any capacity.

Class participants receive a copy of The Caregiver Helpbook and class topics include::

- ◆ Class 1- Taking Care of You
- ◆ Class 2- Identifying and Reducing Personal Stress
- ◆ Class 3- Communicating Feelings, Needs and Concerns
- ◆ Class 4- Communicating in Challenging Situations
- ◆ Class 5- Learning from Our Emotions
- ◆ Class 6- Mastering Caregiving Decisions



Some of the services **PASSPORT** can provide to older adults include:

Personal Care

Household Chore Services

Transportation

Emergency Response System

Home Delivered Meals

Adult Day Care

Medical Supplies

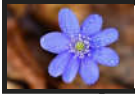
Do you or someone you know need help with prescription drug costs?

If so, there may be help with Medicare Part D premiums, deductibles,

co-pays and the donut hole,

call (740) 435-4904 or (800) 945-4250

www.aaa9.org



Visit us at aaa9.org

Area Agency on Aging, Region 9
710 Wheeling Ave.
Cambridge, OH 43725
(740) 432-1060
Toll free at (800) 945-4250
Caregiver Resources:
Pat Lake, RN, CDP | 740-435-4901

Need EXTRA HELP with Your Prescription Drug Costs? Well, you're in luck!

Area Agency on Aging, Region 9 is available to assist with applications for Medicare Part D Extra Help!

Medicare beneficiaries that qualify may save up to \$4000 a year with:

- ◆ Little or No Premium
- ◆ Very Low Copays
- ◆ "Donut Hole" Coverage

Contact us for more information on this and Preventative & Wellness Benefits!

1-800-945-4250

LOOKING FOR VOLUNTEER OPPORTUNITIES/ HOURS?

CALL US! AREA AGENCY ON AGING

REGION 9 - CAMBRIDGE, OH

***CONTACT MISTY SMITH, MSMITH@AAA9.ORG / 1-740-435-4702**

AAA9 Caregiver Support Groups for 2019

Guernsey	1st Monday	Crossroads Library, Cambridge	10:30am-12:30pm
Harrison	1st Thursday	Harrison Comm. Hospital, Cadiz	11:00am-1:00pm
Tuscarawas	2nd Monday	Tuscarawas Senior Center, Dover	12:30pm-2:30pm
Belmont	2nd Tuesday	Belmont Senior Services	2:00pm-4:00pm
Carroll	3rd Monday	Carroll Senior Citizens Friendship Center	2:00pm-4:00pm
Coshocton	3rd Thursday	Coshocton Senior Center	10:30am-12:30pm
Muskingum	3rd Thursday	The Carr Center	10:00am-11:30am

*facilitated by The Carr Center Staff

If you no longer wish to receive these newsletters or if you want to be removed from our mailing list, please contact our program at: via email plake@aaa9.org OR via phone (800)945-4250 or 740-435-4901