



The Caregiver News

December 2018

7 Tips for Winterizing Caregiving

Winter weather is a reason to be cautious, but it does not mean we need to hide until Spring—all we need are a few tools and modifications to stay safe while enjoying the season.

1. **Learn to Adapt, not Hide.** Consider using easy slip on ice tips for canes, crutches, and shoes. Reasonably priced items can be seen and purchased online or in medical and recreation supply stores.
2. **Prepare to Stay Warm.** Portable hand and feet warmers make great gifts and can be left in the car for easy access. Other items such as a electronic or heated lap blankets are also helpful for long drives and parties.
3. **Prepare a Quiet Place.** Due to hearing aids, pain, and other disease complications, aging individuals find long exposure to noise and crowds difficult. Designate a room in the house where aging individuals can come and go from a loud event as needed.
4. **Freeze Your Credit.** Holidays are a high traffic time for fraud. Watch your credit accounts carefully and consider [freezing credit cards](#) when not in use. Check with your bank for “free” freeze options.

5. **Arrange For Snow and Ice Removal.** Reach out for help. Ask a neighbor, provide a meal in exchange—or arrange for a professional. Ask friends and neighbors for a good company or referral.
6. **Allow Time for Grief.** Holidays often remind us of the people and pets we have lost. Acknowledge and accept the feelings of loss. Share your heart with someone you trust. Consider attending a support group. Call Caring Connections at 801.585.9522 for local grief and loss options.
7. **Sip and Sigh.** Various [studies](#) prove that the relaxing action of preparing and sipping a warm beverage is beneficial, even life prolonging. Sit with a warm cup of Cocoa in your hands, breath deep into the diaphragm and let the air out with an audible sigh. Gift yourself a few extra minutes of life.

Aristotle once said, “To appreciate the beauty of a snowflake it is necessary to stand out in the cold.” We are never too old to enjoy winter—or catch a snowflake on our tongue. Find a helpful tool, adapt a little, and enjoy the season.



7 Ways Caregivers can Help Seniors Winterize



101 Generation-Bridging, Boredom-Busting Activities



AARP Disrupt Aging #DisruptAging

The Tip Jar

Winter Car Kits

Put a few items for you and your care receiver in the car or trunk.

- A good pair of boots.
- An extra blanket and a few hand and foot warmers.
- Hats, gloves and scarfs.
- Water, snacks and hand sanitizer.
- A portable cell phone charger, or the correct cord for charging the phone through the car.

Stay safe and warm!

Education Programs

Stress-Busting for Family Caregivers

Stress Busting is a free nine week evidence-based program. Come learn eight stress therapy techniques and enjoy peer support with other caregivers. Visit the slco.org/caregivercalendar or call **385.468.3280** for upcoming classes.

Caregiver Academy

The Caregiver Academy is a free six week skill program where caregivers learn to manage a care environment, explore resources, run family meetings, manage behaviors, set boundaries, and involve family and others in care. Visit the slco.org/caregivercalendar or call **385.468.3280** for upcoming classes.

Reasonable ADA Accommodations for workshops available.

Stress Busting Ideas

- **\$5 Days at the Natural History Museum of Utah** (301 Wakara Way). Dec 1 to 5 from 10:00 am to 5:00 pm. “The Maya: Hidden Worlds” exhibit opened in November and is available through May 2019. Call 801.581.6927 for details.
- **Synkofa in Concert** at the Whitmore Library (2197 East Ft. Union Blvd). Tuesday, Dec 11 from 7:00 to 8:30 pm. Roots music that take you to a Gypsy camp, misty Celtic Highlands, the stone cathedrals of the Renaissance, and beyond! Call 801.943.4636 for details.
- **Mixed Nuts** (A Heart & Soul Music Presentation) will be playing at West Jordan Senior Center (8025 South 2200 West) on Tuesday, Dec 18 from 10:45 to 11:45 am. Call 801.467.5499 for details.

Visit nowplayingutah.com, seniorsbluebook.com, slco.org [senior center](#) and [caregiver](#) calendars for more options.

[Pinterest.com/slcoaging](https://www.pinterest.com/slcoaging)

Winter. A challenge worth conquering.



Support Groups

- **Amyotrophic Lateral Sclerosis (ALS)**
 - ♦ [Murray Heritage Senior Center](#). Call 801.264.2635.
 - ♦ [Riverton Senior Center](#). Call 385.468.3043.
- **Alzheimer’s & Related Dementia Groups**
 - ♦ [Draper Library](#). Call 801-265-1944.
 - ♦ [Millcreek Senior Center](#). Call 385.468.3310.
 - ♦ [Jewish Family Services](#). Call 801.746.4334.
 - ♦ Other Alzheimer’s Association groups call 801-265-1944.
- **Caregiver Lunch Bunch**—a peer group for family caregivers. 1st Thursday each month at 11:30 am. December we will be at Cheesecake Factory (6223 State Street by Fashion Place Mall). Call 385.468.3281 to RSVP.
- **FTD & Related Dementia**—[Sandy Senior Center](#). Call 801.231.3442.
- **General Caregiver Groups**
 - ♦ [Mt Olympus Senior Center](#). Call 801.424.2200.
- **S.A.G.E./LGBTQ Seniors**—[Tenth East Senior Center](#). Call 385-468-3140.

Visit the slco.org/caregiver for more groups and events.