

**From:** Caregiver Newsletter <newsletters=caregiver.com@mail126.suw11.mcdlv.net>  
**To:** Kester, Tonykester@aging.sc.gov  
**Date:** 12/15/2016 9:09:17 AM  
**Subject:** Coping with Holiday Stress

[View this email in your browser](#)

[Forward](#)

[Share](#)

[Tweet](#)

[+1](#)

[Share](#)

**Coping with Holiday Stress** • December 15, 2016 • Issue #974

## EDITOR'S PEN

Gary Barg, Editor-in-Chief

# Bundlin' Up

The cold weather that has gripped our nation over the past few weeks has left almost no community unaffected. We need to be attentive to the problems of cold weather, no matter where we live. [...more](#)

## IN THIS ISSUE

**Bundlin' Up**

**Stress and the Holidays**

**Dining with Dignity Even  
When It Seems Impossible!**

**Back Safety Tips**

**CareVerses**

---

## FEATURED ARTICLE

# Stress and the Holidays: Coping Strategies to Keep you Sane

*By Helen Hunter, ACSW, CMSW*

Every year, the media bombards us with advertisements showing the “happy family” gathering for the holidays. People from different generations are together, having a wonderful time, sharing traditions of old and creating new ones as well.

It is not that way, though, for a great number of individuals. For those who don’t have families of their own, or for those who live alone and have relatives living far away, holidays often bring heartbreak and depression. Those who have been used to family celebrations in the past and no longer have that to look forward to cannot accept the “change” in the tradition, especially if they keep hearing about others who are getting together with their own families. [...more](#)

---

---

## GUEST ARTICLE

# Dining with Dignity Even When it Seems Impossible!

*By Jo-Anne S. Kelly*

The phone is ringing off the hook while you, the caregiver, have your hands full: tying the bib around Dad's neck; stirring the pot on the stove; wiping the tears from your toddler's cheeks while trying to bandage his skinned knee. You grab a quick snack of candy. Meanwhile, Dad is sagging in his chair, hungry, angry and perhaps, unaware of the turmoil surrounding him. As you attempt to feed him, Dad grabs the spoon and spills the pureed baby food all over himself and onto the floor. [...more](#)

---

---

## CARETIPS

# Back Safety Tips

*By Peter Ganther*

1. Assess your lifting limitations, (do you have back or hip problems, etc)
  2. Are there tools you can use (back support, sliding board, taking out armrest of wheelchair, walker or cane)
  3. Inform your loved one what you are about to do, (lift, roll them over, transfer) ...[more](#)
- 

## **Today's Caregiver Supports Your Conference**

### **Non-profit Organizations [Sign-up](#) Today!**

Don't miss this opportunity. We will provide complimentary magazines for your conference attendees. All you pay is shipping and handling.

---

## CAREVERSES

# Grandpa

*By Lindsay Hammon*

His favorite color we never knew  
Though I thought that is was blue  
He loved to joke with everyone  
Now he passed that down to his son

He always went hunting or fishing  
While his wife was at home wishing  
That he would be home to eat  
While all he'll want to do is sleep

There was something strange going on  
He didn't remember his own son  
Worse he got as time went by  
And all we wondered was why ...[more](#)

Enjoy more caregiver poems  
or share one of your own

---

---

*Copyright © 2016 Today's Caregiver, All rights reserved.*

You are receiving this email because you are a subscriber to the Today's Caregiver Newsletter List or a friend thought you would be interested.

**Our mailing address is:**

Today's Caregiver 3920 Riverland Road Fort Lauderdale, FL 33312 USA

[update subscription preferences](#)

[unsubscribe from this list](#)