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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](#)

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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
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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

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