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**Strategies for Special Holidays** • December 20, 2016 • Issue #975

## Fearless Caregiver Profile

*Join us as we celebrate Fearless Caregivers sharing personal stories as we care for our loved ones. Read this week's Fearless Caregiver Profile and feel free to add your profile as well, so we can learn from and share with our fellow caregivers.*

### RENEE HOLDER

#### How did you become the caregiver for your loved one?

My mother went septic 2 years ago and was already caregiving for my sister who has brain damage. Then 7 months ago, my husband's sister (who has CP) also came to live with us. So I am caregiving for three.

#### What is the hardest thing about being a caregiver and the most rewarding thing?

I feel myself falling into depression and feel helpless. Not having any one to help when needed. The rewards are a genuine feeling of accomplishment. ...  
[more](#)

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#### IN THIS ISSUE

Featured Fearless Caregiver:  
**RENEE HOLDER**

**Linking the Past to the Present**

**Coots and Christmas Gulls**

**Strategies for Special Holidays**

**CareNotes**

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#### FEATURED ARTICLE

## Linking the Past to the Present - The Benefits of Reminiscing

*By Kristine Dwyer, Staff Writer*

Uncle Joe recalls the good old days when a Ford coupe was \$500, gasoline cost 19 cents a gallon, a postage stamp was three cents, and penny candy was a treat. Grandma Millie tells stories about growing up on the farm and walking three miles to school every day. Alice fondly remembers the days of anticipation before boarding the paddle wheeler for an excursion on the Mississippi River. Everyone frequently reminisces and reviews life. It's a natural part of people's lives and is essential to human existence. [...more](#)

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#### GUEST ARTICLE

## Coots and the Christmas Gulls

*By Marky J. Olson*

That's my dad with his beautiful snow-white curls framed by the lake. He still knows me, but the last stroke left him in a wheelchair, in an adult family home, and with dementia. His love of 65 years has been gone for almost two years now. [...more](#)

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#### CARETIPS

## Strategies for Special Holidays

*By David Lowell, MD*

The holidays can be a time of renewal - renewal of friendships through visits and cards, renewal of family relationships through gatherings and shared meals, and renewal of one's faith. But the holidays also are a time that can be particularly challenging for a caregiver. It is a time during which the changes in one's life are highlighted and there are additional demands placed upon an already stressed life. [...more](#)

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### CARENOTES

## From Melisa in Pensacola, Florida:

I am the sole caregiver to my father, a stroke survivor in 2002. He is paralyzed on one side and can only say a few words now. [...more](#)

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