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**Confessions of a Sometimes Caregiver** • January 17, 2017 • Issue #983

## Today's Caregiver Friendly Award Previous Winners

### Grace Ridge

*Long-Term Care Facilities*

Morganton, North Carolina

What is your facility's philosophy towards family caregiver participation?

We believe the best care results when resident and family caregivers partner with the interdisciplinary team, not as passive partners but as actively engaged team members. The Grace Ridge team encourages caregivers to participate with care in any way they would like. Caregivers participate in mealtime assistance, bathing, attend group outings, help with social events or activities and volunteer in areas of specific interest. Teammates build trusting relationships with family members and are highly regarded by residents and their loved ones as extended family. This compassion and commitment by the staff creates an environment where family members are comfortable participating. [...more](#)

[2017 Call for Entries](#) | [Visit the Winners Gallery](#)

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## IN THIS ISSUE

Today's Caregiver Friendly  
Award Winner: Grace Ridge

**Hypothermia and Older  
Adults**

**Confessions of a  
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**Eating Habits: Feeding  
Your Elderly Loved Ones**

CareNotes

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## FEATURED ARTICLE

### **Hypothermia and Older Adults**

Tips for staying safe in cold weather

Frigid weather can pose special risks to older adults. The National Institute on Aging (NIA), part of the National Institutes of Health, has some advice for helping older people avoid hypothermia — when the body gets too cold — during cold weather. [...more](#)

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## GUEST ARTICLE

### **Confessions of a Sometimes Caregiver**

*By Emily Cooper*

My mother, an 86-year-old widow, lives alone in a small town in the farming country of central Kansas. Born and raised in the town, she returned there with my father after his retirement, leaving the big city in order to spend their “golden years” with her sisters, brothers, and childhood friends back home. Unfortunately it wasn’t long after my parents’ return that the siblings became ill and died; many of the old friends died as well. Mom took care of her family, one by one, through dementia, strokes, and cancer; and just when she thought she could take a break, my father was diagnosed with Alzheimer’s disease and her caregiving resumed again. During those years, Mom had her own share of health problems that required the care of family, and that care always fell to me. Like mother, like daughter. [...more](#)

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## CARETIPS

# Eating Habits: Suggestions When Feeding Your Elderly Loved Ones

By Ryan Mackey

Alleviate any diversions when eating, and be basic with your meals:

- Use only utensils that are needed.
  - Have cups with lids to avoid a mess if spilled.
  - If possible, use bowls instead of plates.
  - Provide food that can easily be eaten. Serve food that is already cut, cooled, and easily recognizable to the person. [...more](#)
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## CARENOTES

### From Renee:

Is there any program help me assist me with getting my mother into a supportive living facility quicker, because I really don't have anyone to help and I live in Atlanta GA. [...more](#)

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