

# Caregivers Count



Community Caregiver Newsletter  
May 2017

## From Candace:

Hi there!

I hope that this finds you well and in good spirit. I don't know about you, but I'm looking forward to summer nights, cookouts and vacationing with the family. This newsletter has found its way to your inbox and is filled with upcoming events, and tips designed for you as a caregiver. If anything catches your interest, feel free to contact me to register or for more information.

Keep in mind that all Joy's House Caregiver Services are free to you and other caregivers in the community, so feel free to help us spread the word.

Stay safe,  
Candace

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## Upcoming Events:

- Indy In-Tune Radio-a-thon | 10am-11:30pm | June 3 @ Alley's Alehouse
- Hands on Training for Everyday Caregiving | 6-8pm | June 6 @ Joy's House Broad Ripple
- Essential Oils for Healthy Living | 6-8pm | July 18 @ Joy's House Broad Ripple
- Joy's House Broad Ripple Open House | July 27
- A Day Away Caregiver Retreat | August 19 @ Northside Baptist Church

## Mission Impact

The Joy's House mission has always had an underlying current that shows the value placed on family caregivers and the challenges that they face. In 2015 when our Caregiver Services were launched, we had no idea the impact that we were going to have on not only the caregivers associated with Joy's House, but also the caregivers across central Indiana. Well, now we do. Joy's House is honored to have been given the Community Impact Award through LeadingAge Indiana!



## Share your story

Our friends at [Indy In-Tune](#) and [Spark Joy Music](#) have invited us to participate in their annual Radio-a-thon with day-of proceeds befitting [Joy's House](#)! Join us at Alley's Alehouse (13825 Britton Park Rd.) from 12-2pm on June 3rd and have the opportunity to share your caregiving story live on air! If that's not your thing, no worries, feel free to come, chat and relax with us. This is a family friendly event and all are welcome. No RSVP's need. Hope to see you there!

### WANTED

If you are a male caregiver born between the years 1981 and 1997 I'd like to invite you to join us for a Caregiver Crossing roundtable discussion. Contact me for details.

## BB Brownies

(Brain Boosting Brownies)

### Ingredients

- 4 Ounce-weight chocolate, extra dark, 60% cacao squares (*chopped or 60%+ dark chocolate chips*)
- 1 Avocado (*large, very ripe peeled and pitted*)
- 3 Large Eggs
- 1/2 c. Walnuts (*chopped, optional*)
- 1/2 c. Maple syrup
- 1 tsp. Vanilla extract
- 1/2 c. Cocoa powder, unsweetened
- 1/2 tsp. Baking soda
- 1/2 c. Organic coconut flour
- 1/4 tsp. Sea Salt
- 1 Banana (*ripe, mashed*)

### Directions

Preheat oven to 350 degrees F and grease an 8x8 baking dish with coconut oil.

Combine avocado, banana, maple syrup and vanilla in a blender or food processor.

Transfer to a large mixing bowl and whisk in eggs.

Add coconut flour, cocoa powder, sea salt, baking soda and stir until well-combined.

Stir in walnuts (optional). Sprinkle tops with dark chocolate chips.

Bake for 25 minutes (slightly less for fudgier brownies)

Allow to cool slightly. Serve with mixed berries and coconut whipped cream.

Joy's House serves families by providing exceptional adult day and caregiver services.

