

# joyful noise!



## Caregiver Newsletter

March 2, 2018 "Why fit in when you were born to stand out." – Dr. Seuss

### Faces of Joy



Wearing hats is not a requirement at Joy's House but this week called for some fun hats. Miss Liz is sporting a nice sun hat to enjoy the weather on Tuesday. Mr. Sam and Mr. Doug are sporting their "Cat in the Hat" hats to help celebrate Dr. Seuss's birthday.

### Upcoming Events

**March 6<sup>th</sup>**- Dine to Donate at City BBQ- flyers are available at the front desk

**March 10<sup>th</sup>** – A Day Away caregiver retreat at Calvary Lutheran Church. Information is available at the front desk Please see Julie or Leah with questions

### Lunches for March 5-9<sup>th</sup>

**Monday**- Ham and beans, cornbread and greens

**Tuesday** –City BBQ, macaroni and cheese and coleslaw

**Wednesday** –Cabbage soup, ham salad sandwich and fruit

**Thursday** –Spaghetti, salad and garlic toast

**Friday**- Tuna casserole, peas and breadstick

### A little bit of humor

Q: Why couldn't the pirate play cards? A; He was sitting on the deck

### Week in Review Feb 26- March 3<sup>rd</sup>

**Monday**- Paddle ball, corn hole and mosaic rice craft were on the agenda for today. There was some laughter and impromptu activities in the house also

**Tuesday**- Tabletop bowling, tennis category game, team trivia and we made cards for veterans . We were able to go outside for a little bit and enjoy the fresh air.

**Wednesday**- Mad libs, noodle ball, craft with book pages, talking about our favorite books, fill the bucket, and a lively list of books all happened today.

**Thursday**- Lion and lamb game, animal phrases, bunco a lion craft and a would you rather discussion were the happenings on this rainy day.

**Friday**- We celebrated Dr. Seuss's birthday in true Seussical fashion. Cat in the hat- hats, Seuss character names, red fish blue fish fishing

### Caregiver Tips

Caregiving is stressful. Signs of being stressed can include:

- Feeling overwhelmed or alone
- Sleeping too much or too little
- Gaining or losing a lot of weight
- Feeling tired most of the time
- Becoming easily irritated or angered
  - Feeling worried or sad often
- Having headaches or body aches often

Talk to your doctor about your symptoms and ways to help relieve stress. Also, let others give you a break. Reach out to family, friends, or a local resources. It is okay to ask for help. You are not alone in the journey of caregiving.

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

