



Loving-Lee

LCG Enrichment Center Caregiver Program Mission Statement:

"To create significant sustaining relationships with caregivers in Lee County and to provide them with resources, information & support to help them thrive along their caregiving journey."

Ongoing Monthly Caregiver Events

Dementia Caregiver Support

Virtual: 2nd & 4th Thursday, 1pm
(Zoom)

In Person: 1st & 3rd Thursday, 1pm

Grandparents Raising Grandchildren

4th Friday, 1:00pm

Parkinson's Disease Support

3rd Wednesday, 10:30am

Low Vision Support Group

As Scheduled

Stroke Support

2nd Thursday, 1pm

Grief Support

2nd & 4th Thursday, 10:30am

PLEASE NOTE

These support groups are held at the Enrichment Center in compliance with social distancing protocol. Masks must be worn and 6 feet distancing between participants. Please call ahead to make sure the schedule has not changed.

SPECIAL SAVE THE DATES:

- 11/05/20: National Candlelight Reflections
- 11/7-14/20: Move To De-Feet Dementia

This quarterly newsletter is designed to inform and celebrate all caregivers in Lee County and to empower you to live your best lives. If you would like to submit pictures, stories, announcements, events, or ask questions that will be featured in upcoming articles please email hight@leecountync.gov. For more information regarding other Enrichment Center events please pick up a copy of our monthly newsletter, The Center Post or call (919) 776-0501 ext. 2201.

The year 2020 will be recorded in history books as a trying time for not only The United States, but for the world. It has been a year full of unexpected changes and challenges. We are living unfamiliar settings with "new normals" that are sometimes hard to comprehend. It reminds me of how our loved ones who are living with, or have lived with Dementia, may feel - lost. Instead of fearing 2020, I'd like us all to think of this time as a growing period; a brief respite that has gifted us with time to reflect on our busy lives and appreciate the blessings we have been given. Let us remember 2020 as the year we grew stronger and better. Although we are unable to come together to acknowledge National Alzheimer's Awareness Month, as well as, National Caregiver Month, please know that we are all still together in spirit. We continue to honor each of you, and celebrate the lives of your loved ones. Know that the Enrichment Center will continue to be your support network for any resources you may need. We hear you, we see you and we appreciate you all. Stay strong, stay positive and we will get through this together.

Caregiver Tip: 7 Steps To Preserve Routines - Maintain schedules. Bring outside destinations in. Keep the person active. Remain connected. Use familiarity. Be supportive. Create daily schedule with lots of visual cues (photos, stickers, drawings). www.alzfdn.org

"When you can't control what's happening, challenge yourself to control the way you respond.

That's where your power is." Kaitlyn Moorhead

Caregiver Cooking Corner



Overnight Oats

Ingredients

(choose organic ingredients if available)

1/2 cup old-fashioned rolled oats

3/4 to 1 cup plain low-fat kefir

1/4 cup dried cherries

2 tsps. Tahini or other nut butter*

Pinch of salt

1/8 tsp. ground cinnamon

1 tbsp. pure maple syrup

*You can leave out the nut butter and substitute 1 tsp. of chia seeds

Preparation

Combine ingredients in a glass jar. Mix, cover and place in the fridge. For best results, allow the flavors to meld overnight and enjoy the next day! Serves 1. Double the recipe to serve 2! Consider adding right before serving: roasted nuts, toasted coconut and/or fresh fruit.

(Do you have a great recipe you'd like to share with your fellow caregivers? Email it to hhigh@leecountync.gov)

NOVEMBER IS NATIONAL CAREGIVER MONTH & NATIONAL ALZHEIMER'S AWARENESS MONTH

Here are two ways to celebrate:

Candlelight Reflections Self-Guided Ceremony for Thursday, November 5th Online Video Presentation

<https://www.youtube.com/watch?v=JZX9Voeh48U>

7:00 p.m. The Lighting of the Candles

At 7:00 p.m., across the state, candles will light up the night sky in honor and memory of our loved ones. If you are able, go outside and look upwards. Repeat the Alzheimer's Prayer, then speak your loved one's names out loud and let the wind carry them forward, along with the thousands of others being said on this special night.

Alzheimer's Prayer

Great Creator, we pray - For those who have died of Alzheimer's disease - *Peace*. For those who now struggle with Alzheimer's disease - *Dignity and Comfort*. For Families, Caregivers, Friends and Supporters - *Compassion and Courage*. And for those who seek the cause, cure, prevention, and treatment of Alzheimer's disease - *Our Sincerest Thanks*. Please accept our earnest and humble prayer. *Amen*.

Join the 2020 Lee County Move To De-Feet Dementia Virtual Walk November 7-14, 2020

DementiaNC.org/Lee2020

Whether you walk, bike, swim, dance, move to your own groove this year and help us defeat dementia! We invite you to walk and fundraise alongside your neighbors, united in a state of caring. Register for *free* today!

Ask about your free copy of
CARING-LEE

An all-inclusive resource guide to
caregiving in Lee County.



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