

In Good Company

The Good News in Home & Personal Care

Winter 2011



Free Dementia Caregiver Series

February 8, 15, 22
and March 1

A four part training program for caregivers of an individual with Alzheimer's disease or related dementia

6:00 to 8:00pm
Companions for Living
W. Hartford, CT 06107

Light dinner
Provided by
Companions for Living

To register call
The Alzheimer's
Association
800-272-3900

Part I: Communication Techniques | Challenges and Strategies | Safety
Part II: Overview: Alzheimer's | Disease/Research | Programs
Part III: Family Dynamics, Keeping the Caregiver Healthy | Community Resources
Part IV: Legal and Financial Issues

How to Feel Happy During a Cold Winter

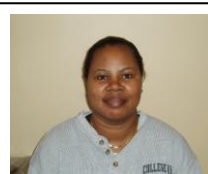
(Reprinted from WikiHow.com)

Have you ever noticed how bad weather seems to drag the spirit down with it? There's nothing you can do about the weather, but there are various things you can do to keep your spirits up until spring.

1. **Find things to enjoy about winter.** A snowy, icy, cold, or rainy world can be beautiful and often has sounds and smells all its own. If you're an artist, photographer, or craftsperson, winter provides a great deal of inspiration and different colors to work with. Even if you don't feel that creative, simply watching a winter scene from the comfort of your home can be a pleasant way to relax and enjoy the peace.
2. **Take part in winter activities.** Enjoy skiing, sledding, or ice skating. Visit someplace nearby while the summer crowds are gone.
3. **Stay warm.** Whether that means sitting by the fire, snuggling up with a loved one or pet, piling on the blankets, or having a warm drink, keep yourself warm. The best way to stay warm all the time is to wear layers of suitable clothes, especially woolen long-johns, undershirts, and sweaters. And don't neglect your feet – woolen socks and slippers are a must-have for keeping you toasty warm all winter.
4. **Find something to do besides stew about the weather.** This would be a great time to read that book that's been on your list—or even write it. Play cards, clean the house, cook up a big pot of soup, take up a hobby, or knit another warm sweater. It's also a good time to sort photos, computer files, fabric stashes, and anything else that has accumulated over the other months of the year.
5. **Brighten up.** Winter comes with the shortest days and lowest light of the year. Go out if you can. If you can't, or if you're so far from the equator as to have little or no daylight, use full-spectrum lights, light or white walls, and perhaps some vibrant accent colors.
6. **Stay active.** As much as possible, get yourself outside. Bundle up and take at least a short walk. If the weather does not permit, move around inside. Walk up and down your stairs if you have them. Do a workout tape or use that treadmill or stair machine that is gathering dust. Exercise gets your body temperature up and your blood flowing. It also regulates such things as sleep and diet. Move around at least a bit each day.

(Continued on back...)

Caregiver Spotlight: *Pearlina*



Pearlina

We are pleased to present our Quarterly Excellence award to Pearlina Patrick. Pearlina is an outstanding team member who provides care for several CFL clients. She is very reliable, flexible and accommodating. She never hesitates to "fill-in" when her teammates need a hand, and her clients often comment on how wonderful she is! Pearlina is an asset to the CFL team. Thank you Pearlina for your dedication and the wonderful care you provide to all of your clients and congratulations on winning the Caregiver Excellence award!

7. **Browse seed catalogs and plan your garden.** There's nothing quite as promising as the idea that spring is around the corner. You could even start some plants indoors under artificial light.
8. **Eat properly.** You may tend to eat more in winter, whether because of holidays or because your body craves more energy. Either way, try to keep a balanced diet including whatever fruits and vegetables (dried or canned if necessary) you can. Try not to overdo it on the sugars and starch.
9. **Keep in touch.** Call friends or make new ones. If you regularly attend club meetings, church or other activities, try not to interrupt your routine just for bad weather. If transportation is a challenge for you, link up with friends or helpful people who can give you a ride to and from your usual activities.
10. **Remember that, without winter, no one would appreciate and love the summer so much.** People manage to draw a lot of inspiration from winter, including spending more family together and using this as a chance to increase skills that will be useful when the weather warms up. Some people even choose to use winter to celebrate important life events, such as getting married in the snow. Whatever your take on winter, in contrast to our ancestors for many previous centuries, our modern lifestyle helps us to keep warm, travel safely, and continue life with a good amount of comfort during winter seasons, all sound reasons for finding something good about living through the coldest months.

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