



New Day Adult Care Center

PREPARING FOR THE HOLIDAYS

by Alzheimer's Association

For most families, holidays are filled with opportunities for togetherness, sharing, laughter, and memories. But holidays can also be filled with stress, disappointment, and sadness.

Because of the changes he or she has experienced, the person with Alzheimer's may feel a special sense of loss and time passing during holiday seasons. At the same time, caregivers may feel overwhelmed in their effort to maintain holiday traditions on top of caring for the person with this disease. In addition, caregivers may feel hesitant to invite other family and friends over to share the holiday, for fear they will react negatively to the changed behavior of the family member.

If you're feeling guilty, angry, frustrated, or trapped before, during or after holiday celebrations, it may help to know that these feelings are normal and that you're not alone. Here are some suggestions that may help to ease the burden of caregiving and make holidays happy, memorable occasions:

Adjust expectations

- Discuss holiday celebrations with relatives and close friends. Make sure that family and friends understand the situation and have realistic expectations.
- Give yourself permission to do only what you can reasonably manage. If you've always invited 15-20 people to your home, consider inviting five for a simple meal. Also consider asking others to bring dishes or to host the meal at their home.

Involve the person with Alzheimer's

- If the AD person can tolerate shopping, go for brief periods and stop when your sense of humor begins to leave you.
- Plan tasks and holiday-oriented activities appropriate to their abilities.
- If the AD person always participated in the holidays in ways that are no longer possible, try to create simplified versions of those old ways. Try some holiday preparation with them several days ahead. Play familiar holiday music.
- Maintain the person's normal routine so that holiday preparations don't become disruptive or confusing.
- Build on past traditions and memories. Your family member may find comfort in singing old holiday songs, for example. But also experiment with new holiday traditions, such as renting seasonal videos that the less active person may enjoy.

New Day's Wish List

New Day is a non-profit organization and there are always needs for which money may not be available. This is why donations that are charitably given are so meaningful and important. As always, we happily accept any charitable donations and thank you for your thoughtful consideration. We are currently requesting:

- Microwave
- Digital Camera
- Tennis, golf & beach balls
- 2 lb hand weights
- Nerf balls
- Cassette tape player
- 100 piece puzzles
- Party Supplies: Balloons, Decorations, etc.
- Spa Supplies: candles, nail care items, lotions
- Any Art/Craft Supplies
- Depends/Adult Pull-Ups & Baby Wipes
- Sugar Free Cookies, Cakes, or Candy
- Game Prizes, Small Items for Men, Toiletries, etc.
- Movies on DVD: Classics, Westerns, Sitcoms (I Love Lucy, Bonanza, Bewitched, etc.)
- Photo Albums

DECEMBER ACTIVITY HIGHLIGHTS

December 4th @ 2:30 PM

Vocalist ~ Eddie Dee at the Keyboard

December 10th @ 2:00 PM

Glad Notes Christmas Show

December 11th @ 2:30 PM

**Christmas Gift-Gather Party
Music by Chuck Woody**

December 15th @ 1:30 PM

Lake Park Baptist School Hand Bell Choir

December 15th @ 10:30 AM

Children's Christmas Show

December 16th @ 10:00 AM

Caroling for the Children - New Day Choir

December 16th @ 2:00 PM

Robbie Carson Sings

December 23rd @ 2:30 PM

Participant Christmas Party

December 29th @ 2:30 PM

Red Hat Party

December 30th @ 2:30 PM

Day of the Stars