

# Helping Hands

A Monthly Newsletter for family Caregivers and Grandparents Raising Grandchildren

**December**

**2009**

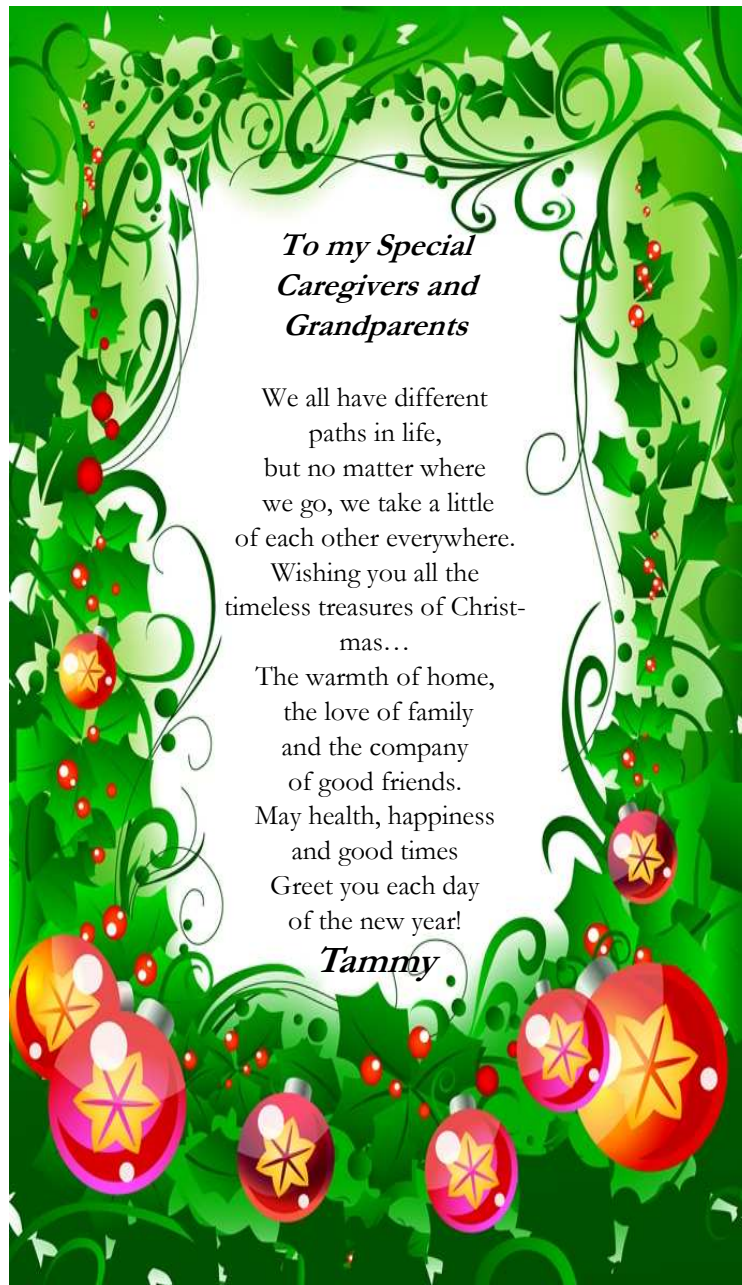
**To All Caregiver and Grandparents Raising Grandchildren**

**Caregiver Advisory Services**

Ford-Iroquois Public Health Department  
114 North Third St.  
Watseka, IL 60970  
(800) 282-3339  
www.fiphd.org

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**Are you or someone you know being mistreated or abused?**

If the person being mistreated is 60 years old or older call:  
**1-815-432-5395**

If the person being mistreated is 18 years of age or younger call:  
**1-800-252-2873**

If the person being mistreated is between the ages of 19-59 call your local  
**Law Enforcement Agency**

## Stress, depression and the holidays: 10 tips for coping By Mayo Clinic staff

Stress and depression can ruin your holidays and hurt your health. Being realistic, planning ahead and seeking support can help ward off stress and depression.

The holiday season, which begins for most Americans with Thanksgiving and continues through New Year's Day, often brings unwelcome guests—stress and depression. And it's no wonder. In an effort to pull off a perfect holiday, you might find yourself facing a dizzying array of demands—parties, shopping, baking, cleaning and entertaining, to name a few. So much for peace and joy, right?

Actually, with some practical tips, you can minimize the stress and depression that often accompany the holidays. You may even end up enjoying the holidays more than you thought you would.

### Recognize holiday triggers

Learn to recognize common holiday triggers, so you can disarm them before they lead to a meltdown:

- **Acknowledge your feelings.** If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.
- **Reach out.** If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship. Volunteering your time to help others is also a good way to lift your spirits and broaden your friendships.
- **Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, emails or videotapes.
- **Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression too.

- **Stick to a budget.** Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts. Try these alternatives: Donate to a charity in someone's name, give homemade gifts or start a family gift exchange.
- **Plan ahead.** Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for party prep and cleanup.
- **Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If it's not possible to say no when your boss asks you to work overtime, try to remove something else from your agenda to make up for the lost time.
- **Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt. Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or drinks. Continue to get plenty of sleep and physical activity.
- **Take a breather.** Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Take a walk at night and stargaze. Listen to soothing music. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.
- **Seek professional help if you need it.** Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

### Take control of the holidays

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. With a little planning and some positive thinking, you may find that you enjoy the holidays this year more than you thought you could.



MayoClinic.com

## A Caregivers Prayer

By Jill Eisnaugle

Lord, bless me this morning and each one I rise  
With a wealth of strength; please bring hope to my eyes  
Be sure I'm well-grounded for those in my care  
Even if the challenge becomes much to bear  
Should this day bring hardship, please help me to find  
A beautiful memory for some peace of mind  
Please shower my life with compassion and love  
As I take my cues from your guidance, above.  
Lord, bless me this morning, as I make my way  
Please give me the laughter to warm someone's day  
Be sure I am steady, be sure I am wise  
Be sure I am ready, should struggles arise  
If I shed a tear, Lord, I pray you will see  
I'm making the most of the chores asked of me  
As I strive to put others' needs 'for my own  
Always stand beside me, so I'm not alone.  
Lord, bless me this morning and each one I live  
So I'll remain focused on the care I give  
Be sure I'm afforded the best tools allowed  
To serve others' needs and in turn, make them proud  
Please look down upon me and offer a smile  
So, I'll always know that my job is worthwhile  
Let me treat each patient and illness the same  
As worthy as this prayer, I've asked in Your Name.



## Fingerprints

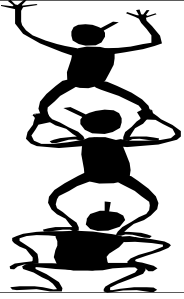
My dirty little fingerprints  
I've left on every wall,  
And on the drawers and table tops,  
I've really marked them all.  
But here is one that won't rub off,  
I'm giving it to you,  
Because I'm thankful for  
**Grandparents**  
just like you!

~Author Unknown~

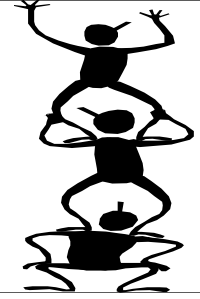
## Joanne Fluke's Walnuttoes

2 cups chocolate chips (12 oz bag)	1 1/2 cups brown sugar	1 teaspoon salt
3/4 cup butter (1/12 sticks)	4 eggs (beaten)	2 cups flour (not sifted)
2 teaspoons vanilla	2 teaspoons baking powder	2 cups chopped walnuts
1/2 cup white sugar (for later)		

Do not preheat oven-dough must chill before baking. Melt chocolate chips with butter. Mix in brown sugar and let cool. Add eggs, mix in vanilla, baking powder and salt. Add flour and finely chopped walnuts. Mix well. Chill dough for at least 4 hours, overnight is even better. When you're ready to bake, preheat oven to 350 degrees, with rack in the middle position. Roll walnut-sized dough balls with your hands. If dough becomes too sticky, return to the refrigerator to chill while cookies are baking. In a small bowl, coat dough balls with white sugar. Place on a greased cookie sheet and flatten with a greased spatula. Bake at 350 degrees for 12-14 minutes. Let cool on cookie sheet for one minute, then remove to wire racks.



## Ford-Iroquois Public Health Support Groups



### A CHANGE HAS BEEN MADE!



Caregiver and Grandparents  
Raising Grandchildren Support  
Group will now meet  
together every month

Meetings are held the 3rd Tuesday of every month at  
1:30 p.m. at the

Ford-Iroquois Public Health Department  
114 N. Third St  
Wateka, IL

For more information call  
Tammy Barragrec  
1-815-432-2483



### Alzheimer's Support Group Gibson City Heritage Manor

620 E. First St.  
Gibson City, IL 60936

Meeting in the East Day Room  
On the 3rd Wednesday of the month  
5:30 p.m.  
For more information call  
Rita  
1-217-784-4257

### Illinois Knights Templar Caregiver Support Group

450 E. Fulton Street Paxton, IL 60957  
Contact: Carol MacNeil  
217-379-6073  
December 8th & 22nd, 2009  
1:30 p.m.– 3:00 p.m.

### Prairieview Lutheran Home- Alzheimer's Support Group

402 North 4th St.  
Danforth, IL.  
December 9th, 2009 @ 2:00 p.m.  
Contact Jenny  
815-269-2970

## The Soupstone



I think there is no better time than the holiday season to revisit an old fable: The Soupstone. As with all great fables, this one starts with those famous words: Once upon a time [Now that we got that out of the way, we can start the story.] ...there was a great famine in which people jealously hoarded whatever food they could find, even from friends and family. One day, a tired and hungry soldier came wandering into a village. "There's not a bite to eat in the whole province," he was told. "Better keep moving on." "Oh, I have everything I need," he said. "In fact, I was thinking of making some stone soup to share with all of you." He pulled an iron cauldron from his wagon, filled it with water, and built a fire under it. Then, with great ceremony, he drew an ordinary-looking stone from a velvet bag and dropped it into the water. By now, hearing the rumor of food, most of the villagers had come to the square or watched from their windows. As the soldier sniffed the "broth" and licked his lips in anticipation, hunger began to overcome their skepticism. "Ahh," the soldier said to himself rather loudly, "I do like a tasty stone soup. Of course, stone soup with cabbage, that's hard to beat." Soon a villager approached hesitantly, holding a cabbage he'd retrieved from its hiding place, and added it to the pot. "You know, I once had stone soup with cabbage and a bit of salt beef as well, and it was fit for a king." The village butcher managed to find some salt beef . . . and so it went, through potatoes, onions, carrots, mushrooms, and so on, until there was indeed a delicious meal for all. The villagers offered the soldier a great deal of money for the magic stone, but he refused to sell and left it with them as a parting gift. On his way to the next village, he scoured the countryside until he found another ordinary-looking stone which he placed in the velvet bag. The moral is that the magic is within us all. By working together, with everyone contributing what they can, a greater good is achieved.

## P.R.I.D.E in Paxton 2009

Pride Activities throughout the  
Christmas Season:

### December 4-6th

“You could be a winner” Bag Sale

### December 6th

Business Holiday Open House

1:00p.m.-4:00p.m.

### December 8th

Wild-N-Wacky Firehouse Cook Off

### December 10th and 11th

House Decorating Contest

For more information call  
PRIDE 1-217-379-3388

## Angel Food Ministries

Hosted By: Watseka First Assembly of God  
807 N . Jefferson St. (Rt. 1) Watseka IL  
(815) 432-5057

Not a “Handout” but a “Hand up”  
You have an opportunity to purchase \$65.00  
worth of groceries for only \$30.00!

Add on packages also available  
for an additional cost.

This program is made available to everyone and  
the Link card is accepted.

Menus and order forms will be available at the  
First Assembly in Watseka or visit  
[www.watsekafirstassembly.com](http://www.watsekafirstassembly.com)



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how !!!!*

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*Nicotine*

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Illinois Department of Public Health  
Ford-Iroquois Public Health Department

## FAST FACTS

- \* Staffed by Registered Nurses, Respiratory Therapists and Tobacco Addiction Specialists.
- \* All services are completely confidential
- \* TDD for the Deaf & Hearing Impaired: 1-800-501-1068



This is a free  
telephone call  
7 AM - 7 PM

**1-866-QUIT-YES**

**1-866-784-8937**

(\$10 initial set up fee)

