

October 2024

NATIONAL  
**Emotional  
Wellness**  
MONTH

You are not alone.  
\*GIFTS FOR THE BEST\*

- Join a Support Group
- Carve Out Some “Me” Time
- Be Kind to Yourself
- Power of Your Smile
- Treat Yourself With a New Recipe
- 10 Steps For Healthy Aging
- Resources

*“Where flowers bloom, so does hope.”*

*- Lady Bird Johnson*

# Dementia Caregiver Support Group

**Basehor Community Library:**

Meets in person and by Zoom on the first Thursday of every month at 6:30 pm

Join us in this safe supportive environment for caregivers.

Co-Leaders: Dr. Maritza Buenaver, Geriatric Psychiatrist

and Cathy Grigsby, MS, caregiver support specialists,

will guide us as we share our experiences. Anyone is welcome to join us.

# ***National Emotional Wellness Month***

## ***A time to prioritize mental health and self-care.***

### ***Join a Support Group***

It is important that caregivers find experts: geriatric care managers, a therapist or caregiver support groups can all help you find ways to forgive the person you are caring for and forge new ways to cope when you get frustrated.

### ***Carve Out Some “Me” Time***

Increase your happiness factor — carve out time to grab a coffee or go on a walk with a happy friend and feel your spirit uplifted.

### ***Be Kind to Yourself***

Be kind to yourself just like you are kind and caring to your loved one. Take the time to write yourself a thank-you letter for everything you do — the patience, the time, the love you are providing. Take this letter out and read it on days when you feel down or like you cannot go on. Congratulate yourself for the wonderful gift of caring — and the gift of volunteering — that you are giving.

### ***Power of Your Smile***

One of the characteristics of an optimist is the power of their smile — remember how good you feel when someone smiles at you? You inevitably smile back and for a few seconds all seems right with the world. Even though you may be blue or having one of those days — try smiling. It is hard to be mad or sad when you have a smile on your face.

## ***Emotional Wellness also means being creative and treating yourself.***

***Even if you are staying at home, you can treat yourself with a delicious new recipe. Such as, Unstuffed Cabbage Roll Soup:***

### ***Ingredients***

- 1 pound (16 ounces) lean ground turkey (90% or leaner)
- 1 medium onion, diced (about 1 cup)
- 1 bag coleslaw mix (or 4 cups of shredded cabbage and carrots)
- 4 cups (32 ounces) reduced-sodium beef broth
- 1 (15-ounce) can no-added salt tomato sauce
- ½ cup uncooked rice
- 2 tablespoons brown sugar
- 2 cloves garlic, minced (about 1 teaspoon)
- 1 bay leaf
- ½ teaspoon dried oregano
- ½ teaspoon ground black pepper

***Recipe Notes Directions*** 1. Place a large pot over medium heat and add the ground turkey. Break it up as it starts to cook. Add the onion and cook until the onion is softened and the meat is no longer pink, about 6-8 minutes. 2. Add the coleslaw mix, beef broth, tomato sauce, rice, brown sugar, garlic, bay leaf, oregano and pepper. 3. Bring to a boil and reduce the heat to maintain a simmer. 4. Cook until the rice is tender; about 25 minutes for white or quick-cooking brown rice and 45 minutes for regular brown rice. 5. Remove from heat and let rest for 10 minutes. 6. Remove the bay leaf. Serve warm. • Store in the refrigerator for 4 days or freeze for up to 3 months. • Substitute no-added-salt broth to reduce the sodium content.

# Emotional Wellness Begins With a Healthy Diet



## 10 Steps for HEALTHY AGING

Living a healthy lifestyle becomes even more important for better aging. The things we do to keep body and heart healthy—nutritious diet, physical activity, and social connections—also can help promote brain health and wellness.

**Eat well.**



**Stay active.**

**Learn new things.**



**Get enough sleep.**

**Mind your meds.**



**Stop smoking & limit alcohol.**

**Stay connected.**



**Know your blood pressure.**

**See your doctor.**



**Get a memory screening.**

Learn More: [alzfdn.org/10-steps-for-healthy-aging](http://alzfdn.org/10-steps-for-healthy-aging)

### - Love Independent Living -

#### Independent Living Services for Seniors

As we age, maintaining independence can become challenging, but with the right support, it's possible to continue living comfortably in your own home. I offer personalized assistance with everyday tasks like cleaning, running errands, grocery shopping, and more. Whether you need a little help around the house or regular support, I am here to ensure you stay independent, healthy, and happy.

Contact me today to learn more about how I can serve you.

**Brianna Arnold**  
913-547-5575



When you call me,  
we will talk about  
your personal  
needs & how I  
may assist you.

  
BRIANNA  
ARNOLD

913-547-5575

# Resources



## A JOURNEY THROUGH ALZHEIMER'S DISEASE "VIRTUAL REALITY EXPERIENCE"

*Find out what everyone is raving about!  
"Enlightening" "Eye-Opening" "Empowering"  
"Informative"*

**Free Distance Learning Experience Through Zoom..  
(Alzheimer's/Dementia/Lewy Body/Parkinson's)  
Experience a journey through their eyes.**

*(A must for caregivers, families, doctors/fellows/residents/staff.)*

Free Virtual Reality Distance Learning is made possible  
by Dr. Maritza Buenaver's Iowa-GWEP/HRSA Grant.

**It's easy to schedule a  
Virtual Reality Session.  
Just email your preferred  
VR Session date and time!  
VAcaregivereducation@gmail.com**

***Also, ask about our  
Lewy Body Dementia, Parkinsons,  
Vision/Hearing Loss, and End-of-Life  
Virtual Reality Experiences.***

- Dementia Education, 3rd Wed., Monthly, Basehor Library
- Dementia Caregiver Support Group, 1st Thurs., Monthly, Basehor Library
- [www.Facebook.com—Basehor Library—Dementia Caregiver Support Group](http://www.Facebook.com—Basehor Library—Dementia Caregiver Support Group)
- [www.LeavenworthCounty.gov—Council on Aging](http://www.LeavenworthCounty.gov—Council on Aging)
- [www.VA.gov/eastern-kansas-health-care/health-services/caregiver-support/](http://www.VA.gov/eastern-kansas-health-care/health-services/caregiver-support/)
- [www.ALZ.org—Alzheimer's Association](http://www.ALZ.org—Alzheimer's Association)
- [www.TeepaSnow.com—A Dementia-Care Education Specialist](http://www.TeepaSnow.com—A Dementia-Care Education Specialist)
- [www.mountosb.org/ministries/keeler-womens-center/](http://www.mountosb.org/ministries/keeler-womens-center/)  
(913-906-8990) Free Services in Kansas City, KS
- [www.ptsd.va.gov/gethelp/help\\_for\\_veterans.asp](http://www.ptsd.va.gov/gethelp/help_for_veterans.asp)
- **CRISIS LINE: 800-273-8255—Free and Confidential**

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