

December 2024

# INTERNATIONAL Day of Persons with Disabilities

12/3/24

## Helpful Holiday Tips

- Include Your Loved One
- Stay Positive
- Value Their Input
- Put Feelings First
- Be Creative
- Be Kind to Yourself
- Holiday Recipe
- Resources

*Happy Holidays!*

*"When you see a person without a smile,  
give them yours." - Zig Ziglar*

You are not alone.

## 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.

# Happy Holidays!

## **The International Day of Persons with Disabilities (IDPD) is celebrated annually on December 3rd.**

The UN observes the IDPD to promote the rights and well-being of people with disabilities. It also aims to raise awareness of the situation of people with disabilities in all aspects of life:

- Advocating for accessible infrastructure, transportation, and digital platforms
- Celebrating the accomplishments of individuals with disabilities in your community
- Sharing stories and experiences of persons with disabilities
- Supporting disability organizations



### **Holiday Tips:**

#### **Make Efforts to Include Them**

Many seniors with dementia can still recall favorite holiday traditions like a holiday movie, tree ornament, or food. Honoring these favorites may even help them to reflect on holidays past.

#### **Stay Positive**

Dementia does not prevent seniors from understanding people's moods and feelings. Start with enjoying your time together. But, if the thought of holiday responsibilities starts to overwhelm you, set expectations in advance and keep it simple. Quality time is more important than festivities.

#### **Value Their Input**

Many seniors with dementia can still recall favorite holiday traditions like a holiday movie, tree ornament, or food. Honoring these favorites may even help them to reflect on holidays past.

#### **Put Feelings First**

Don't be afraid to make new memories on their terms. If they seem more interested in watching movies than in baking cookies, let the holiday traditions slide and enjoy your time together, perhaps taking-in a traditional holiday classic they may recognize and enjoy.

*Source: [anthememorycare.com](http://anthememorycare.com)*

## **DECEMBER EVENT: Dementia Caregiver Support Group** **Thursday, December 5th—Basehor Community Library** **1400 158th St., Basehor, KS—6:30 p.m—7:30 p.m.**

*In a safe and welcoming environment, the Dementia Caregiver Support Group gives caregivers the opportunity to ask questions and share their experiences with others in similar circumstances. **The support group will be led by:***

**Co-Leaders: Dr. Maritza Buenaver, Geriatric Psychiatrist and Cathy Grigsby, MS**  
*caregiver support specialists.*

## ***Be Creative***

Perhaps a trip to the mall to enjoying the decorations of the season. Or, driving through the neighborhood enjoying decorated homes and lights. Reading traditional Christmas stories out loud. Listening to and/or singing to favorite holiday or spiritual songs. If they enjoy more engagement, give them jingle bells to hold and ring while you sing.

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

Sometimes, the hardest thing for a caregiver is to stop, take a breath, and recharge. You can better assist and support your loved one by making sure You are replenished and healthy. Perhaps, a quiet and peaceful cup of coffee on the deck or a quiet and peaceful read from a few pages of your favorite book. Or, a nice brunch at your favorite café with friends or family. Recognize your limitations and always leave some free time in your schedule for You! You deserve it and your loved one would want that for you.



# *Quick and Easy*



## **HOLIDAY RECIPES**

### ***Maple Glazed Roasted Brussels Sprouts***

#### Ingredients:

- Brussels sprouts
- Olive oil
- Salt and pepper
- Maple syrup

#### Instructions:

- Preheat the oven to 400°F (200°C).
- Trim and halve the Brussels sprouts.
- Toss them with olive oil, salt, and pepper.
- Roast for 20-25 minutes until crispy.
- Drizzle with maple syrup and roast for an additional 5 minutes.

### ***Garlic Rosemary Roasted Potatoes***

#### Ingredients:

- Baby potatoes
- Olive oil
- Garlic cloves, minced
- Fresh rosemary, chopped
- Salt and pepper

#### Instructions:

- Preheat the oven to 425°F (220°C).
- Halve the baby potatoes.
- Toss with olive oil, minced garlic, rosemary, salt, and pepper.
- Roast for 25-30 minutes until golden and crispy.

# 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 to:***

***vaCaregiverEducation@gmail.com***

***Also, ask about our other  
Virtual Reality Experiences including:  
Vision/Hearing Loss and End-of-Life.***

- **Dr. Maritza Buenaver—Dementia Education, Next Session: January 15, 2024**  
• **> Dementia Education Sessions are held Every Other Month on the Third Wednesday of that month, 6:30-7:30 p.m., at the Basehor Library**
- **Dementia Caregiver Support Group, Monthly, First Thursday, Basehor Library**
- **www.Facebook.com—Basehor Library—Dementia Caregiver Support Group**
- **www.LeavenworthCounty.gov—Council on Aging**
- **www.VA.gov/eastern-kansas-health-care/health-services/caregiver-support/**
- **www.ALZ.org—Alzheimer's Association**
- **www.TeepaSnow.com—A Dementia-Care Education Specialist**
- **www.mountosb.org/ministries/keeler-womens-center/ (913-906-8990) Free Services in Kansas City, KS**

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