

January 2025

## National Hobby Month

Happy New Year  
2025

- New Hobby Ideas for Caregivers
- Caregiver Resolutions for the New Year
- Enjoyable Sensory Experiences for Dementia
- Event: January 2nd - Thursday - Basehor Library  
Dementia Caregiver Support Group  
Special Guest: Brady Curran

Certified Tai Chi Instructor

- Event: January 15th - Wednesday - Basehor Library  
Dementia Education
- Quick and Easy Recipe
- Resources

*"Promise me you'll always remember...you're braver than you believe, stronger than you seem, smarter than you think, and loved more than you know."*

*- Christopher Robin*

# 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 New Year 2025 January is National Hobby Month

## ***New Hobby Ideas for Caregivers***

Expand your horizons with Tai Chi or Yoga, photography, creative writing, arts and crafts, singing, backyard bird watching, drawing, learn how to paint (with Bob Ross Shows for example), learn how to play a musical instrument (YouTube.com has many instructional videos), research exotic new destinations.

## ***Caregiver Resolutions for the New Year***

As a caregiver starting a new year, consider resolutions focused on self-care, improving your caregiving routine, and seeking additional support, including:

**Prioritize physical health:** Start a regular exercise routine, eat a balanced diet, and get enough sleep.

**Mental health focus:** Practice relaxation techniques like meditation or deep breathing, engage in hobbies you enjoy, and seek professional therapy if needed.

**Set boundaries:** Learn to say no and delegate tasks to avoid burnout.

**Schedule regular breaks:** Plan time for yourself each day, even if it's just a short walk or a relaxing activity.

## ***Enjoyable Sensory Experiences for Dementia***

- enjoying a hand, neck, or foot massage
- brushing their hair
- enjoying the different aromas of fresh flowers or potpourri
- using essential oils and fragrances
- stroking an animal or differently textured materials
- visiting a herb farm or a flower show



## ***JANUARY EVENT: Dementia Caregiver Support Group***

***Thursday, January 2nd—Basehor Community Library***

***1400 158th St., Basehor, KS—6:30 p.m.—7:30 p.m.***

***SPECIAL GUEST: Brady Curran, Certified Tai Chi for Arthritis  
and Fall Prevention Instructor***

*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.***

# JANUARY EVENT: Dementia Education

**Dr. Maritza Buenaver is Inviting You to Join Us for this Free Event!**

(Sessions are held Every Other Month on the third Wednesday of the month)

**Wednesday, January 15th, 6:30 p.m.—7:30 p.m.**

**Basehor Community Library**

**1400 158th St., Basehor, KS**

*This program will be led by Dr. Maritza Buenaver, Geriatric Psychiatrist specializing in dementia education. The goal of this program is to help erase the stigma and misunderstanding of dementia by encouraging conversations about the disease, while advancing education and training that leads to compassionate care for individuals. This program will offer insight for people working with the public and for those working in health care.*



## Quick and Easy RECIPE



### Creamy Pasta and Peas

Bright green peas — a low-fat legume naturally high in protein and fiber — and fresh lemon are flavorful ingredients that give easy recipes a pop of color and flavor. This dish also offers plenty of onion (full of antioxidants) and olive oil, a heart-healthy, vegetable-based fat.[02]

### Ingredients

- 1 zucchini or summer squash,
- cut into thin rounds
- 1 small onion, diced
- 2 tablespoons olive oil, plus some for serving
- ½ pound short pasta, like shells or penne
- 1 pound bag frozen peas
- ½ cup grated Parmesan cheese
- Lemon juice to taste
- Fresh basil, if desired
- Add your favorite meat, if desired

### Instructions

1. Bring a large pot of salted water to a boil on the stove.
2. While the water heats up, sauté zucchini or squash, onion, and olive oil over medium heat in a separate pan.
3. Cook pasta according to package directions, adding your frozen peas to the boiling water with 5 minutes remaining.
4. Remove 1 cup of starchy pasta water from the pot and set aside. Drain pasta and peas and return to the pot, along with onion, olive oil, and veggies.
5. While the mixture is hot, add Parmesan and stir. Slowly, begin to add the starchy water to the mixture. This is where the magic happens! The Parmesan and pasta water will emulsify to make a creamy, restaurant-style sauce — no heavy cream involved.
6. Sprinkle with lemon juice, salt and pepper, and a light drizzle of olive oil to serve. Add basil, if desired.
- 7.

### Family recipes

#### for senior fun with grandchildren

Cooking is a fun way to bond with grandchildren while passing along important life skills. These recipes are not only simple, creative, and tasty, but they're easy recipes for seniors and families.

# 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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