

# National Giving Month

December 2025

INTERNATIONAL  
Day of  
Persons  
with  
Disabilities

12/3/25

Happy  
Holidays!

## Helpful Holiday Tips

- 5 Gifts for People Living with Alzheimer's
- 5 Gifts to Help with Everyday Tasks
- 5 Tips to Help You Cope
- Caregiver Virtual Reality Experience
- ★ December Event: December 4th  
Dementia Caregiver Support Group
- Resources

*"Caregiving often calls us to lean into Love  
we didn't know Possible" - Tia Walker*

You are not alone.  
YOU ARE NOT ALONE.

## Dementia Caregiver Support Group

Basehor Community Library:

**December:** Meets in person on December 4th at 6:30 p.m. - 7:30 p.m.

**(See inside for 2026 new Support Group Schedule)**

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



### **5 Gifts for people living with Alzheimer's – in the middle-to-late stages:**

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- Music playlists that include the person's favorite artists or songs.
  - Comfortable, loose-fitting clothing that is easy to put on, remove and wash, such as sweat suits, slip-on blouses/shirts, non-slip socks, Velcro shoes, wrinkle-free nightgowns, nightshirts or a fluffy bathrobe.
  - Framed photographs or a photo collage created specifically for your loved one. Insert the names of the people in the photos to help with identification.
  - Soothing gifts that can help with anxiety like a handheld massage ball or a soft blanket.
  - Adaptive dining accessories such as no-spill cups, plate guards and silverware with specifically designed handles that enable greater independence during meals.

➡ **“Special Announcement—Change in Support Group Schedule”**  
**Beginning January 2026, the Dementia Caregiver Support Group meetings will be held on the fourth Monday of each month.**

Source: Alz.org

**DECEMBER EVENT: Dementia Caregiver Support Group**  
**Thursday, December 4th—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.*



## **5 Gifts to help with everyday tasks and keep the person living with Alzheimer's engaged**

- **A memory phone** that can store pictures with the names and contact information of family and friends.
- **Puzzle and activity books** are a great way to keep a person living with dementia cognitively engaged. Some books are developed specifically for people with cognitive challenges. Select books that are appropriate for the person's cognition level and offer fun without being overwhelming.
- **Card/Board games** offer an opportunity to involve other family members and friends, allowing others to spend time with the person living with dementia. Some games offer various skill levels, which can keep everyone and the care recipient engaged at cognitively appropriate levels.
- **An outing** to a movie, play or concert, sporting event, museum or possibly an organized holiday shopping trip with friends and family.
- **Engage your loved one** in making homemade gifts, painting ornaments, decorating stockings, table setting, scrapbooking or other activity gifts.



## **Five Tips to Help You Cope**

- **Manage your level of stress.** Stress can cause physical problems (blurred vision, stomach irritation, high blood pressure) and changes in behavior (irritability, lack of concentration, change in appetite). Note your symptoms and discuss with a doctor, as needed. Try to find relaxation techniques that work for you.
- **Be realistic.** The care you give does make a difference, but many behaviors can't be controlled. Grieve the losses, focus on positive times as they arise, and enjoy good memories.
- **Know you're doing your best.** Remember that the care you provide makes a difference and that you are doing the best you can. You may feel guilty because you can't do more, but individual care needs change as Alzheimer's progresses. You can't promise how care will be delivered, but you can make sure that the person with the disease is well cared for and safe. For support and encouragement, join ALZConnected, our online caregiver community.
- **Take a break.** It's normal to need a break from caregiving duties. No one can do it all by themselves. Look into respite care to allow time to take care of yourself. You need to recharge so that you can be at your best for them.
- **Accept changes as they occur.** People with Alzheimer's disease change over time and so do their needs. They may require care beyond what you can provide on your own. Becoming aware of community resources and care options — from home care services to residential care — can make the transition easier. So will the support and assistance of those around you.

# 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: February 2, 2026**  
> Dementia Education Sessions are held Every Other Month on the First Monday of that month, 6:30-7:30 p.m., at the Basehor Library
- **The Dementia Caregiver Support Group is held Monthly on the Fourth Monday of that month at the 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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