

Happy New Year 2026!

NATIONAL

Alzheimer's Awareness

MONTH

- Great Ideas to Start Your New Year
- Prioritize Self-Care
- Build Support and Connections
- Tips for Caregiver Cooking
- Simple Main Dishes for Caregivers On The Go
- Take a Picture of this Beautiful Dementia Companion Card

★ January 26th Event: Dementia Caregiver Support Group

★ February 2nd Event: Dementia Education / Dr. Maritza Buenaver
"Help erase the stigma and misunderstanding of dementia"

- Virtual Reality Experience
- Resources

"From caring comes courage."

January 2026

You are not alone.
FOR THE HOPE GROUP

Dementia Caregiver Support Group

Basehor Community Library:

January: Meets in person on Monday, January 26th 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 New Year 2026!

National Alzheimer's Awareness Month

Great Ideas to Start Your New Year

To start the new year better, caregivers can prioritize realistic self-care (daily "me time," exercise, healthy habits), build strong support systems (groups, friends, respite), get organized (documents, future plans), and focus on quality connection with their loved one, all while setting gentle, flexible goals and accepting help to combat burnout and build resilience.

Prioritize Self-Care

- **Schedule daily "me time":** Even 15 minutes for reading, walking, or music.
- **Nourish your body:** Eat well, stay hydrated, and incorporate regular, even small, bouts of exercise.
- **Protect your sleep:** Aim for a consistent sleep schedule to combat stress-induced worry.
- **Find joy:** Engage in hobbies or creative outlets, maybe even in a group setting for built-in social time.

Build Support and Connections

- **Seek support networks:** Join caregiver groups (online or in-person) to share experiences and feel less isolated.
- **Reconnect with others:** Make time for friends and family outside the caregiving role.
- **Accept help:** Let others assist with tasks or provide respite care so you can take breaks.
- **Connect with your loved one:** Schedule simple activities like watching a show, baking, or sharing stories to maintain connection beyond tasks.

➡ ***"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.

JANUARY EVENT: Dementia Caregiver Support Group
Monday, January 26th—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.

Tips for Caregiver Cooking

- **Utilize Convenience Items:** Use pre-bagged salads, frozen vegetables, and rotisserie chickens to cut down on prep time.
- **One-Pot Meals:** Focus on recipes that require minimal cleanup, such as stews, curries, and sheet pan dinners.
- **Nutrient-Dense:** Focus on soft, easy-to-chew foods that are high in protein and vitamins for seniors.

Simple Main Dishes for Caregivers On The Go

- **Sheet Pan Salmon and Asparagus:** Combine 2 salmon fillets and a bunch of asparagus on a sheet pan, drizzle with olive oil, top with lemon slices, and bake at 400°F for 20 minutes.
- **Easy Slow Cooker Turkey Chili:** Brown 1 lb ground turkey and 1/2 onion, then add 1 can kidney beans, 1 can diced tomatoes, and chili powder. Let it simmer in the slow cooker.
- **Rotisserie Chicken Soup:** Use shredded chicken from a store-bought rotisserie chicken, combined with carrots, celery, mushrooms, and broth for a fast, comforting meal.
- **Veggie Stir-Fry:** Sauté 2 cups of frozen mixed vegetables with tofu or chicken, adding soy sauce and olive oil.

Take a picture of Dr. Buenaver's Beautiful Companion Card ➡

Discreetly inform staff (like waiters) that someone has dementia, needs patience, and might be confused, easing interactions in public. Keep easy access on your phone for use at restaurants, stores, or travel.



Please be patient.

*The person I am with
has Dementia.*

Thank You!



FEBRUARY EVENT: Dementia Education **Dr. Maritza Buenaver is Inviting You to Join Us for this Free Event!**

(Sessions are held Every Other Month on the first Monday of the month)

Monday, February 2nd, 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.

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: October 15, 2025**
> **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**
- **The Deeper Window Association, Vicki Lichtenauer, vlichtenauer@scls.org**
Caregiver Support Group, Monthly, 1st and 3rd Wednesday, 5:45-7:30 p.m.
- **Leavenworth, KS— Let's Roll Mobile Respite, Tuesdays, 11:00 a.m.—3:30 p.m.**
- **www.LeavenworthCounty.gov—Council on Aging**
- **www.ALZ.org—Alzheimer's Association**
- **www.ptsd.va.gov/gethelp/help_for_veterans.asp**
- **CRISIS LINE: 800-273-8255—Free and Confidential**

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