

Bulletin for Health and Wellbeing

December 2017

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Giving the Gift of Care During the Holidays

The holidays are a time to get together; a time when family comes to visit and when people drop in. And this creates a wonderful opportunity to reconnect with people, to spend time together, and to create new and beautiful memories.

But all the hustle and bustle can also create stress, especially for older people who may have a variety of unexpected concerns.

You can give the gift of care this year by being sensitive to triggers for stress and depression over the holidays for yourself and for others.

1. Plan ahead – While the holidays are a time to relax, day after day of unstructured time can be stressful, particularly when you mix small children with elderly grandparents or great-grandparents. Planning an activity and scheduling in some down time gives each day some much needed structure.

2. Encourage storytelling – Telling stories will help alleviate depression by giving people, and yourself, an outlet for nostalgia, grief, and the other 'blue' feelings that may arise.

3. Pay attention to the details – a lot of stress stems from the inevitable small details that come with visiting: special diets, mobility issues, sleeping arrangements, a disruptive schedule, and so on. Asking your guests beforehand and being sensitive to their needs can help alleviate some of their stress.

4. Share the load – starting to sound like a lot of extra work for you? Limit your own stress by getting the help you need from family members. For example, you can ask a guest to plan a family friendly activity, have a family member take a dependent for the afternoon, and organize potluck dinners instead of hosting!



Sources: American Medical Resource Institute, <https://www.aclsonline.us/articles/the-guide-to-overcoming-holiday-depression-for-the-elderly-and-their-caretakers/>

Help Seniors Overcome Holiday Stress: 4 Tips, <https://www.caregiverstress.com/stress-management/relief-tips/help-seniors-overcome-holiday-stress-4-tips/>

This bulletin should never be used as a substitute for seeing a doctor. If you are concerned about a possible medical condition, please consult your physician.

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Creating Intergenerational Memories



The holidays are a time for visitors! Create some lasting memories by using these ideas to engage the whole family

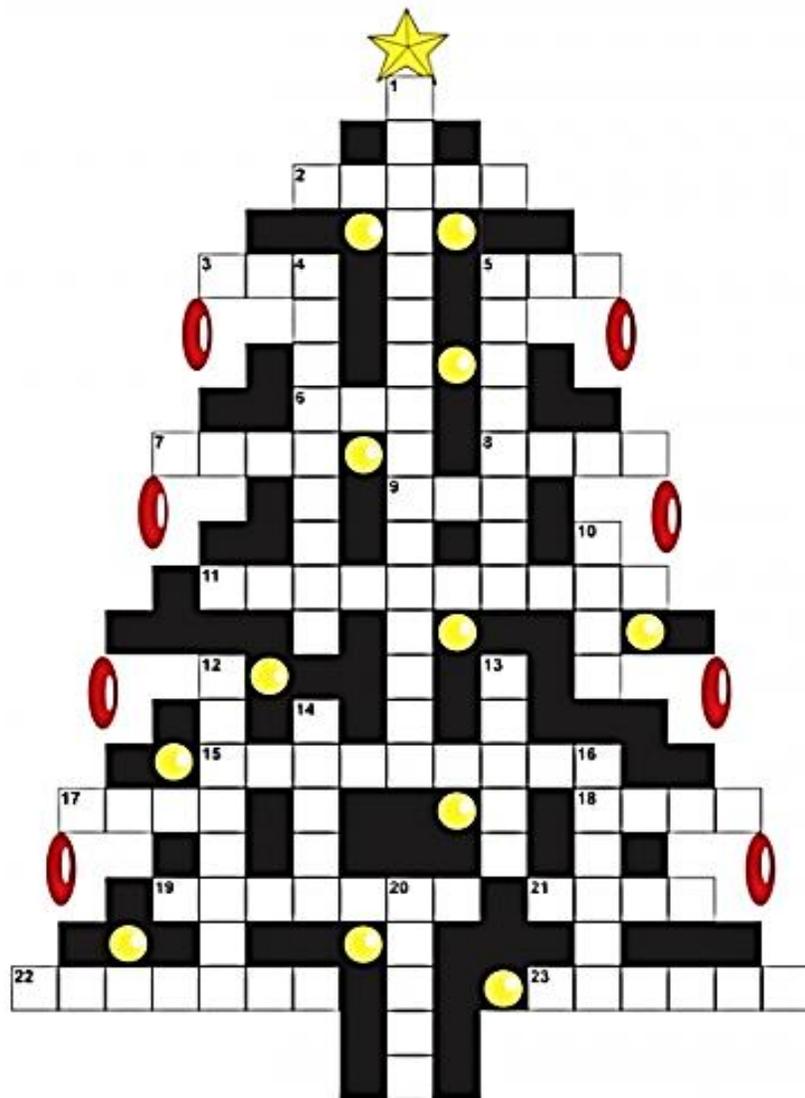
Ask: What Can We Do Together Today?

- Look at baby pictures
- Get someone to teach you their favourite video game
- Organize an indoor or outdoor scavenger hunt
- Go through your jewelry box together
- Do some baking! Gingerbread houses are huge, fun, holiday projects
- Take an online tour of an art gallery or artist
- Play cards together: Uno and Go Fish are fun at any age

Source: www.grandparents.com/grandkids/activities-games-and-crafts/things-do-grandkids

Activity Corner

Challenge yourself with a Holiday Crossword Puzzle!



Source: <https://www.pinterest.ca/pin/246009198373332136/>

Down

- 1 Rudolph the ... (3-5,8)
- 4 Covered tarts, filled with mincemeat (5,4)
- 5 That which is done on Christmas Day (8)
- 10 What the Three Wise Men saw in the East (4)
- 12 Less than twentyone (5-3)
- 13 What is done eagerly to the Christmas pudding (5)
- 14 That which often covers the Christmas cake (5)
- 16 It mostly takes place in the middle of Christmas Day (6)
- 20 A baked dinner (5)

Across

- 2 The expressed juice of apples (5)
- 3 One of the rear quarters of a pig - a Christmas Dinner delicacy (3)
- 5 A pear-shaped fruit eaten at Christmas (3)
- 6 One who does not behave like a gentleman at the party (3)
- 7 Auld Lang ... - a song traditionally sung on New Years Eve (4)
- 8 Christmas presents hoped for by children (4)
- 9 A Hebrew judge and high priest (3)

- 11 Monday to Friday evenings (10)
- 15 What must be done to the house at Christmas (9)
- 17 That which is eaten on Christmas Day (4)
- 18 A person who is seen to be closest to an admired stereotype (4)
- 19 Stable troughs from which cattle eat (7)
- 21 White flakes that fall at Christmas - more in other countries (4)
- 22 The writer of A Christmas Carol, Charles ... (7)
- 23 A spirit distilled from the fermented juice of grapes (6)