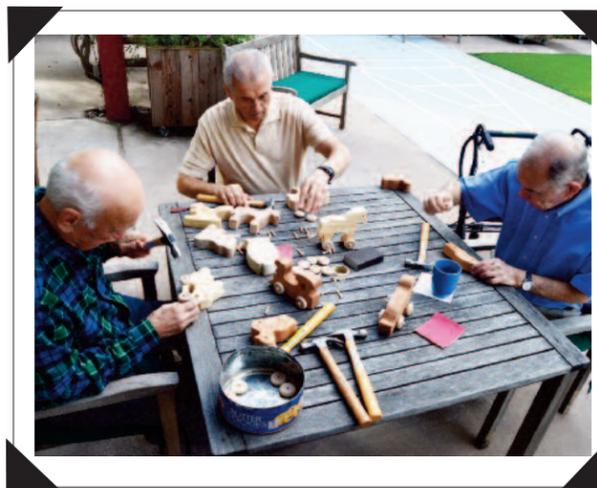


Amazing Place *Family* Album



Building wooden toys to donate



The finished products!



Honoring our veterans including Tricia E.



Inprint writer Niki Herd leads a writing class with Participant Program Coordinator Kaneisha Young



Volunteer Shannon Sinclair leads a fun pumpkin craft

Our 1st Friendsgiving event was a rousing success!



AMAZING PLACE®

DEMENTIA DAY PROGRAM • CAREGIVER SUPPORT • COMMUNITY EDUCATION

Family Spirit

DECEMBER 2017

MONTHLY NEWS AND PROGRAM CALENDAR

Finding Joy in the Holidays

by Brianna Garrison, MSW, LCSW Amazing Place Family Services Director

The Holidays are meant to be a joyful season and a time to create good memories, but for the families affected by dementia, holidays may stir up a mixture of feelings. For caregivers, it may be especially challenging to balance your responsibilities as a caregiver and the ones that often come with celebrating holidays. Preparing for holidays is the perfect time to try new roles, discover strengths, and find additional resources for your family. Here are a few ways to reduce holiday stressors and cultivate a season of joy:

Establish new traditions. If former traditions become stressful or unmanageable, take the opportunity to create new family traditions or find ways to minimize the work with old traditions. It can be hard to try new things, but equally rewarding to create those joy filled moments.

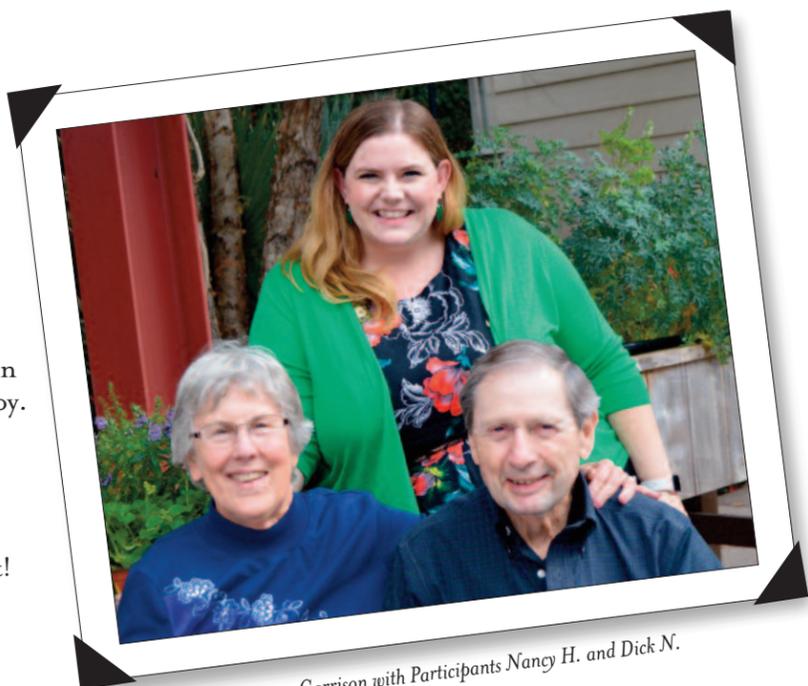
Enjoy special moments. Rather than dwelling on the way special occasions used to be, try to focus on the present. Be kind to yourself and your family. You can try writing out three gifts of the present that bring you joy.

Give to yourself. Give yourself a wonderful gift that only you can give. It could be something you would do, something that you wish for yourself, or a special thought or message that empowers you. You are worth it!

Recognize that you are doing your best. Take time to acknowledge all your efforts to care for your loved one and all you are doing to make the holidays memorable and enjoyable for everyone involved. You are doing a remarkable job!

Celebrate the strengths. Facing the day-to-day challenges of living with dementia, many families discover strengths and courage they didn't know they had. Reflect on the strengths you have developed, and build on them during the holidays.

As a caregiver, it's important to stay flexible. Don't expect yourself to do everything, and take time to recharge your own batteries. Remember the best things in life are free, so keep it simple and enjoy your holidays. As the Family Services Director, please know I am available— no matter what the season— to provide support.



Brianna Garrison with Participants Nancy H. and Dick N.

All of us at Amazing Place wish you and your family a joy filled holiday!