

News & Views

Admin: Michele Nixon
3062 Hyacinth St. NE Salem, Or

RN: Debbi S.
503-588-0722



Celebrating December

**Universal Human Rights
Month**

Bingo's Birthday Month

Cookie Cutter Week
December 1-7

Hanukkah
December 10-18

Gingerbread House Day
December 12

Christmas Bird Count
December 14-January 5

Free Shipping Day
December 17

Christmas
December 25

Kwanzaa
December 26-January 1

New Year's Eve
December 31

We wish all of you a very
Merry Christmas and Happy
New Year 2021!

We will be doing our annual
tree decorating on December
1st with the residents.

We will make sure each one
of them have a gift to unwrap
on Christmas morning.

Ideas for gifts for your loved
ones, lap blankets, lotions,
body sprays, perfumes, new
pjs or slippers.

Thru the month of December,
we will be doing lots of fun
crafts for Christmas.

Be safe and well everyone.

Sincerely
Michele & Harmony

Holiday Tips for Dementia Caregivers

By Ava M. Stinnett

Holidays are festive occasions that celebrate being with the people we love, honoring family traditions, recalling old memories, and creating new ones. For caregivers and people living with dementia-related conditions such as Alzheimer's, however, there will come a time when it's just not feasible or practical to do everything you once did. How do we celebrate special occasions when one of the people involved doesn't remember or even understand what the celebration is about? How do caregivers on the dementia journey with a loved one—not just on the holidays, but all day every day—manage to keep it together?

The holiday season can be stressful, so it's critical to adjust expectations. Caregiver expert Amy Goyer describes caregiver burnout, saying, "The prolonged stress builds up, we are robbed of energy, and sometimes we reach a point of total emotional, mental, and physical exhaustion. We may lose motivation completely or feel we just don't care about our loved ones, our other relationships, or our work. We may feel that we've lost ourselves in the vastness of caregiving and that nothing we can do will make a difference. If you feel like this most of the time, you may have reached burnout" (Goyer, 2015). The following tips may help caregivers weather the holiday season.

- As much as possible, maintain a similar routine for your loved one and yourself so that holiday preparations don't become stressful or disruptive. Changes to the daily schedule can increase disorientation and anxiety for those with cognitive impairment.
- Trust your instincts. Keeping past traditions alive, such as eating favorite holiday foods, visiting with family and good friends, or looking at family photo albums and heirlooms—activities that take advantage of long-term memory—can help a person with dementia connect to holiday celebrations. Determine how much you and your loved one can handle without feeling overwhelmed. Feel free to reschedule or decline invitations when needed.
- Music, whether seasonal or not, can cause a positive shift in mood. Try engaging the individual in singing along to familiar songs. It's important to remember that a particular melody that evokes a soothing memory for one person might be upsetting for another. Depending on the setting, it may be more practical to have ambient music playing in the background.

....Continued ➡

Jellied Snowball Cookies

Ingredients:

- 1/2 cup butter, room temperature
- 1/4 cup powdered sugar, plus extra for coating
- 1/2 teaspoon vanilla
- 1 1/8 cups flour
- Pinch salt
- 1 tablespoon milk
- 1/2 cup chopped pecans
- 1/4 cup strawberry jam



Directions

1. Combine butter and 1/4 cup powdered sugar in a large bowl with a hand mixer until smooth. Stir in vanilla. Stir in flour and salt. Stir in milk. Stir in pecans. Cover and chill 1 hour.
2. Preheat oven to 400°F.
3. Roll dough into 2-inch pieces. Halve each ball. Make an indentation in the center of each half with your thumb. Place 1/2 teaspoon jam into the center of each half. Press two halves back together, pinching the seams and rolling between your hands until smooth.
4. Place on a baking sheet and bake 10 minutes.
5. Transfer to a cooling rack. Roll each cookie in the extra powdered sugar, coating completely. Allow cookies to cool for 30 minutes. Then roll cookies in the powdered sugar a second time, coating completely.

Makes 12 servings

- Caregivers need to take time for themselves whether it's having a break to go to a movie, taking a walk, meeting a friend for lunch, or having someone cook a meal or help clean the house. Paying attention to your own needs and getting support from others is of utmost importance.
- Be aware that the holidays may evoke memories of better times—not just for your loved one but for you as a caregiver. Talking with a close friend or a counselor often helps one manage the emotions that come with holidays and other special days. You can also find help for caregivers from the Family Caregiver Alliance, AARP, your local Alzheimer's Association chapter, or support groups through hospitals, mental health programs, and community support organizations.

Sources

The Alzheimer's Association. (n.d.). *Holidays and Alzheimer's families*. Retrieved from <https://www.alz.org/care/alzheimers-dementia-holidays.asp>

Family Caregiver Alliance. (2014, December 31). *Caregiving and the holidays: From stress to success!* Retrieved from <https://www.caregiver.org/caregiving-and-holidays-stress-success>

Goyer, A. (2015). *Juggling life, work, and caregiving*. Chicago: American Bar Association.

Harmony House of Salem
3062 Hyacinth St NE
Salem, OR 97301

Postage
Information

**PACIFIC LIVING CENTERS HAS SEVEN
LOVING HOMES FOR THE
MEMORY IMPAIRED**

Delivering Quality of Care, Enhancing
Quality of Life

Northern Oregon Communities

HARMONY HOUSE OF SALEM

3062 Hyacinth St. NE
Salem, OR 97301

Administrator: Michele Nixon

HAWTHORNE HOUSE OF SALEM

3042 Hyacinth St. NE
Salem, OR 97301

Administrator: Stacey Smith

HERITAGE HOUSE OF WOODBURN

943 N. Cascade Dr.
Woodburn, OR 97071

Administrator: Shannon Souza

Southern Oregon Communities

APPLEGATE HOUSE OF GRANTS PASS

1635 Kellenbeck Ave.

Grants Pass, OR 97527

Administrator: Linda Ayala

ARBOR HOUSE OF GRANTS PASS

820 Gold Ct.

Grants Pass, OR 97527

Administrator: Becky Scriber

AUTUMN HOUSE OF GRANTS PASS

2268 Williams Hwy.

Grants Pass, OR 97527

Administrator: Robyn Vierra

BARTLETT HOUSE OF MEDFORD

3465 Lone Pine Rd.

Medford, OR 97504

Administrator: Christina Stanley