



### DOES YOUR LOVED ONE DRINK NUTRITIONAL SUPPLEMENTS?

As a caregiver, you may be eligible to receive nutritional supplements monthly for your care recipient.

For more information, contact  
Margie DiDona or Lisa Alley  
at Randolph Senior Adults Association  
336-625-3389

Funds provided by the Family Caregiver Support Program

### RESOURCES

**NC Stroke Association**  
336-713-5052  
ncstroke.org

**National Stroke Association**  
888-4STROKE (888-478-7653)  
stroke.org

**American Diabetes Association**  
800-DIABETES (800-342-2383)  
diabetes.org

**The Foundation for Peripheral Neuropathy**  
877-883-9942  
www.foundationforpn.org

**National Kidney Foundation**  
800-622-9010  
kidney.org

**Arthritis Foundation**  
800-283-7800  
arthritis.org

**Parkinson's Foundation**  
1-800-473-4636  
parkinson.org

**Anxiety & Depression Association of America**  
1-240-485-1001  
adaa.org

**National Alliance on Mental Illness (NAMI)**  
Main - nami.org 800-950-6264  
NC - naminc.org 800-451-9682

**Family Caregiver Alliance**  
Online information and resources for caregivers  
caregiver.org

**Family Caregiving**  
aarp.org/caregiving/

## Can you Benefit from Options Counseling ????

Situations where Options Counseling may be helpful:

- Having difficulty managing household tasks, but want to remain in the home.
- Planning to retire and want to discuss options to sustain health, wellness, and independence.
- Deciding whether to move in with family, an apartment, or an assisted living facility.
- Supporting a disabled adult and wanting to make plans in the event of being unable to continue providing care.
- Lacking awareness of existing community resources.

**Certified Options Counselors can help you develop an Action Plan with follow-up to ensure that decisions and supports are working for you!**

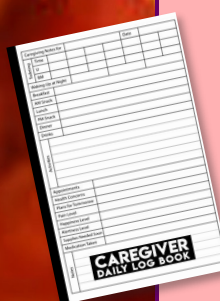
*Options Counseling is a free service available to those 50 years of age and over.*

Margie DiDona and Lisa Alley, Options Counselors  
Randolph Senior Adults Association  
The Harry and Jeanette Weinberg Adult REC  
347 W. Salisbury Street ~ Asheboro  
336-625-3389 or 1-800-252-2899



### Are you caring for a Veteran?

Call 704-638-9000 x15505 to see if you are eligible for services through the Program of Comprehensive Assistance for Family Caregivers (PCAFC).



A **Caregiver Daily Log Book** is a great way to keep notes on how your loved one is doing from day to day. It is especially helpful when there is more than one caregiver. Having notes on eating, toileting habits, and activities helps you to see patterns. It's also helpful to bring to doctor visits.

Log Books are available for a limited time at Randolph Senior Adults.

Contact Margie or Lisa at 336-625-3389

### INCONTINENCE SUPPLIES

Incontinence supplies can be an expensive part of caregiving. Randolph Senior Adults receives donations of pullups, taped briefs, bladder pads, gloves, and bed pads. If you or a family member is in need, please contact:

Margie DiDona or Lisa Alley  
at Randolph Senior Adults Association  
336-625-3389

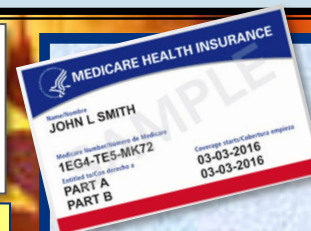
# The Nurturer



A Newsletter for Family Caregivers in Randolph County Issue 31- December 2025



RANDOLPH  
SENIOR  
ADULTS  
ASSOCIATION



### Movie Time!

With the onset of cold weather, it's the perfect time to relax and watch holiday movies.

Old classics can refresh some happy memories you and your loved one may have from the past.

Watching some newer holiday movies can be fun too. You can discuss what you enjoyed in each one. You may have some new holiday favorites!

Although we may miss people during this time, it's always nice to reminisce about Christmases from our past. The sweet or funny memories help warm our hearts and get us in the holiday mood.

Free copies of *The Nurturer* can be picked up at all Randolph Senior Adult Association centers, Regional Consolidated Services and other community locations.

*The Nurturer* is also available online at [www.senioradults.org](http://www.senioradults.org).

To receive free quarterly copies of *The Nurturer* in the mail or email, call 336-625-3389 or email: [rcaa2@senioradults.org](mailto:rcaa2@senioradults.org) to be added to our mailing list.

Follow Randolph Senior  
Adults Association  
On Facebook



## Did You Miss Medicare Open Enrollment?

It may not be too late for you to review your plan!

Medicare Open Enrollment is **October 15-December 7**, but **January 1-March 31** is the Medicare Advantage Plan Open Enrollment Period. People with a Medicare advantage plan have the chance to make one change during the first three months of the year. With so many plan options and changes in your needs, it is important to review your plan every year.

There are several special enrollment periods which allow Medicare beneficiaries to change their plan during the year. If you are having problems or issues with your plan, please contact us. There may be a solution!

**Randolph County SHIP Coordinators\***  
Margie DiDona and Lisa Alley can be reached by:

Phone: 336-625-3389 Margie x235 Lisa x237

Email: [rcaa2@senioradults.org](mailto:rcaa2@senioradults.org) (Margie)  
[rcaa@senioradults.org](mailto:rcaa@senioradults.org) (Lisa)

**In-person Mon-Thurs 8:30-4:00:** Randolph Senior Adults Association  
347 W. Salisbury Street  
Asheboro, NC 27203

*\*Seniors' Health Insurance Information Program (SHIP) is a division of the NC Department of Insurance.*



When you contribute to Randolph Senior Adults Association, a **non-profit organization**, you make an immediate difference in the lives of seniors and their caregivers. Our caregiver and meal programs help seniors stay independent for as long as possible so they can age at home in their community.

Donations can be made:

Online - [www.senioradults.org](http://www.senioradults.org)  
Call - 336-625-3389

Mail - Randolph Senior Adults Association  
347 W. Salisbury Street, Asheboro, NC 27203

Thank you for your generosity!







## RANDOLPH SENIOR ADULTS LOCATIONS

**ASHEBORO SENIOR CENTER**  
**RANDOLPH SENIOR ADULTS MAIN OFFICE**  
The Harry and Jeanette Weinberg Adult  
Resource & Education Center  
347 W. Salisbury Street  
Asheboro, NC 27203  
336-625-3389 or 1-800-252-2899

**ARCHDALE SENIOR CENTER**  
108 Park Drive  
Archdale, NC 27263  
336-431-1938

**RANDLEMAN SENIOR CENTER**  
144 W. Academy Street  
Randleman, NC 27317  
336-498-4332

**LIBERTY SENIOR CENTER**  
239 S. Fayetteville Street  
Liberty, NC 27298  
336-622-5844

**OUR PLACE ADULT DAY CARE**  
714 Farr Street  
Asheboro, NC 27203  
336-629-3787

**RCATS TRANSPORTATION**  
347 W. Salisbury Street  
Asheboro, NC 27203  
Randolph County - 336-629-7433  
Montgomery County – 910-572-3430

[www.senioradults.org](http://www.senioradults.org)

Follow us on facebook and Instagram!



## THE NORTH CAROLINA CAREGIVER PORTAL ALSO HAS OPPORTUNITIES FOR CAREGIVERS TO INTERACT WITH OTHER FAMILY CAREGIVERS

Under the **Forum** tab, you can chat (text) with other caregivers. There is a main feed, and there are also group feeds you can join on these topics:

- \* Emotional Wellbeing
- \* Skills and Tips
- \* Information and Resources
- \* Caring for a Spouse
- \* Caring for a Parent
- \* Dementia Care



Under the **Events** tab you can join:

- \* Webinars
- \* Virtual Support Groups
- \* Anonymous Groups—Cameras and microphone's Off. These discussions are led by a Care Educator. You can share your thoughts by typing in the chat box, or just observe and learn from others.

You can find all this at  
[nc-caregivers.com](http://nc-caregivers.com)



## North Carolina Caregiver Portal

Powered by Truanta

Access free training and resources to help you build skills and confidence to provide care at home.

With articles, videos, tip-sheets, and professional level training, there is something for everyone.

[nc-caregivers.com](http://nc-caregivers.com)

Things to remember this holiday season: Breathe. Spend time with those you love. Rest when you can. Be kind to yourself and remember you don't have to be a superhero.

- Anna Grace Taylor

## SUPPORT GROUPS

**Diabetes Support Group**  
Third Monday each month – 4:00-5:00pm  
Randolph Health  
208-D Foust Street, Asheboro  
336-625-9400

**Dementia Support Group**  
Second Thursday of each month - 6:30 pm  
Cross Road Village Clubhouse  
1302 Old Cox Road, Asheboro  
Bernie Raymond - 336-629-7811

**Asheboro Parkinson's Support Group**  
Second Friday of each month - 10:30 am  
Hospice of Randolph  
416 Vision Drive, Asheboro  
Annette Caughron - 336-580-9937

**Duke Dementia Family Support Program**  
**Various Support Groups via Zoom**  
Various dates and times  
Natalie Leary - 919-660-7542  
[dukefamilysupport.org/support-groups/](http://dukefamilysupport.org/support-groups/)



**C**aring  
**A**lways there  
**R**eady to give their all  
**E**ncouraging  
**G**racious  
**I**ncredible  
**V**aluable  
**E**xceptional  
**R**espectable

## How Caregivers Can Preserve Dignity

Here are some of the most common areas where care recipients struggle with the loss of independence:

**Loss of autonomy**—Difficulty making decisions about daily activities, finances or medical care can leave individuals feeling powerless.

**Personal care challenges**—Assistance with bathing, dressing, toileting or feeding can feel invasive and embarrassing. Caregivers may inadvertently rush or demean the person during these routines, compromising dignity.

**Communication barriers**—Cognitive decline or speech difficulties can make it hard for individuals to express needs or preferences. Ignoring or talking over the person, rather than listening patiently, diminishes their sense of worth.

**Social isolation**—Withdrawal from friends, family or community activities can lead to loneliness and feelings of being a burden. Environments like nursing homes sometimes fail to provide meaningful social engagement.

**Stigma and stereotyping**—Society often equates cognitive or physical decline with incompetence or lesser value. Negative attitudes from staff, peers or even family members can erode self-esteem.

**Loss of identity and role**—Chronic disease may prevent someone from pursuing hobbies, work or social roles that previously defined them. Feeling like “just a patient” rather than a whole person can undermine dignity.

**Medical decision-making and autonomy**—Individuals may feel powerless in health care settings when treatments are imposed without discussion or informed consent. Failure to respect advance directives or personal preferences can be deeply demeaning.

**Physical discomfort and pain**—Unmanaged pain or discomfort can make people feel helpless and stripped of control over their bodies. Care that prioritizes efficiency over comfort can inadvertently humiliate or distress a person.

**Privacy issues**—Inadequate attention to privacy during medical exams, personal hygiene or toileting can feel degrading.

**Caregiver attitudes and stress**—Caregiver burnout or frustration may result in a harsh tone, impatience or neglect, all of which harm dignity.

True dignity care means recognizing that each person has unique preferences, routines and sources of joy, even as cognitive or physical abilities decline. It's not enough to follow generic protocols or assume what works for residents or care recipients. Instead, caregivers must learn the individual's likes, dislikes and personal history to create experiences that reinforce identity and quality of life.

[aarp.org/caregiving](http://aarp.org/caregiving)

## HAVE A CONVERSATION

If your parents say they don't want to burden you, or your family culture doesn't fully support questioning them, try approaching the conversation this way: It would help me to know your wishes and preferences if something happens and you're unable to convey that. This puts the burden on you instead of pointing to your parents as a problem. Ask open-ended questions and listen with empathy, non-judgement and your full attention. Your parents may gladly welcome your help, or they may accept help only with one item after multiple conversations. Every family is different.

[caregiving.org](http://caregiving.org)



“Sometimes the best Christmas present is remembering what you've already got.”

—CATHY GUISEWITE

## BEST CHRISTMAS GIFTS FOR CAREGIVERS

Caregivers deserve a thoughtful gift. Something that shows you've put your heart into choosing it just for them.

### 1 A BREAK

More than anything else, short breaks or time away may be THE most treasured gift for a caregiver.



### 2 PAMPERING & SELF-CARE

Healthy snacks are perfect for a care package. Also consider gift cards for massages, pedicures, hair appointments or their favorite beauty store.



### 3 BRING JOY

Gift baskets full of their favorite things: foot spa, pedicure supplies, warm fuzzy socks, lotion, and a gift card for a shoe store or pedicure.

### 4 OFFER CONVENIENCE

Pre-paying for a maid service is a helpful convenience. Or, something simple like a whiteboard, pill dispenser, caregiver log book, or bed alarms.

### 5 HUMOR & LAUGHTER

Give a gift that makes them smile or laugh. Consider funny t-shirts that touch inside jokes, daily joke calendars, or silly coffee mugs.



### 6 ALZHEIMER'S CAREGIVERS

An erasable board, calendars, label maker...with a gift card for a getaway or break (pedicure, coffee-date, or movie tickets) serves the caregiver's needs.

### 7 CANCER CAREGIVERS

Meal train, restaurant/take out gift cards, transportation to treatment, shopping, house-keeping and laundry, Monetary gift cards.



### 8 CAREGIVER GIFT – AFTER DEATH OF PATIENT

A framed photograph or a small album of the loved-one and caregiver together.



## WHEN CAREGIVING MEETS THE HOLIDAY SEASON



**As a caregiver,** you may feel like you're juggling a lot of balls while frantically trying to keep all of them in the air. This pressure may feel more intense during the holiday season. Your attention is on a variety of care tasks – each one important and necessary. When you add holiday planning to your list, your to-do list keeps growing with no end in sight.

Maybe you have always hosted the holidays at your home or maybe you and your loved one travel to celebrate the holidays. As the season approaches, you may feel that caregiving responsibilities could make holiday planning more challenging this year.

### Take a deep breath. You are not alone.

It's normal to want to do all of the things that you have always done during the holidays. But, as more is added to your plate, it demands more of you physically, emotionally, and mentally.

As you prepare for the holidays, try incorporating a few strategies to help reduce your stress and help you feel more prepared as you juggle all of your responsibilities.

### Assign priorities

Make of list of the things you know that you want to do this holiday season and try to make a plan for the most important tasks first.

### Identify supportive people

Think of friends, neighbors or other relatives that are able to help and find out the types of support they can provide. For example, identify someone who can sit with your loved one while you run holiday errands or attend a beloved holiday party. Create a list of "go-to" people when specific needs arise.

### Set limits (and stick to them!)

The holidays are a busy time. Learn to say "no" and not take on too much. This is a form of self-care.

### Be flexible

As a caregiver, things can change with your loved one quickly. As needed, modify your holiday plans create the best opportunity for you and your loved one to celebrate.



Hospice of the Piedmont has launched a new caregiver resource through its caregiver initiative, Caregiver Advocates. A publicly accessible web and mobile resource, Caregiving Companion offers educational and supportive solutions for individuals who are providing unpaid care for a family member, friend or neighbor.

Scan the code or visit  
[caregivingcompanion.org](http://caregivingcompanion.org)



### Ask for help

Remember that you don't have to do it all. Make sure that you are taking care of yourself as you are taking care of your loved one. Your health is important too. Ask others to step in to help you if needed during this festive but hectic time.

Whether you are planning a quiet holiday or visiting with family and friends, taking a moment to prepare and organize your thoughts around the holidays as well as your caregiving duties can help. We wish you peaceful season.



## DID YOU KNOW . . .

That Randolph Senior Adults has a medical equipment loan closet? We accept gently used walkers, canes, shower benches or stools, manual wheelchairs, and bedside commodes. If you would like to borrow or donate any of these items, please call 336-625-3389.

\*Items other than those mentioned above can be donated to Christians United Outreach Center (CUOC) at 930 S. Fayetteville Street, Asheboro or call 336-625-1500.



809 Curry Drive  
Asheboro, NC 27205  
336-628-4200

### What is StayWell Senior Care?

StayWell Senior Care is a certified PACE Program (A Program of All Inclusive Care for the Elderly) providing an alternative to nursing home placement. StayWell Senior Care allows individuals in need of skilled nursing care to remain in their home or community setting and receive quality care from a team of clinical experts.

### How to Qualify?

Residents of Randolph, Moore, and Montgomery counties who are certified by the State of NC to require nursing home care are eligible. Participants must be 55 or older and able to live safely in the community at the time of enrollment.



Build a support system -  
define exactly what you  
need. ask for help. &  
delegate responsibilities



## SITTERS LIST

Randolph Senior Adults maintains a list of sitters willing to sit, assist with personal care, homemaker chores, errands, etc. This is an option for someone needing in-home help and able to pay out-of-pocket. It is up to the individual or family member to check references and conduct interviews.

**A copy of the Sitters List can be mailed or emailed to you.**

Please contact:  
Margie DiDona or Lisa Alley  
at 336-625-3389 or [rcaa2@senioradults.org](mailto:rcaa2@senioradults.org)



## Get Rid of Distractions

Getting rid of distractions (such as turning off the TV or the radio) may help loved ones communicate and understand better

## Coloring Corner



**Family Caregiver Support Program** provides a range of supports that assist family caregivers

### Eligible family caregivers are:

- A caregiver of any age providing care for an older adult age 60 or older or providing care for a person with Alzheimer's disease or related brain disorder.
- A caregiver (who is not the birth or adoptive parent) age 55 or older, raising a related child age 18 and younger or an adult with a disability.
- A caregiver age 55 or older (including parents) who provides care for a related adult with a disability.

### RANDOLPH COUNTY AGENCIES PROVIDING SERVICES WITH FCSP FUNDS:

**Randolph Senior Adults Association** provides Care Planning Assistance, Liquid Nutritional Supplements, Powerful Tools for Caregivers workshop, Caregiver Skills Class, and *The Nurturer* newsletter.

**Call Margie DiDona or Lisa Alley at 336-625-3389 for more information.**

**Regional Consolidated Services** offers caregiver respite care, minor home improvement, and medical equipment.

**Contact Evelyn Perez at 336-629-5141**



## 10 Common Mistakes That Family Caregivers Make

Family caregivers make mistakes. If they didn't, they wouldn't be human. Yet these caregivers of older parents and friends are handed the impossible task of making everything OK on their watch. But when they make a mistake — big or small — it often feels to them as if they have committed a crime. The real crime is taking mistakes personally. The *opportunity* is to learn from these errors. That's why AARP reached out to gerontologists, professors and authors who have written about adult caregiving to find out what they believe are the most common miscues that adult caregivers make — and how to prevent them. This is what the experts revealed:

### 1. Holding back the offer to help adult parents

Sometimes the biggest mistake can be waiting to assist aging parents. "Out of respect for their parents, many hold back too long to help their relatives," says Donna Benton, a research associate professor of gerontology at the USC Leonard Davis School of Gerontology in Los Angeles. The secret sauce for getting parents to accept your help, she says, is often in how you present it. Parents are often more likely to accept help from an adult child if you make the request about your well-being, not just theirs, she says. For example, you might earn their trust by saying something like, "If you let me help around the house and let me drive you more often, it will help me to worry less about you," says Benton.

### 2. Failing to report medical side effects to the doctor

Adult family caregivers are typically pretty good at listening to — and accurately abiding by — any medical advice a doctor provides to their parents or loved ones. Unfortunately, that's where the help stops. Too often, caregivers fail to report back to the doctor on possible side effects from any medication or treatment, says Benton. Don't ever be afraid to question side effects, says Benton. For example, if there's a change in personality over a day or two, it might have something to do with the medication, she says. To do this, though, you must have open communication with your loved one's doctors, which might also require advance verbal or written permission from your parent.

### 3. Trying to change lifelong habits of your parent

Suppose, for example, the parent who you are providing care has eaten junk food — like candy, soda pop and potato chips — all their lives. On top of that, they've never much liked to exercise and prefer to sit on the couch much of the day watching TV. But their doctor has asked them to eat better and exercise more. Where does that leave you? It's not likely that you're going to be successful at getting a parent to change their lifetime bad habits, says Pamela Wilson, an adult caregiving expert, advocate and speaker. But there is a middle ground. You may want to validate by telling your parent that you agree their doctor is asking for a lot. Even, then, you need to advise them of the consequences that are likely to occur if they continue to ignore their doctor's advice, says Wilson. As long as a person is fully aware of the repercussions of not taking care of their health condition, they have the right to say no, she says. "You have to

have the conversation that asks: What is your plan if you get too sick and can no longer stay in the house?"

### 4. Disregarding the financial aspects of caregiving

All aspects of health care are expensive. The best time to speak with your parents about the costs of caregiving and healthcare is before they actually need it, says Wilson. Talking about money with your parents is hard, but it's much harder under the stress of a medical event, says Wilson. "You have got to find out how your parents have planned for care needs — or not," she says. This financial discussion ultimately should include getting all the important paperwork done — including getting access and passwords to their online bank and brokerage accounts. If they don't have a plan — which is often the case — it's time to help them start to make one.

### 5. Forgetting to plan social opportunities for your parent

For overburdened caregivers, it's tempting to laser focus on the most important things — like picking up groceries and medicine — and ignore the things you believe you don't absolutely have to do, like arranging social outings for your parent. But social isolation is incredibly damaging to the physical and mental health of older adults, says Sharona Hoffman, professor of law and bioethics at Case Western Reserve University in Cleveland. "It's important to make sure they are interacting with others and engaging in activities — even if they have dementia," she says. This is the sort of task for which you can certainly reach out for help, says Wilson. There's probably a volunteer at their church or synagogue who would be willing to drive them to a service. And they may have neighbors who want to help but don't know what to do. These nearby friends could be encouraged to take your parent for a walk around the block or take them to activities at the local senior center.

### 6. Assuring your parent that they can age in place

Many older adults are understandably adamant about wanting to age in place. After all, there is often comfort in the familiar. And many want nothing to do with living only with their peers. But it's still a mistake to assure your parent that you will make certain they will always be able to stay in their own home, says Hoffman. "If they live alone at home, there is a real risk that they will become socially isolated," says Hoffman. So, for many older adults who mostly just see their caregivers and their doctors, it would be a mistake not to at least explore the possibility of senior communities or assisted living options, she says.

### 7. Thinking you're a bad caregiver if you make a mistake

People need to understand that adult caregiving is a very, very hard job, says William Haley, professor at the School of Aging Studies at the University of South Florida located in Tampa, Florida. There are so many things a caregiver must be: a nurse, psychologist, dietician, activity director, financial manager, housekeeper and safety inspector. "It's very challenging to manage all of these duties," he says. In the end, every caregiver will make mistakes. What's most critical is not to take mistakes personally but to think of them as learning opportunities. This is an issue that may lead some caregivers to feel depressed — especially those who are perfectionists, he says. Don't let that happen, Haley advises. "There's a long learning curve."   
*aarp.org/caregiving*



Seek support from other caregivers. You are not alone!



Be open to new technologies that can help you care for your loved one.



Organize medical information so it's up to date and easy to find.



Give yourself credit for doing the best you can in one of the toughest jobs there is!



Ideally caregivers should have a daily, weekly, monthly and yearly break.

- Daily—Half an hour of yoga, meditation, needlepoint, reading, etc.
- Weekly—A couple of hours spent away from the house at the mall, library, coffeehouse, etc.
- Monthly—An evening out with your friends, a play, a concert, etc.
- Yearly—A well-planned (and well-deserved) vacation.

Planning ahead for these breaks is imperative. You may need to arrange for respite care for your loved one.

Happy Holidays.



DEMENTIA  
ALLIANCE  
of North Carolina

9131 Anson Way  
Suite. 206  
Raleigh, NC 27615  
(919) 832-3732  
[www.dementianc.org](http://www.dementianc.org)

## DEMENTIA RESOURCES

**Alzheimer's Association**  
800-272-3900 (24 hours/7 days)  
[alz.org](http://alz.org)

**Dementia Alliance of NC**  
919-832-3732  
[dementianc.org](http://dementianc.org)

**Positive Approach to Brain Change**  
877-877-1671  
[teepasnow.com](http://teepasnow.com)

**Lewy Body Dementia Association**  
LBD Caregiver Link: 800-539-9767  
[www.lbda.org](http://www.lbda.org)

**Duke Dementia Family Support Program**  
800-646-2028  
[dukefamilysupport.org](http://dukefamilysupport.org)

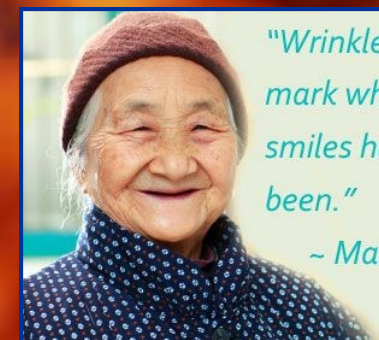
## Holiday Stress and Caregiving

While everyone is enjoying the joy of the holiday season, there are many caregivers who just want the whole thing over with. Caregiving creates a level of stress unmatched by most endeavors. Add to that the extra stress of family gatherings, gift buying, cooking, and it is almost unbearable.

The following tips may help:

1. *Avoid being bound by past traditions.* Instead of hosting family members and guests, suggest that someone else host or enlist the help of friends and relatives for everything from cleaning to preparing food. A potluck is a great idea—you can even assign specific dishes!
2. *Shop non-traditionally as well.* The Internet or catalogs are fantastic ways to shop for food and gifts without leaving home. If you would rather go out, make lists of specific gifts for each person including where to go to get them.
3. *Make sure you leave enough time to enjoy the holidays.* It shouldn't be all about the hustle and bustle.
4. *Everything in moderation.* There are many temptations throughout the season—alcohol, sweets and rich food. Enjoy but don't over-indulge..
5. *Be prepared for unexpected circumstances.* Something may come up, and probably will, so remain flexible. If you can't change the situation, accept it and move on. Remember to laugh a lot!
6. *Continue your regular exercise routine (or start one) during the holidays.* Walking is a great way to stay in shape and there is something about pounding the pavement that helps release frustrations and clears your head. In wintery weather, you can walk on indoor tracks or in the nearest shopping mall. Some malls open early just for walkers.

Source: [www.caregiver.com](http://www.caregiver.com)



"Wrinkles merely  
mark where  
smiles have  
been."

~ Mark Twain