

COOPERATIVE NEWS

Cooperative Home Care News

October 2015

Ten Caregiver Tips

We understand and respect the challenges of caring for people! These tips are geared toward caring for someone with dementia, but we find them to be helpful in almost every caregiving job. Thank you for your hard work and dedication!

- 1) **Adapt your environment to be as calm as possible**
- 2) **Modify your pace to be slow and steady**
- 3) **Modify your tone to be calm and patient**
- 4) **Avoid arguments by changing the subject**
- 5) **Create a daily schedule for a predictable day**
- 6) **Find opportunities to let your client control their day**
- 7) **Offer your client choices**
- 8) **Adapt activities so your client can enjoy them as much as possible**
- 9) **Take care of yourself**
- 10) **Know when you need to ask for help**

In This Issue

- Ten Caregiver Tips & Cooperative Hospice
- Training Classes for Each Office, Free October Events & Trick or Treat Jokes



Seeking Cooperative Hospice

Patients and Volunteers:

As Cooperative Hospice begins serving patients, we are also building our volunteer team. Please call Cooperative Hospice directly at **314-571-7855**. This is also the number to call if you know someone who may benefit from hospice services. Thank you for your interest and support!



OCTOBER TRAINING CLASSES

Please call
the office
hosting the
class you
want to
attend, to
confirm times
and to
reserve your
seat.

Franklin County

415 S. Main Street
St. Clair, MO 63077

636-629-5313

Orientation:

10/15—0/16

and

10/29—10/30

Jefferson County

1320 Commercial Blvd
Herculaneum, MO 63048

636-937-9449

No Training
Scheduled

St. Charles

4101 Mexico Road
Suite A

St. Peters, MO 63376

636-441-7753

Orientation:

10/5—10/6

and

10/19—10/20

Fairview Heights, IL

618-394-5681

In-service:

10/16—10/17

St. Louis

1924 Marconi Ave
St. Louis, MO 63110

314-772-8585

Orientation:

10/12—10/13

and

10/26—10/27

In-service:

10/15

Med Level:

10/21—10/22

CPI:

10/23

Caregiver's Corner

Things to do in St. Louis October 2015

Looking for some free, or almost free, October events? If you search online you can find many free outdoor events including fall festivals and Halloween celebrations. Here are a few highlights we found:

- ⇒ Historic Shaw Art Fair happens from 10/3 through 10/4 in the Shaw Neighborhood, and is \$7 for adults and free for children 14 and under~
- ⇒ Grove Fest is a free event on 10/3 in the Grove in south St. Louis~
- ⇒ Boo at the Zoo, at the St. Louis Zoo, is on Fridays from 10/16 to 10/30, including free admission for children two & under, and free parking options~
- ⇒ Celebrate the 50th anniversary of the St. Louis Arch downtown on 10/14~
- ⇒ Ghouls in the Garden, at the Missouri Botanical Gardens, is on 10/25 and includes children's admission of \$5~
- ⇒ Halloween Hoopla is a free event on 10/25 at Memorial Hall at Blanchette Park in St. Charles~

On Halloween, try these jokes in exchange for a sweet treat:

Who did Frankenstein take to the dance? His ghoulish friend!

Why didn't the skeleton cross the road? He had no guts!

Why did the ghost go to the hospital? He had a boo-boo!

How do you fix a broken Jack-o-Lantern? With a pumpkin patch!



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YouTube (ParentsAging)
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