

Happy Halloween~



(Halloween) Is thought to be a night when witches, devils, and other mischief-making beings are abroad on their baneful midnight errands; particularly those aerial people, the fairies, are said on that night to hold a grand anniversary. – Robert Burns (1785)

October is a beloved time of year and Halloween has grown to be one of the most popular holidays. What do you enjoy most—the crisp morning air? The delicious apples? Vibrant leaves against a backdrop of blue sky? Remember to mark your calendar for the end of Daylight Savings on Halloween night. Have someone help you check your smoke detector batteries, and enjoy the extra hour. We're sure you know a little goblin or two who will love the extra time to sleep in after a busy Halloween night. As always, visit

CooperativeHomeCare.com for more resources, and thank you for reading!

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Ten Tips for Caregivers

Adapt your environment to be as non-distracting as possible. Your loved one may lose some or all of his ability to filter out visual and auditory noise. This can be over-stimulating!

Modify your pace. Give her time to find her words, complete her own sentences and as much of her task as she can on her own, before you jump in to help.

Modify your tone. It's an immediate indicator of your mood. Your loved one will pick-up on your tone even when they can't comprehend what you are saying.

You'll never "win" an argument with someone who is confused or agitated. A positive way to respond to someone who is confused is not to reason with them ('Mom, you CANNOT drive anymore because it isn't safe!'). Instead, redirect them to a new topic ('Hey, Mom, can you tell me that funny story about Dad on your wedding day?'). **Cont. on page 2-->**

BRAIN BOOSTER:

*Old Mother Twitchet had one eye
and a long tail that she let fly.
And every time she went through a gap,
she left some tail in the trap.*

Ten Tips for Caregivers (Continued)

Create a daily schedule. This offers structure and predictability for your loved one. In addition to medication and meal time, what are a few activities that can be integrated into your loved one's day? Watching a Cardinals game? Sitting outside in the warm sunshine while planning the grocery list together? Playing cards? Get more use out of the schedule by referring to it throughout the day as a redirection tactic ('Ms. Jones, it looks like it's time to sit outside while I water your plants').

Find opportunities to let your loved one make decisions. Let them choose between two meal options, two outfits, or two magazines to read.

Find opportunities to give your loved one control over their day. Would you like to shower now or after breakfast? Do you prefer to take your medications before or after you brush your teeth?

Adapt activities your loved one used to enjoy so they can still do them.

Give yourself a break. Home care can offer an occasional break as well as ongoing support.

Front Page BRAIN BOOSTER ANSWER:

A needle and thread!

Know when you need help or when your loved one's needs exceed your abilities. You can still be the primary caregiver, but your goal is to keep your loved one safe; at some point you may need part-time or full-time help to do so.

What's in Season?

Healthy, fresh food is important year-round. Track seasonal fruits and vegetables to choose the freshest, least expensive options as you shop.

In October, buy: Apples, Leeks, Pumpkins & Squash.

TRICK OR TREAT JOKES FOR GRANDKIDS!

Q: What do sea monsters eat for lunch?

A: Fish and ships!

Q: Why are graveyards noisy?

A: Because of all the coffin!

Q: How does a witch tell time?

A: With a witch watch!

Q: Where do baby ghosts go during the day?

A: Daycare!



October Birthdays

Julie Andrews (10-1-35)

John Lennon (10-9-1940 – 1980)

Roger Moore (10-14-1927)