

# BEAR RIVER AREA AGENCY ON AGING

THE BEAR RIVER ASSOCIATION OF GOVERNMENTS



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## CURRENT PROJECTS

BY JAMIE HANKS

The past couple of weeks we have been putting together these 72 hour emergency pandemic kits for our clients. We put these together in the hopes that our clients will feel that we care for them and their well-being. In each packet there are:

- 72 hour meal kits
- Water pouches
- Masks
- Disinfectant wipes
- Band-aids
- Toilet paper
- Latex free vinyl gloves
- Waterproof poncho
- Whistle
- Light stick
- Hand sanitizer
- Caregiver booklet
- Digital thermometer
- Paper towels
- Cough drops
- Emergency survival blanket

They have been so fun to work on and we hope that our clients enjoy them. If you or someone you know, are having difficulty with bathing, cleaning your home or cooking, please give us a call at 713-1467 to see if you qualify for any of our programs for in-home services.

# A MESSAGE FROM OUR OMBUDSMAN

BY JENNIFER KAY

Dear Resident,

As the coronavirus pandemic drags on with seemingly no end in sight, and as case numbers continue to rise across our state, it can be difficult. Here are just a few ideas to help combat feelings of fear and isolation:

**Connect:** Utilize the options available right now to stay connected through phone calls, window visits, and video calls. Write letters. Reach out to a fellow resident with a smile. Take time to connect with the others in your facility.

**Move and Breathe:** Physical activity can boost your happiness by reducing stress and releasing feel-good brain chemicals. Look for unique ways to keep yourself moving every day, even if it's just walking around your facility or following an exercise routine on your TV.

**Play some music:** People who study the brain have shown that listening to music you enjoy can cause a release of dopamine, a chemical that increases feelings of happiness. Songs of empowerment also bubble up in troubled times, including now during the pandemic. Look for songs that either empower you or that evoke memories and feelings of peace and happiness.

## COVID-19 UPDATES

Long-term care facilities receive a lot of direction from state and local health departments, and federal agencies such as CMS and the CDC. However, each facility can choose how and when to implement recommended guidelines. Thus, it is important to continue to follow the written policies of your facility. Unsure what the current guidelines are for your facility? Ask your administrator for a copy of the current policies pertaining to COVID-19. You can also call the Ombudsmen. We will be happy to talk with you about any of your concerns. Talking with Ombudsmen is always confidential and we only advocate on your behalf if you give us permission.

Jennifer Kay  
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# Caregiver Central

“The holidays are often filled with opportunities for togetherness, sharing, laughter and memories. But they can also bring stress, disappointment and sadness. A person living with Alzheimer’s may feel a special sense of loss during the holidays because of the changes he or she has experienced. At the same time, caregivers may feel overwhelmed maintaining traditions while providing care. “

- Amy Goyer AAPR magazine 2018



Here are some tips to deal with the Holiday Stress:

- **Communicate:** Explain to family members and friends your role as a caregiver and your situation. Let them know about the changes the person you are caring for has experienced.
- **Prepare the care recipient:** Show them pictures of family and friends who may come to visit, schedule rest time for them and you. As much as possible, maintain both of your normal routines. Involve them in activities that they can do and enjoy.
- **Simplify, Simplify, Simplify:** Adjust your expectations, keep your Holiday Celebrations manageable. Meet in smaller groups, have someone else prepare meals, choose a few of the activities that you enjoy.
- **Adapt Gift Giving:** Consider giving gift cards, suggest gifts for you that will make life easier, such as someone staying with your loved one so you can take an afternoon off, housecleaning, yard care, grocery shopping.
- **Prioritize Self Care:** schedule time for yourself, arrange respite, remember to breathe.
- **Find Joy:** Love and accept yourself and others for who they are. Write notes and express your gratitude. Focus on the rewards of caregiving, accent the positive impact of visitors on you and your care recipient.

Deborah M. Crowther, SSW  
Caregiver Support Program  
Bear River Area Agency on Aging

# Activity Corner



## Christmas Word Search



N O R T H P O L E R E D  
 W Q E S G S G O N G G E  
 S C S R N V S A N T A C  
 M T R E E O H G B N T O  
 E H E L N E W O I P O R  
 R C T V N A D M L K Y A  
 R N F E G V C N A B S T  
 Y I W S D F Y Y I N R I  
 Q R Z C X V B M D E N O  
 S G N I T E E R G N R N  
 V N M W E T R U I Y A S  
 C T Y U I P E C V X Z C

**Candy Canes**  
**Decorations**  
**Eggnog**  
**Elves**  
**Greetings**  
**Grinch**

**Merry**  
**North Pole**  
**Reindeer**  
**Santa**  
**Snowman**  
**Toys**



C T Y U I P E C V X Z C  
 V N M W E T R U I Y A S  
 N R N G N R N G N R N  
 O N D E N O N D E N O  
 R I N R I N R I N R I  
 T S T S T S T S T S T  
 A Y A Y A Y A Y A Y A  
 R O R O R O R O R O R  
 T O T O T O T O T O T O  
 C S C S C S C S C S C  
 W Q E S G S G O N G G E  
 N O R T H P O L E R E D

Christmas Word Search



## Chuckles

Why did the scientist take out her doorbell?

She wanted to win the no-bell prize.

Did you hear about the two people who stole a calendar?

They each got six months!

Why did the turkey cross the road twice?

To prove he wasn't a chicken!

What does the ocean do when it sees its friends?

It waves!