



Nuggets of Hope A Newsletter for Caregivers

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Welcome Kansas District Parish Nurses!

Annetta and I were so delighted to speak to parish nurses and pastors' wives in four sessions on September 19. Nurses received CEU's, and the fellowship with one another was so special. We appreciate the kindnesses extended to us and welcome the new KS subscribers to the *Nuggets of Hope* newsletter.



GETTING RID OF GUILT AFTER HIRING A HOME HEALTH AIDE

by Renata Gelman, Assistant Director of Clinical Services, Partners in Care

Caring for an aging loved one can be stressful for many families, especially for those who feel that they are not able to provide an adequate level of care, or are overwhelmed with the responsibility of looking after an older adult.

Family caregivers commonly experience a condition known as [caregiver burnout](#), where they are so overcome with their responsibilities of caring for an aging loved one that they neglect to take care of themselves. The responsibility of caregiving can wear a person down, and may ultimately breed resentment. This can be an ideal time to consider bringing in home care. A hired home health aide can bring welcome relief but, for many family caregivers, seeking outside help can also be accompanied by a sense of guilt.

Signs that you are experiencing this kind of guilt include feelings of anxiety and an inability to enjoy your daily activities without feeling a sense of responsibility toward your aging loved one at home. You may also feel an inability to let go of the responsibility of caregiving.

Some important things to remember for dealing with caregiver guilt:

- Make sure that the home health aide that you decide to bring in is fully trained and certified by state standards, and comes from a reputable agency. At Partners in Care, for example, aides receive training well above state standards, as well as background checks on state and federal levels, and comprehensive health screenings.
- Recognize that a home health aide might be a better fit for the job. If your loved one has any preexisting conditions, such as Parkinson's, Alzheimer's or another form of dementia, be sure to request a home health aide that has been specially trained to handle their symptoms. Home health aides are also trained to recognize underlying symptoms that you may not even be aware your loved one is experiencing. They are able to monitor for nutrition and depression, as well as differentiate between symptoms of dementia versus normal signs of aging. This should bring you a sense of ease in knowing that your loved one is in good hands.

- Communicate with your aging loved one to ensure that they are comfortable with the idea of bringing in home care. Have an introductory session where the aide comes to the home and meets your loved one to see if they are a good fit. Reputable agencies will work with you until you find the right aide for your family member. Knowing that your loved one feels safe and comfortable with their aide can help you manage any guilt that you feel.
- Continue to make regular visits with your loved one. Having a home health aide present should make your visits less stressful and more enjoyable, which can be a welcome relief now that you no longer carry all of the caregiving responsibilities.



Recipe Corner

It's Pumpkin Time! Don't you love autumn. If you're lucky to live where there are four seasons, you're enjoying the beginning of the colored leaves, the rustle of the cornstalks, and the fruitful fields of pumpkins. The following pumpkin recipe is yummy and one of Annetta Dellinger's favorites! Enjoy!

Pumpkin Pie Squares

1 cup flour	½ tsp. salt
½ cup quick-cooking rolled oats	½ cup chopped pecans
½ cup brown sugar, packed	2 TB. butter
½ cup butter	1 tsp. cinnamon
2 cups pumpkin	½ tsp. ginger
1-13 ½ oz. can evaporated milk	¼ tsp. ground cloves
2 eggs	½ cup brown sugar, packed
¾ cup sugar	

Combine flour, oats, ½ cup brown sugar and ½ cup butter. Mix until crumbly using electric mixer on low speed. Press into ungreased 13x9" pan. Bake at 350 for 15 minutes.

Combine pumpkin, evap. Milk, eggs, sugar, salt and spices into bowl; beat well. Pour onto crust. Bake at 350 for 20 minutes.

Combine nuts, ½ cup brown sugar and 2 TB. butter; sprinkle over pumpkin filling. Return to oven and bake 15 minutes or until filling is set. Cool in pan and cut into squares.



MEDITATION CORNER

Prayers should come easily. After all, you're talking with God who absolutely loves us. But when you're challenged physically and emotionally, sometimes your spiritual side suffers a bit. The words don't come as easily; you question what you should even pray for sometimes. The following prayers were taken from *Portals of Prayer*. Copy and cut out to place with your Bible to help during those times of extreme challenges in your caregiving.

For the sick: We know, dear Savior, that You care for people, body and soul. You healed the sick, made the blind to see, the deaf to hear, and even raised the dead. We ask You this day to bless the sick and the hurting among us. When we are sick, we are weak and vulnerable and know how much we need Your care. We also need the love and service and kindness of others. Please attend to those who are sick or injured, and help us to be Your hands to minister to those in need, being ever mindful that You are the Great Physician. In Your name we pray. Amen.

For the Homebound: Lord, we rejoice that Your ability to work in and through us has nothing to do with our mobility. Give the homebound contentment as they trust You to work in their lives. Give them patience to deal with infirmities. Give them the joyful hope that You hold them in Your hand. Above all, assure them of the forgiveness and love You give through Jesus Christ. Amen.

For the Elderly: Father, thank You for Your promise to carry Your people even to "old age" and "gray hairs" (Isaiah 46:4) Thank You for the wisdom of the elderly and the mentoring of faith they give. Assure them of Your love and forgiveness in Jesus. Carry them in their infirmities. Grant them peace in knowing You work in their lives. Give them the certain hope of eternal life and joy. Amen.

By One Who is Lonely: Father, I know You are always with me, but sometimes I still feel alone. It seems that everyone around me has family members and friends, yet here I am alone again. I know I need to place my trust in You, but it's hard when I feel alone. Give me opportunities to be with others by giving myself in service. Help me to seek out others by giving myself in service. Help me to seek out others who may also struggle with loneliness so that we may find companionship. Thank You for Your sacrifice for sins, and help me to not covet or be bitter. I pray for Your tender care, and thank You that You always hear my prayers for the sake of Jesus. Amen.

By Medical Professionals: Ever-caring Savior, who has carried all our griefs and burdens for us, uphold all those who attend to the needs of others. Give them patience and perseverance when the task seems overwhelming and futile. Help them to see their service as a fruit of the saving faith that Your Holy Spirit has given them. Teach all of us the joy of bearing each other's burdens, thus loving each other as You first loved us. We ask this in Your holy name. Amen.

By Those Needed Strength: Father, as You helped Your Son as He walked the way of sorrows carrying His cross, comfort and strengthen me as I bear my cross. Keep me from losing faith in this time of testing, and increase my trust in You even more. Help me believe that You are at work through this trial, and cause me to remember "that the sufferings of this present time are not worth comparing with the glory that is to be revealed" (Romans 8:18). I pray in Jesus' name. Amen.