



Nuggets of Hope

A Newsletter for Caregivers

Karen Boerger, Caring Hearts Ministry, www.karenboerger.com
Email address: joy4caringhearts@gmail.com

January, 2017



Another Chance

A bright, shiny new year,
empty, neat, pristine,
waiting, ready
for us to get it right.
Another chance
to love and forgive.
Another chance
to make a real effort
to give more than we get.
Another chance
to make a difference.
A good new year.
A Happy New Year!

By Joanna Fuchs

Wow! It's a new year already. It seems we just said hello to 2016, and now it's hello to 2017. For caregivers, we need to promise ourselves that this year will be about becoming the best caregiver you can be. Resolve to do what many others need to do – make time for yourself because in doing so you make your time with others better and more valuable. Here are some ideas to get you started from Frances Maguire Paist from www.caregiver.com :

Accept help – Caregivers know that giving care often means putting yourself last. But you also must realize that you can't do everything on your own. Witness the enjoyment your loved one may get from interacting with others who might step in to provide care while you're gone.

Laugh, Exercise, Relax – but not necessarily in that order. Laughter has long been touted as an antidote for what ails you, and exercise tones our bodies as well as our minds. It helps to relax muscles, relieves pain and boosts the immune system. Laughter and exercise together are a formidable formula for relaxation, a key to life. Treat yourself to renting a funny movie, read a captivating book, etc.

It's All About You – Maintain “me” time. No matter your obligations, continue with hobbies and personal routines. Read a good book, dig in the dirt, create a scrapbook or even cook. Take a warm bubble bath. Light some candles. Treat yourself to a manicure or a pedicure, or maybe even schedule a massage.

Stay positive! – Your outlook is contagious and by turning the corners of your mouth up, you just might help your loved one do the same. Who can resist smiling back when someone smiles at you. Keeping a journal can provide an outlet for your emotions and can double as a barometer of your moods and attitudes.

Take Care of Yourself – Don't forget to eat regular, well-balanced meals and try to get enough sleep.

At a time of life when the daunting burden of caring for a disabled loved one will no doubt be added to an already-heavy load, it's important to remember your own best health is a necessary pre-requisite to good care. Know you are investing in your own best future by taking care of the business of love.



Check Out my New Website

Changes were made to my website . . . a LOT. Please go to www.karenboerger.com and let me know how you like it at joy4caringhearts@gmail.com. Do you have suggestions? The home page has moving water in the background which I love. If you have slow internet, let it sit for awhile on the Home page, and the water will start to run. The newsletter page is easier to use, and I really like the look. **AND you are now able to order books online again!!** This is easier

for those who want to place orders. 😊



Recipe Corner

Black Bean Brownies

I lost my recipe for these, but this recipe looks even better. Let's try it! If your loved one doesn't want to eat healthy foods, try giving him/her one of these brownies. They'll never guess that there are veggies in it loaded with protein.

Total Time: 15m

Yield: 9-12 brownies

Ingredients

- 1 1/2 cups black beans (1 15-oz can, drained and rinsed very well) (250g after draining)
- 2 tbsp cocoa powder (10g)
- 1/2 cup quick oats (40g) (See nutrition link below for substitutions)
- 1/4 tsp salt
- 1/3 cup pure maple syrup or agave (or honey, but not for strict vegans.) (75g)
- pinch uncut stevia OR 2 tbsp sugar (or omit and increase maple syrup to 1/2 cup)
- 1/4 cup coconut or vegetable oil (40g) (See nutrition link for substitution notes)
- 2 tsp pure vanilla extract
- 1/2 tsp baking powder
- 1/2 cup to 2/3 cup chocolate chips (115-140g) (Not optional. Omit at your own risk.)
- optional: more chips, for presentation

Instructions

Preheat oven to 350 F. Combine all ingredients except chips in a good food processor, and blend until completely smooth. Really blend well. (A blender can work if you absolutely must, but the texture—and even the taste—will be much better in a food processor.) Stir in the chips, then pour into a greased 8×8 pan. Optional: sprinkle extra chocolate chips over the top. Cook the black bean brownies 15-18 minutes, then let cool at least 10 minutes before trying to cut. If they still look a bit undercooked, you can place them in the fridge overnight and they will magically firm up! Makes 9-12 brownies.

The trick with these: serve them first, and then reveal the secret ingredient. In all the times I've served bean desserts, not one single person who didn't know beforehand has ever guessed!



Have You Escaped the Illness??

I think the whole countryside has succumbed to the nasty respiratory infections in our area, even pneumonia. My husband and I have had it (not pneumonia). He had it first (nasty cough). I, on the other hand, had the cough and sinus infection. On Day 11, I went to the doctor because I could tell I was getting worse, and I had pulled a muscle just under the ribs. Good grief! I thanked God for antibiotics because after one pill, I felt a little better each day afterward. I had it for about 2 ½ weeks. Enough is enough. Then my husband decided to start his cough all over again. I started giving him the OTC decongestant that I was given and so far he's doing well and is wheezing less.

I pray you have been able to stay healthy and energetic.



Next Month's Newsletter Will Come from FL!

Yes, we'll be leaving January 20 and return mid-March. I'll have my computer and internet, so I

will be sending you the "rays" via the wireless.  Now that I have my new pacemaker, I'm excited to be able to walk on the beach. I didn't like to walk alone before because I felt like I might pass out. I think I'm good to go now. At least I'll give it a try. I'll let you know how I'm doing on the exercise part.

How are you doing with your exercise or movement? I heard today that we all need 150 minutes of exercise a week. Some will do it all on the weekend, while others do a little throughout each day during the week. Studies show it doesn't matter. All is good! Whatever your preference, it all works together for good.



Meditation Corner

“Comfort” from 2 Corinthians 1:3-4

“Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God.”

Hymn - “Abide with Me” – v. 1 and 5

Abide with me, fast falls the eventide.
The darkness deepens, Lord, with me abide.
When other helpers fail and comforts flee,
Help of the helpless, O abide with me.

I fear no foe with Thee at hand to bless;
Ills have no weight and tears no bitterness.
Where is death’s sting?
Where, grave, thy victory?
I triumph still if Thou abide with me!