



**Caring
Hearts
Ministry**


*When the
cares of my
heart are many,
your consolations
cheer my soul.
Psalm 94:19*

Nuggets of Hope
A Newsletter for Caregivers

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For those who live in the areas that have 4 seasons, you are soon to enjoy . I so look forward to this time of year when sprigs of new plants burst through the ground, trees begin to bud and bloom with dazzling colors, and new growth gives us fresh new smells. Take walks outside ... even if it's just to walk around your house looking at the foundation. It's being outside where the sun warms your face and puts a little skip in your step. ENJOY!



News Flash - Overeating Can Cause Memory Loss

A few years ago news programs were showcasing the story that overeating causes memory loss. Doing a little research I learned that people 70 and older who eat between 2,100 and 6,000 calories a day may be at **double the risk** of deficits in memory, which can be an early sign of [Alzheimer's disease](#). Why overeating affects the brain isn't clear, but "excessive caloric intake may lead to oxidative damage leading to structural changes in the brain" according to lead researcher Dr. Yonas Geda, an associate professor of neurology and psychiatry at the Mayo Clinic in Scottsdale, Arizona.

This study suggests that anything that's good for the heart -- like decreased calories -- is good for the brain. Everything in moderation, right? As a caregiver, I know the tendency to eat more; it's called emotional eating. Keep in mind that you must take care of yourself, and that means keeping your body AND brain in good shape. Heed the warnings!

Just keep healthy foods available to grab in the refrigerator or cupboard. Those that are more calorie-prone, put them in the back and bottom of refrigerator or on the top shelf of your cupboards where it's more difficult to reach them.



JOY-spirations for Caregivers, Blessings and Prayers for Caregivers, Blessings and Prayers for Those with Cancer. Go to www.karenboerger.com for information on how to order.



Caregiver Training

Many of us have never had caregiver training. How do we learn how to do this important task? Professional caregivers have been trained, and aren't we glad there are such wonderful people ready to help us when we're in need?

My observation has been that there are two ways most family caregivers fall into this challenging role. First, the task comes on suddenly. Perhaps there has been a sudden diagnosis of a disease or a sudden accident that requires great care. The second way would be when caregivers slowly ease into the task before they even realize they're in it. That was the first caregiving experience I had. My husband suffered from S.A.D. (Seasonal Affective Depression). When November came around, his interest in doing things, working at his job, etc., began to wane until by January he would spend hours in bed. This would continue until late March when Ohio would once again welcome the sun and spring began. It took almost ten years to get him on the road to recovery, and today he is doing really well. My caregiver role came on slowly; I was in it before I realized I was a caregiver.

But where was my training? It came by watching others do their tasks. Several in our church congregation had been taking care of parents, children, or spouses. Talking with them and learning how they did it was helpful. I also read as much as I could about his S.A.D. because knowledge is power. However, this caregiving experience was before computers were in the homes. The books that I could find at the library were medical books with words that I had no knowledge of, and it was tough going. So enjoy all the information at your fingertips on your personal computer.

Even closer to home, it was by watching my mom take care of her parents and then my dad taking care of my mother who developed Alzheimer's that my eyes were opened to the loving labors of family caregivers; and for that, my life was forever changed for the better.



Recipe Corner

It's spring! When I was a kid, mom would go outside and dig dandelion greens, steam them, and serve with vinegar and a little bit of sugar. I must say this was not my favorite vegetable ... bitter to my taste. However, here's a recipe that I couldn't help but include for those of you who are adventurous and want to try something different during spring.



Dandelion Salad

Gather young shoots in spring while they are still tender. Mix cut dandelion greens with chopped onions or chives. Add oil and tarragon vinegar, salt and pepper to taste. Toss. Serve.



Spinach Salad

1 pkg. spinach, washed and rinsed well
1 small can bean sprouts
3 hard boiled eggs
8 slices bacon, fried crisp
Croutons

Dressing:

1 c. salad oil
½ c. brown sugar
1 TB. Worcestershire sauce
1/3 c. ketchup
1 medium grated onion

Gently blend bacon and croutons in a blender and add just before serving.



Meditation Corner

CPR for Every Hour of Every Day

The following acrostic was written by Charlotte Adelsperger © 1986 and is used with her permission.

Care in God's love
Pray in the Holy Spirit
Respond in Christlike ways

"This form of CPR always revives someone's heart!"

CPR is a pattern to use when someone is irritable or certainly when you are a caregiver. Only God gives us the grace to respond in Christ-like ways----often as we pray and stay in the Word.



Thoughts from One Caregiver

This could have been a paragraph from my own life. How about you?

“People talk about compassion, but when it is time for them to exhibit that characteristic, few know how to do it. And caregivers need compassionate people around them. Being a caregiver for my parents has taught me never to take for granted the health that I have, the mobility I possess and the agility of my mind. It has taught me to live my life everyday to its fullest because retirement may, or may not, be there for me as I have planned it. Being a caregiver has convinced me of the value of prevention and early medical intervention. It has given me a different outlook on life – more patience, more compassion, more respect for our elders and more courage to fight for other caregivers like myself. I was technically a caregiver for 18 years, but I will always feel and think as a caregiver for the rest of my life.”

-- taken from www.caregiver.com, March 4, 2013.