



## *Nuggets of Hope* A Newsletter for Caregivers

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### **Top of the Morning to You!**

Hugs and Blessings to you as you continue to put one foot in front of the other and care for your loved one, or perhaps you have lost your loved one and that's what you do . . . put one foot in front of the other and continue on somehow. You are loved! My heart is with you and so are my prayers. I think of all of you and the struggles and challenges that come your way. I hope my newsletter helps you in some small way.



### **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 because as I said, “Knowledge is power.”

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 was when my eyes were opened to the loving labors of family caregivers; and for that, my life was forever changed for the better.



## **10 Caregiver Confessions: Secrets We Aren’t Proud Of** by Carol Bradley

Bursack, AgingCare.com, February 2017.

Carol has written an excellent article and I’ll mention part of it here. If you’ve been a caregiver, you’ll smile, sigh, ponder, and wonder, “Is that me?” Read what she says:

“Obviously, some of these thoughts are more serious than others, however what is most important is the frequency of the thoughts and the duration. Let’s look at them more closely.

### **Caregiver Confession #1: “I have no life of my own, and I’m sick of it.”**

Caregivers often run from person to person, job to care receiver, home to nursing home, never really having time to do something that they want to do – just for themselves. If this describes your life, you are over-ready to get outside help. Whether that means some in-home care for respite so you can get away, or a sibling to step in so you don’t have to spend every moment of every day as a caregiver, it’s time to get a grip on your life. If you don’t, you may burn out, get sick yourself, or even die before the care receiver. Who wins then? No one.

### **Caregiver Confession #4: “Dad has no clue what I give up to do this. He thinks his care is routine.”**

This is a tricky one. As caregivers, we don’t want to make the care receiver feel like he or she is a burden to you. The flip side of that, however, is that sometimes caregivers are so giving and cheerful all the time, that the care receiver completely loses sight of the fact that we give up a lot of our lives to be caregivers.

Also some care receivers are not cognitively capable of even understanding the concept that the caregiver has other obligations. If you have a constant nagging thought that you are unappreciated, you may be in over your head. Getting some respite care may help. Once the care receiver understands that you need to have a break, he or she may be more appreciative. Either way, if you take a break, you will likely feel more refreshed and able to cope with the situation.

**Caregiver Confession #8: “I just want to scream, run away, hide somewhere, or change my identity.”**

This is likely to happen to even the most patient caregivers. It’s human to feel overwhelmed by the constant neediness of others. It’s time to get some help with your caregiving so you can have a break. However, if you feel like this consistently, you should check with your doctor in case you are depressed or have other health issues of your own.”

For the full article, go to [www.agingcare.com](http://www.agingcare.com) in the February 2017 issue. Well worth your read time.



## Recipe Corner



### Broiled Orange Roughy Parmesan

*A parmesan and sour cream topping is ready in minutes and adds richness to mild orange roughy. Healthy eating!*

- 1/3 cup low-fat sour cream
- 2 TB shredded or grated parmesan cheese
- 1 ½ tsp fresh lemon juice
- ½ tsp garlic powder
- ½ tsp dried basil, crumbled
- ¼ tsp onion powder
- 1/8 tsp pepper
- 1/8 tsp salt
- 4 orange roughy or other mild white fish fillets (about 4 ounces each), rinsed and patted dry

Preheat the broiler. Lightly spray a baking sheet with cooking spray.

In a small bowl, stir together the ingredients except the fish. Set aside.

Place the fish on the baking sheet. Broil 2 to 3 in. from the heat for 3 minutes on each side.

Remove from the oven. Spread the sour cream mixture over the top and sides of each filet.

Broil for 30 seconds to 1 minute, or until the topping is browned and the fish flakes easily when tested with a fork.



## Meditation Corner

*I love the Lord, because He has heard my voice and my pleas for mercy.*

*Because He inclined His ear to me,*

*Therefore I will call on Him as long as I live. . . .*

*For You have delivered my soul from death,*

*My eyes from tears, my feet from stumbling;*

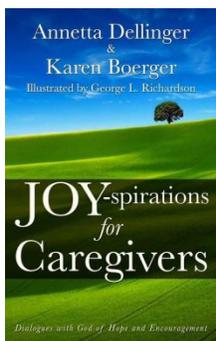
*I will walk before the Lord in the land of the living. . . .*

*What shall I render to the Lord for all His benefits to me?*

*I will lift up the cup of salvation and call on the name of the Lord.*

### A caregiver's prayer:

Heavenly Father, You are my refuge and strength. I am so tired and discouraged, but then I remember that You are not a stranger to discouragement and suffering. You understand, and I am uplifted to know You care for me. Your strength comforts me. Help me find peace once more. Continue to care and to show Your love for me so that I may show Your love to my loved one. In Jesus Christ, Your Son, our Lord. Amen.



### **Do You Have This Book in your Church Library?**

This devotional book is exactly what caregivers need. Easy to read; much scripture to meditate on; short stories, etc. It makes a nice gift to someone you know who is in the caregiving season of life. Go to [www.karenboerger.com](http://www.karenboerger.com) to order it.