

**Caring  
Hearts  
Ministry**



## ***Nuggets of Hope*** A Newsletter for Caregivers

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*Events with my heart have slowed me down, so this newsletter will serve both October and November. But just wait until after October 18 when I will be the owner of a*

*pacemaker. Woohoo! Just watch my speedy work then! 😊 I know there's a recovery process and that my arm or shoulder will be sore but I think I can manage a newsletter. I'm just looking forward to more energy and to be able to walk around and not feel like I'm going to pass out. Blessings to you, and do keep me in prayer, my faithful friends.*



*It's time for something uplifting. Enjoy a funny reading. Are you of the age that you can you relate?*

## **EATING IN THE FIFTIES**

Pasta had not been invented. It was macaroni or spaghetti.

Curry was a surname.

A take-away was a mathematical problem.

Pizza? Sounds like a leaning tower somewhere.

Bananas and oranges only appeared at Christmas time.

All chips were plain.

Oil was for lubricating, fat was for cooking.

Tea was made in a teapot using tea leaves and never green.

Cubed sugar was regarded as posh.

Chickens didn't have fingers in those days.

None of us had ever heard of yogurt.

Healthy food consisted of anything edible.

Cooking outside was called camping.

Seaweed was not a recognized food.

'Kebab' was not even a word, never mind a food.

Sugar enjoyed a good press in those days, and was regarded as being white gold.

Prunes were medicinal.

Surprisingly muesli was readily available. It was called cattle feed.

Pineapples came in chunks in a tin; we had only ever seen a picture of a real one.

Water came out of the tap. If someone had suggested bottling it and charging more than gasoline for it, they would have become a laughing stock.

The one thing that we never, never had on or at the table in the fifties ... was

elbows, hats, and cell phones.

~ Anonymous

## **When Things Don't Go As Planned**

While caregiving we often get caught up in planning, planning, planning. Each day is governed by phone calls, meds taken on time, loved one's questions answered, and then when unexpected events pop up, we sometimes get the feeling of wanting to run away from it all.

Gail Saltz, MD, talked with Woman's Day about how to bounce back instead of wanting to run. Here are 3 points he made:

1. **Allow Yourself to be Upset** – Friends and family may pressure you to “just get over it” but acknowledging and sitting with your feelings is an important step that

will help you to eventually move on. So allow yourself some time to be sad, disappointed, and/or angry. You can even give yourself a deadline; after that point, make an effort to get past the disappointment.

2. **Rewrite Negative Thoughts** – It's normal to have general negative thoughts like "I'm a failure," but you want to try to "rewrite" them so you can regain your confidence. Instead of focusing on the negative, think of all the things that you have accomplished.

Another helpful thing to do is to write down your negative thoughts and for each one write a positive thought. Journaling is a great way to get rid of the negatives. Once it's on paper you can get it out of your mind. A year later it's always interesting to look back and realize that things weren't so bad after all.

3. **Regroup and Make a Plan of Action** – This involves setting smaller goals which will give you a sense of control over your situation and help build your confidence. Write down your new goal(s) and specific steps you can take to meet them, and check them off as they are accomplished.

Life often doesn't go as planned. The key is to continually reassess our expectations so we learn to appreciate what we can – and do – accomplish.



## RECIPE CORNER

### Chicken and Rice Bake

- 1 can cream of mushroom or cream of chicken soup
- 1 can water
- $\frac{3}{4}$  cup uncooked long grain rice
- $\frac{1}{4}$  tsp paprika
- $\frac{1}{4}$  tsp black pepper (no salt is used because there's salt in the soup)
- 4 skinless, boneless chicken breast halves

Mix all ingredients and put chicken breasts on top. Cover and bake at 375 degrees for 45 min. If you used brown rice, increase the bake time to 1 hr. 15 min.

Serve with a tossed salad. Enjoy!



**WALK!**

Get out and walk. The weather has cooled some and most days are gorgeous as long as you can steer away from the current hurricane. Take advantage of the beauty all around you whether it's marveling at the colored leaves on maple and oak trees or enjoying the fronds of palm trees. Wonder at rock formations or the striations within the rocks. Close your eyes and listen to the water whether it's a fountain in a pond, the lapping of water against the river bank, or the waves breaking on the shore. Savor the beauty and sensations of nature. Breathe deeply as you gaze at the fluffy white clouds against the deep blue sky. Even just a 5-10 minute walk can be very helpful for your health.



### **CAREGIVER'S PRAYER**

Almighty Father, it is hard to surrender control to You or to anyone else. Keep me mindful that you are all knowing. You see the big picture of my life while I see only this moment. Vulnerability engulfs me at each doctor's appointment or treatment for my loved one. Yet while I get weary with all the decisions that I make, thank You, God, for making an eternal decision for me!

I thank You that you chose me to be a recipient of Your salvation for the sake of Your Son's death and resurrection. I willingly surrender my life to Your control because I know you are my refuge and strength in my day of trouble. All praise to You, Father, in Jesus' name. Amen.