



Nuggets of Hope A Newsletter for Caregivers

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Health Tip

Sickness season is approaching, and if you spend any time at your desk, you'll want to keep it clean. As many as 283 species of bacteria can thrive in ordinary dust. Among those bacteria is streptococcus, the main cause of strep throat. Remember to regularly wipe down your desk, keyboard, and phone with a disinfectant wipe or all-purpose cleaner.

Source: fitnessmagazine.com



Eat Less; Shut Down the Kitchen

Yes, shut down the kitchen 2 hours before bedtime. That will help you avoid snacks and high-calorie drinks like alcohol, soda or juice before going to bed. Those nightly calories add up over time.

Source: Prevention.com



Stress Can Be Harmful

According to the American Psychological Association, stress has the greatest negative impact on mental and physical health. Stress has been associated with increased rates of heart attack, hypertension, and sleep disorders.

Stress is a natural reaction to life experiences. Stress can be triggered from everyday work and family responsibilities or from more serious events such as a health diagnosis or an altering life event. Certainly we have seen the devastation from Hurricanes Irma and Harvey with destroyed homes, cars, businesses, etc. These people have stress, but so do caregivers.

How do you decompress? When driving, turn up the radio and sing along. Listen to a podcast or a book on CD. Tune into Christian broadcasting and focus on the words of a devotion or song/hymn.

Do you use social media? It is true that the more you use social media (Twitter, Facebook, texts, email), the higher your stress level. Set a few hours before bedtime when the devices will be shut down for the day. Your sleep time will be better for it.

Go for a walk. Brisk walking boosts endorphins, reduces stress hormones, and calms your emotions so that you can think through your problems clearly. Use your walk time to ask for God's help and direction for the problems pressing on your mind. *"Cast all your anxiety on Him, because He cares for you."* 1 Peter 5:7

A good support network of friends and family can ease your work troubles and offer a different perspective to the situation. The activities you do together also can help you relax. Plus, you often laugh with your friends and family, and that's a great stress release!

Source: health.com, American Psychological Association



Food for Thought

In a Cornell University study about buffets, researchers found that 75% of all diners put the first food they saw on the buffet on their plates. The end result is that the first three foods people saw made up nearly 2/3 of all the foods they put on their plate.

Before you load up at a buffet, take a walk around the food table looking at all the options and decide which foods to enjoy in small portions and which ones to skip.

Source: Better Health, ConcordiaPlans.org



Recipe Corner

Luncheon Chicken Salad

- 1 3 oz. pkg. cream cheese, softened
- ½ cup sour cream
- Dash of salt
- ¾ cup sliced celery
- ½ cup chopped walnuts (optional)
- 2 TB chopped green pepper
- 1 ½ cups cubed cooked chicken
- 1 2/3 cups pineapple tidbits

Beat cream cheese, sour cream, and salt. Stir in celery, nuts, green pepper. Fold in chicken and pineapple tidbits. Chill mixture thoroughly. Top with dried cranberries on each serving.

Five Cup Salad

Easy, Easy, Easy!

- 1 c. chunk pineapple
- 1 c. mandarin oranges
- 1 c. shredded coconut
- 1 c. miniature marshmallows
- 1 c. sour cream

Drain juice from fruit. To the fruit, add coconut, marshmallows, and sour cream and mix well. Chill for several hours. Enjoy!!



Meditation Corner

Jesus disciples asked Him, “Where do You want us to go and make preparations for You to eat the Passover?” . . .[Jesus said,] “Go into the city, and a man carrying a jar of water will meet you. Follow him.” – Mark 14:12-13

There came a time when my mother could no longer manage living in her own home. Alzheimer's disease was robbing her of her judgment, and she needed round-the-clock supervision. Throughout her life, she had made my brother and me promise never to put her in a nursing home, but at that time we never dreamt that mom would have mental lapses and make decisions to run away from home in the middle of the night wearing only her nightgown and slippers. It became apparent that she needed a professional facility that could keep her safe and take care of her special needs.

The disciples faced a different challenge for making arrangements for the Passover Feast. Jesus gave a detailed answer to their question. How I longed for Jesus to give me the same detailed answer to my question, "Oh, God, what am I to do?" I can look back now and see that the Lord did lead me and even prepared the way.

Mom didn't like her new assisted living home for many months. I learned to accept the circumstances and continued to trust in my heavenly Father to guide the decisions that had to be made over the next few years.

The decisions that the disciples made are inspiring. We are told that when Jesus asked them to follow Him, they left their families, their careers, and all they had. Did they know what lay ahead for them? Did they know they were following the true Son of God? Did they know they were following the Messiah, the Savior? What may have started as an adventure – following the Master Teacher – ended in a revolution that changed the world.

Decision-making for the care of our parents is accompanied by fear and sometimes sadness. The roles of parent and child have been reversed, and we feel totally out of our element. Yet we are not alone; there is hope. The Lord delights in being part of our decision making and continues to be right beside us, preparing the way.

Dear Father, we made the difficult decision that it's time for our loved one to move into a care facility. It wasn't easy, but we did it. We thank You for the professional caregivers in his or her new home. Fill them with Your Spirit so they respond to our loved one competently and compassionately. Bless our loved one as he or she adjusts to the new home. Fill us with Your peace today and every day. We need You. In Jesus' name we pray. Amen.

Source: Blessings and Prayers for Caregivers, CPH, 2010, pp. 33, 77-79.