

Make Time To Enjoy The Holidays

By Christie Shirey, Community Support

Things are so hectic during the holiday season with so many traditions, shopping and cooking that it is easy to get exhausted, especially if you are a caregiver. This season, try to simplify and save some energy for the things that truly matter.

Your hands are already full so try asking friends and family over to decorate. Let them do it and you can rearrange as needed after they are gone. Consider letting someone else cook the holiday meal or try going out. If you really want it at home, several restaurants are making meals that you can take home and serve.

Don't forget to allow some self-care time. Take 15 minutes to sit by a sunny window to relax or enjoy the many scents of the seasons for a mini aromatherapy session. Take your loved one for a drive to look at the lights. Online maps of routes can often be found online. Remember, the perfect holiday is one filled with warm memories of loved ones. Focus and spend time on your loved ones.

Everyone at the Caregiver Resource Center, including Mr. Man, wish you and your families a very enjoyable holiday season!



Mr. Man wants to know what's "in" the tree.

December Activities

Tues., Dec. 3

9:30 a.m. - Memory Cafe, Georgetown CHEER
1 p.m. - Memory Café, Long Neck CHEER
1 p.m. - Alzheimer's Caregiver Support Group, Long Neck CHEER

Thurs., Dec. 5

9:30 a.m. - Memory Cafe, Milton CHEER
10 a.m. - Beckett's Bulletin
1 p.m. - Memory Cafe, Greenwood CHEER
1 p.m. - Caregiver Support Group, Greenwood CHEER
1 p.m. - Alzheimer's Caregiver Support Group, Ocean View CHEER

Fri., Dec. 6

10:30 a.m. - Memory Cafe, Ocean View CHEER
12:15 p.m. - Memory Cafe, Roxana CHEER

Mon., Dec. 9

7 p.m. - Online (ZOOM) Grandparents Raising Grandchildren Support Group. Registration required. Email cshirey@cheerde.com or call 302-515-0001, Ext. 1061

Tues., Dec. 10

9:30 a.m. - Memory Cafe, Georgetown CHEER
1 p.m. - Memory Café, Long Neck CHEER

Thurs., Dec. 12

9:30 a.m. - Memory Cafe, Milton CHEER
1 p.m. - Memory Cafe, Greenwood CHEER

Fri., Dec. 13

10:30 a.m. - Memory Cafe, Ocean View CHEER
12:15 p.m. - Memory Cafe, Roxana CHEER

Mon., Dec. 16

2:30 p.m. - Online (ZOOM) Caregivers Support Group. Registration required. Email cshirey@cheerde.com or call 302-515-0001, Ext. 1061

Tues., Dec. 17

9:30 a.m. - Memory Cafe, Georgetown CHEER
1 p.m. - Memory Cafe, Long Neck CHEER
1 p.m. - Alzheimer's Caregiver Support Group, Long Neck CHEER

Thurs., Dec. 19

9:30 a.m. - Memory Cafe, Milton CHEER
1 p.m. - Memory Cafe, Greenwood CHEER
1 p.m. - Alzheimer's Caregiver Support Group, Ocean View CHEER

Fri., Dec. 20

10:30 a.m. - Memory Cafe, Ocean View CHEER
12:15 p.m. - Memory Cafe, Roxana CHEER

Wed., December 25

Merry Christmas! CHEER Closed

Thurs., Dec. 26

9:30 a.m. - Memory Cafe, Milton CHEER
1 p.m. - Memory Cafe, Greenwood CHEER

Fri., Dec. 27

10:30 a.m. - Memory Cafe, Ocean View CHEER
12:15 p.m. - Memory Cafe, Roxana CHEER

Tues., Dec. 31

9:30 a.m. - Memory Cafe, Georgetown CHEER
1 p.m. - Memory Café, Long Neck CHEER