



Treating families
like our own

November 2022

CELEBRATING CAREGIVERS

November ushers in **National Family Caregivers Month** as well as the beginning of the holiday season. This is a time to raise awareness of caregiver challenges, celebrate caregivers' efforts, and help them find support.

If you are a caregiver, we THANK YOU for all that you do. Take a look at the bits and pieces in this newsletter to help you on your caregiving journey.

And if you know a caregiver, below are a few ways to show that you recognize their efforts and care about their well-being.

- Send a hand-written thank you note
- Drop off a plate of baked goods
- Give a small gift card for coffee
- Offer them a time out for some "me" time



VESTA'S "BEST OF" LISTS OF 2022

In any new phase of life we often reach out to others or tune in to media for information and understanding. Caregiving for an aging parent is no different.

Helpful sources on caregiving topics include books like *The Sudden Caregiver: A Roadmap for Resilient Caregiving* by Karen Warner, movies such as *The Savages* and podcasts like *The Dementia Care Partner Talk Show* from Teepa Snow.

See our full list of the ["Best Books, Podcasts and Movies on Caregiving and Aging for 2022."](#)

HEY SANDWICH GENERATION -

YOU MAY BE SHORT ON TIME BUT DON'T NEGLECT YOUR OWN FINANCIAL PLANNING



If you are between the age of 41 and 56, you are a part of Gen X and possibly a part of the Sandwich Generation (caring for kids and an aging parent) too. Chances are you haven't had time lately to review your retirement readiness. But remembering to care for our own well-being — including our financial well-being — is important.

“It is not easy detangling your identity from the familial and professional roles that demand your attention, time and money. As the sandwich generation caring for parents and children while holding middle- to senior management jobs, we have limited opportunities to determine what we want now, let alone plan for what we desire in the future,” said Lazetta Rainey Braxton, certified financial planner.

For more on financial planning during each stage of life, read "[Retirement Planning by Decade](#)" from Shakespeare Wealth Management.

The Alzheimer's Association offers dementia caregivers support groups, education, and more. Visit alz.org.

PRACTICAL TIPS FOR DEMENTIA CAREGIVERS

Dementia patients have unique needs and so do their caregivers. Here are a few recommendations:

- Carry wallet-sized cards for doctors' offices and stores that read: “The person with me has memory issues. Please be patient.”
- Look for dementia-friendly products specific to your loved one's needs, like a digital clock displaying the day & date for those who lose track of time.
- In case of an emergency, keep a file of important documents like a list of medications and the health care power of attorney in a visible spot in the house.



HAVE A QUESTION, COMMENT OR SOMETHING THAT YOU WANT TO SHARE? CLICK HERE. WE'D LOVE TO HEAR FROM YOU!