



Grandparents Corner

January 2013

Happy New Year!

It's January, and time to prepare for the possibility of snow covering our area for the next couple of months. This is often the time when families spend a lot of time indoors and together, which could mean a lot of arguing between the children and driving each other nuts!

Keeping the family busy and active during the blustery days ahead and being prepared will save you time and headaches. Below are some ideas/activities to possibly use:

- Drag out the cookbook and crockpot and find a great soup or other comfort food recipe that you have not made in awhile and make together.
- Go to the library - check out a movie and have a movie and popcorn night.
- Set up a table for a jigsaw puzzle so that when everyone walks by, they can try and find a piece to the puzzle. After you have finished the puzzle, glue it on cardboard and make a picture.
- If not too cold outside, go out and have snowball battles, or snowshoe or hike to learn about nature.
- Have the children write letters to family they have not seen in a while, or have them prepare thank you cards for gifts received at Christmastime.
- Play board games as a family.
- Now, for one of the not so favorite activities, take time to clean out closets, basement, junk drawers, etc.
- Make crafts out of items you already have around the house.

These are just a few ideas, but be creative. Since you're stuck in the house anyway, enjoy some quality time together while building memories!

Art Corner

Snowman Jar Craft

from All Kids Network - www.allkidsnetwork.com

What You Will Need:

- Empty (Clean) Peanut Butter Jar
- Cotton Balls
- Black and Orange Craft Foam
- Child's Sock
- Piece of Felt
- Glue (or Glue Dots)
- Scissors
- Googly Eyes (2)



1. Fill the peanut butter jar with cotton balls. Try to squish them into the jar tightly. Place the lid on the jar.
2. Glue on two googly eyes.
3. Cut a small orange triangle out of craft foam and glue it under the eyes as a nose.
4. Cut some small circles out of black craft foam and glue them into a smile on your snowman.
5. Cut a piece of felt that is able to wrap around the jar. Glue it towards the bottom of the jar.
6. Roll the bottom of the sock up and fit it over the lid of the jar as a hat.

QUICK QUIZ

Caregiver Assistance Newsletter - January 2013

According to Aging Today, research shows that people who fall prey to elder abuse number about one in every ten people age 60 and older, and 47 percent of those with dementia. For every one case we see, another 24 go undetected. Answer True or False to the questions below.

1. Most seniors never report abuse, especially when the bad guy is a family member or caregiver. The National Center on Elder Abuse estimates that only a small fraction are reported. T F
2. Seniors are more likely to become the victim of exploitation and, if cognitively impaired, can be twice as vulnerable. T F
3. Elder abuse is any form of mistreatment that results in harm or loss to an older person. T F
4. More than 40 percent of people hospitalized from hip fractures do not return home and are not capable of living independently again. T F
5. Financial abuse is the illegal or improper use of an older person's funds or property. T F
6. Isolated seniors cut off from help are not a preferred target for con artists. T F
7. Contact your local law enforcement agency to make a report with the senior victim. T F
8. The Crime Victims' Rights Act gives victims protections, such as the right to have their money back, if possible. T F
9. Neglect is the failure of a caregiver to fulfill his or her caregiving responsibilities for an older person. T F
10. Your local senior center may have knowledge of the most current scam going on in your area. T F

KEY: 1. T 2. T 3. T 4. T 5. T 6. F 7. T 8. T 9. T 10. T