



A Grandparents Newsletter

will start being mailed quarterly.

Look for the next issue in February 2019



Upcoming Wellness Programs

Chronic Pain Self-Management in JACKSON COUNTY

Wednesdays from January 2nd - February 6th

10:00 am - 12:30 pm

Wellston Church of the Nazarene in Wellston

Chronic Disease Self-Management in GALLIA COUNTY

Tuesdays from January 8th - February 12th

1:00 pm - 3:30 pm

Gallipolis Episcopal Church in Gallipolis

Diabetes Self-Management in SCIOTO COUNTY

Tuesdays from January 8th - February 12th

1:00 pm - 3:30 pm

Kings Daughters in Portsmouth

Diabetes Empowerment in JACKSON COUNTY

Thursdays from January 10th - February 14th

9:30 am - 11:30 am

Oak Hill Senior Center in Oak Hill

Tools for Caregivers for Children with Special Health and Behavioral Needs in SCIOTO COUNTY

Mondays from January 14th - February 8th

9:30 am - 11:30 am

Bloom Vernon Elementary in South Webster

***Classes are free, but pre-registration is required.
Call 1-800-582-7277 to register or to learn more information.***

The challenges of the caregiver role may sometimes make you feel bad about yourself. If you are a perfectionist, you'll never do it perfectly. If you're angry, you'll find plenty of excuses to be mad. If you have feelings of inadequacy, they'll definitely come up. Impatience, depression, hostility—if these emotions challenged you before, they're sure to arise in this situation.

1. Burnout may have some of the same symptoms as depression, but is not the same and cannot be helped with medication. T F
2. Caregivers need to find a way to get respite from caregiving before they reach the point when they feel their life is out of control—burned out. T F
3. Caregivers will always know that they are suffering from burnout. T F
4. Fears of dependency and loneliness, or isolation, are common in families of those who are ill. T F
5. In general, people with memory problems have the best memory for distant events. T F
6. It is especially important for spouse caregivers to seek out a support system. T F
7. Mental health experts say it's not wise to let feelings of neglect build up. T F
8. Each time we experience a loss and ignore it, things can only get worse. Grief must be recognized and experienced. T F
9. It is not normal for caregivers to feel very guilty, resentful, sad and frightened or just in over their head all the time T F
10. Seek out professional help when you are using more alcohol than usual to relax and are using too many prescription medications to relax. T F

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