

(800) 889-1864



*Christmas is the time to celebrate with friends & family. Sending you lots of joy, smiles and laughter this Christmas*

### Help Dementia Residents Find Joy during Every Season

Your loved one who's now living with dementia may have formerly been the cornerstone of family holidays and traditions. In order to cope with the changing family dynamics and still celebrate special times, sculpt new traditions and activities that include the old and familiar, while adjusting to your loved one's new needs. Avoid the sensory overload, large crowds, and confusing environment by shopping online or through a catalogue with your loved one. They can still choose gifts for the family, but will be able to do so in the comfort and safety of their own home.

Create a new take on old traditions. Holiday family outings, such as outdoor ice-skating, caroling, or seeing "The Nutcracker" at a local playhouse, hold fond memories — but may not be feasible in the wake of dementia. Revamp these holiday traditions by taking a drive to look at holiday lights, go for a walk, lighting a fire and listening to Christmas music, or finding a version of "The Nutcracker" on DVD for family movie night. Time spent with family is the most important thing during holidays — the ice-skating, caroling and theatre are simply activities. Remember a few of your favorite things. While it may seem like this year is going to be different than all the rest, it's important (for both the caregiver and the person with dementia) to reminisce holidays past. Take the time during a holiday family get-together to share photos from previous celebrations, to recall funny family bloopers, and to engage in activities that your loved one is still able to — like decorating the Christmas tree or helping bake holiday treats.

As you're adjusting to how things will be this holiday season (and those to come) — instead of how things once were — it's important to remember the good and to hold onto joyful past memories in the wake of holiday stress. Focusing on the positive, rather than becoming overwhelmed by the negative, will not only help you cope and celebrate, but also encourage your loved one to enjoy such a special time, and to be at peace.

### Golden Care Senior Living Specializes in:

Dementia Care  
Alzheimer's Care  
Memory Care  
Incontinence Care  
Medication Management

### Home Health or Hospice?

There are many questions that families have when it comes to extra care for a loved one. What does home health do and how is it paid for? How long does home health provide services? What is hospice? How is it paid for; what are the services available and for how long?

Come to our **Dessert and Discussion 11/28/18 at 6pm at Golden Meadows** and get all your questions answered by the knowledgeable people from Mission Home Health and Hospice. Since Janet will be in attendance, she can address any other questions you may have regarding assisted living policies and Title 22.





## LEGEND OF THE CANDY CANE

Many years ago, a candy maker wanted to make a candy at Christmas time that would serve as a witness to his Christian faith. He wanted to incorporate several symbols for the birth, ministry and death of Jesus. He began with a stick of pure white hard candy; white symbolize the Virgin Birth and the sinless nature of Jesus; hard to symbolize the solid rock, the foundation of the Church; firmness to represent the promise of God. The Candy maker made the candy in the form of a "J" to represent the name of Jesus, who came to earth as our Savior. He thought it could also represent the staff of the Good Shepherd, with which he reached down into the ditches of the world to lift out the fallen lambs who, like all sheep, have gone astray. Thinking that the candy was somewhat plain, the candy maker stained it with red stripes. He used three small stripes to show the stripes of the scourging Jesus received, by which we are healed. The large red stripe was for the blood shed by Christ on the cross so that we could have the promise of eternal life.

Unfortunately, the candy became known as a candy cane - meaningless decoration seen at Christmas time. But the true meaning is still there for those who have eyes to see and ears to hear.



### Golden Meadows:

Phone: (951) 849-7521

Fax: (951) 849-9362

### Golden View:

Phone: (951) 845-7734

Fax: (951) 769-9179



### IT'S THE MOST WONDERFUL TIME OF THE YEAR

Please join us for delicious food, music and dancing  
at our annual Christmas Parties.

Golden Meadows Party will be December 7 at 12:30 pm

Golden View Party will be December 8<sup>th</sup> at 3:00pm

We look forward to celebrating with you and your family



December 2018