



# Caring Together Newsletter

This Issue: Caring Through the Holidays

Winter 20204 Edition

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*"To care for those who once cared for us is one of the highest honors."  
- Tia Walker*

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## From Us to You: Caregiver Success Tips



During this video, YouMeCare's Alex Moore and Jackie Osbourne discuss ways to manage stress and communicate your own needs to your loved one.

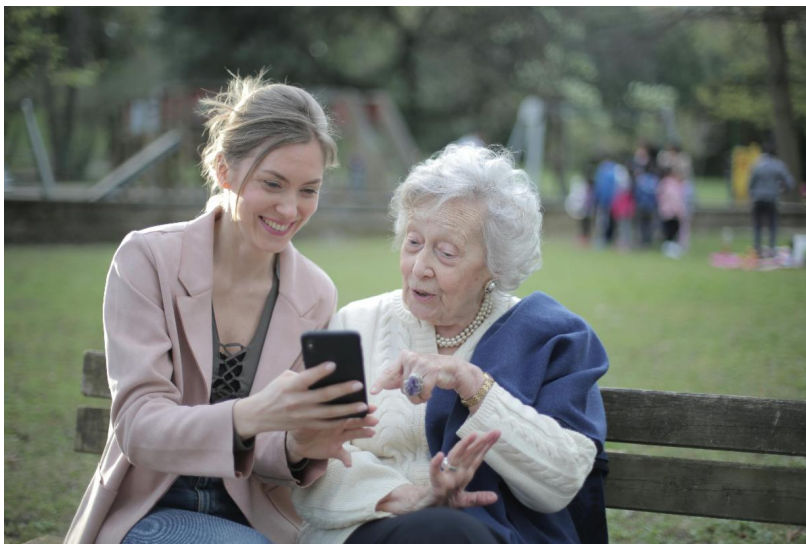
YouMeCare is a proud member of the Caregiver Coalition of Northeast Florida.

Everyone needs support, and there are resources available to help you be the best caregiver you can be, while keeping your physical and emotional health in mind.

This video is part of a series funded by a grant Community Catalyst to raise awareness of the struggles caregivers may face. The Caregiver Coalition will be posting a new caregiver tip on our social media pages each Wednesday, as part of a **#WellnessWednesday** campaign. To stay up to date on all tips posted, follow us on Facebook, Instagram and visit the Coalition website at [CaregiverCoalition.org](http://CaregiverCoalition.org).

[Visit our Website](#)

## Save the Date for a "Prepare to Care" Webinar



On December 10 from 10:30 am to noon, the Caregiver Coalition is teaming up with AARP to provide the webinar, "Prepare to Care!" This presentation will be beneficial to all caregivers, both new and experienced, plus people who have not stepped into the caregiving role yet. More information and a registration link is coming soon!

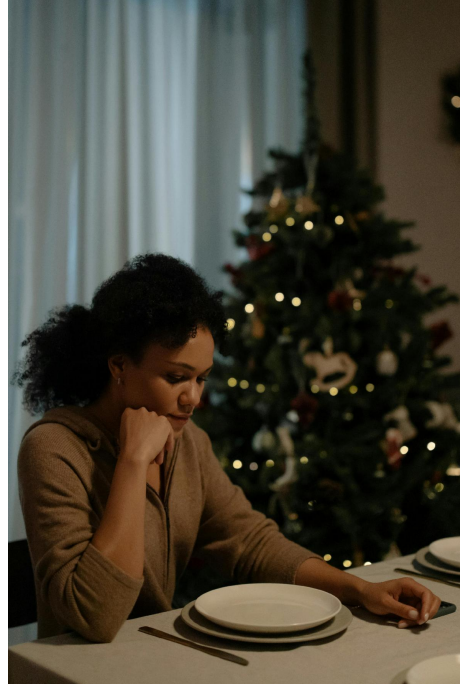
For now, you can click the button below to take a look at our previous webinars!

[Click for Previous Webinars](#)

## Grief During the Holidays

During the holidays, family traditions often shine. This can make missing your loved one (or loved ones) even more difficult. In this article, AARP goes over nine tips for experiencing grief during the holidays, and how you can balance some of the things you may be feeling.

[Click Here to Read](#)



## Upcoming Events

### Hope for the Holidays

Tuesday, November 19, 5:00 to 6:00 p.m.

Monday, December 23, 5:00 to 6:00 p.m.

Virtual

The holidays can be difficult for anyone who has lost someone. Community Hospice is offering a workshop to help individuals to cope with grief during the holiday season, determine what is right for them and their families and refocus energy to more positive activities to honor and remember loved ones. To RSVP, please call 904-407-7001. To see in-person locations, dates and times, [click here](#).

### 34th Annual Tree of Life Ceremony

Thursday, December 5, beginning at 5:45 p.m.

Community Hospice and Palliative Care

Earl B. Hadlow Center for Caring

4266 Sunbeam Rd, Jacksonville, FL

Come celebrate the memory of those you have lost at this candlelit service. Trees will be adorned with ribbons to honor loved ones, so they will continue to be remembered. For more information, please call 904-407-6635. To order a personalized ribbon, [click here](#).

### Prepare to Care Webinar

Tuesday, December 10, beginning at 10:30 a.m.

Virtual

The Caregiver Coalition of Northeast Florida will be joined by AARP for a webinar to go over an introduction to caring for your loved one. More

information is coming soon!



## Sign Up to Prevent Caregiver Burnout

ElderSource offers a caregiver support program called TCARE, which stands for Tailored Caregiver Assessment and Referral System Program. **There are now openings to participate in the program!**

How can TCARE help?

- Reduces your stress and provides strategies for reducing root causes of caregiver burnout.
- Creates a care plan just for you that offers support and improves your effectiveness as a caregiver.
- Connects you with resources that best meets your needs.
- Promotes aging in place and may delay nursing home placement for your loved one.

[Click here to register for TCARE](#)



## Free Resources Just for Caregivers and Older Adults

Looking for easy to access tips on how to be the best caregiver you can be? Caregiving.com offers FREE resources for older adults and caregivers. The platform creates a personalized journey, addressing various aspects of caregiving, including training, skills, finances, emotions, connections, spirituality, culture, and more. From articles to videos, you'll find the guidance and encouragement you can rely on throughout your caregiving journey.

[Click here to visit](#)

[Social Isolation: How to Rejoin the Group](#)



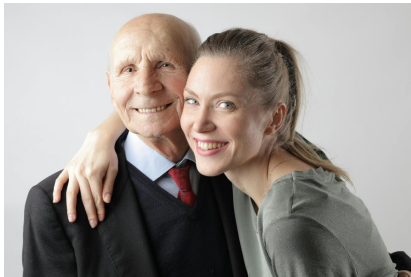
## **Your Mental Health This Holiday and Beyond: Four Steps to Combat Loneliness in Seniors**

Social Isolation may try to find its way in during the holiday season. In this article, the National Council on Aging (NCOA) goes over four ways to combat social isolation in older adults. As a caregiver, these tips can help both you and your loved one avoid social isolation all year round.

[Read the Article](#)

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## **Celebrating Success as a Caregiver**



### **Caregiving: The Importance of Celebrating Milestones and Achievements**

Caregiving may be a difficult but rewarding journey. A simple way to remind yourself of your progress is to celebrate small milestones for both your loved one and yourself during your caregiving journey. Celebrating even the smallest milestones may be just the morale boost you need during the holidays. Click the button below to read about the importance of recognizing growth and celebrating milestones along the way!

[More on Milestones](#)

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## **Other Resources for Caregivers**

[Offering Consumable Medical  
Supplies to Those in Need](#)



By request from caregivers and older adults, ElderSource offers a resource providing consumable medical supplies, the *Sharing and Caring Closet*. The Closet is open at the ElderSource office located at 10688 Old. St. Augustine Road during regular business hours Monday through Friday 8 am to 5 pm. Items are free and people may access the supplies once every three months. ElderSource accepts donations to the Sharing and Caring Closet. Any questions should be emailed to [SharingCloset@MyElderSource.org](mailto:SharingCloset@MyElderSource.org).

[Click here to view our Amazon Wishlist](#)

[Click here for more information!](#)



## Parkinson's Support in Northeast Florida

Jax Hope for People with Parkinson's is a support group for caregivers and individuals living with Parkinson's. Information shared includes how to prepare for a natural disaster to resources for transportation and clinical trials. Click for more information!

[Click here to find out how!](#)



## Books by Mail

Caregivers of Duval County: you can now check out books, DVDs and music BY MAIL from the Jacksonville Public Library! There are two different service plans, and the books are delivered through the United States Postal Service. You can select to have items curated for you based on your preferences and place holds online, or you can select to only check out items you've placed holds on through the library's website. If you are interested, you can apply online, call (904) 255-2665 and apply on the phone or call and request a paper application by mail.

[Learn more or apply now!](#)

[Even More...](#)

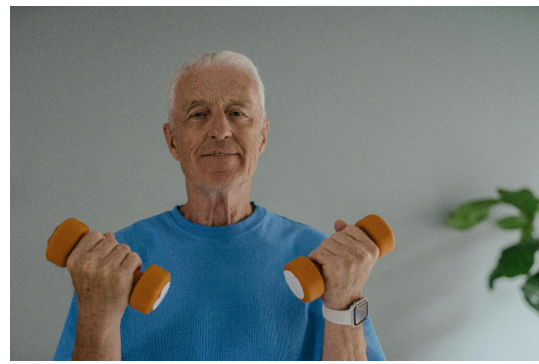


## ***50 Quick and Easy Holiday Recipes Everyone Will Love***

From Food Network

Cooking doesn't have to be difficult. At least one of these fifty quick and easy recipes will be a hit at your family's holiday event!

[Click to View Recipes](#)



## ***Free At-Home Fitness Videos***

From AARP

Here are some free videos on fitness at home. With these workout videos, you can follow along, or watch for tips and tricks on how to keep fitness accessible!

[View the article](#)

## **Our Members**

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[www.caregivercoalition.org](http://www.caregivercoalition.org)

If your caregiving situation has changed and you no longer wish to receive these communications, simply unsubscribe below.

partnership with local organizations to provide support and education to caregivers of Northeast Florida. Contributions for Coalition activities are received by ElderSource, a 501(c)(3) nonprofit organization, and are tax-deductible by law.

ElderSource | 10688 Old St. Augustine Road | Jacksonville, FL 32257 US

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