



# The Primrose Press

Volume 1, Issue 113 June 2021

2080 Guerneville Road  
Santa Rosa, CA 95403  
(707) 578-8360

*"It's better to be a young June bug than an old bird of paradise"*

Mark Twain

## Strategies for dealing with caregiver stress

The emotional and physical demands involved with caregiving can strain even the most resilient person. That's why it's so important to take advantage of the many resources and tools available to help you provide care for your loved one. Remember, if you don't take care of yourself, you won't be able to care for anyone else.

To help manage caregiver stress:

**Accept Help.** Be prepared with a list of ways that others can help you, and let the helper choose what he or she would like to do. For instance, a friend may offer to take your loved one for a walk or maybe run an errand for you.

**Focus on what you are able to do.** It's normal to feel guilty sometimes, but understand that no one is a 'perfect' caregiver and that you are doing the best you can.

**Set realistic goals.** Prioritize, make lists and establish a daily routine. Begin to say no to requests that are draining, such as hosting holiday meals.

**Get connected.** Find out about caregiving resources in your community. Many communities have classes specifically about the dis-

ease your loved one is facing. Caregiving services such as transportation, meal delivery or house-keeping may be available.

**Join a support group.** A support group can provide validation and encouragement, as well as problem-solving strategies for difficult situations. A support group can also be a good place to create meaningful friendships.

**Set personal health goals.** For example, set goals to establish a good sleep routine, find time to be physically active on most days of the week, eat a healthy diet and drink plenty of water.

**See your doctor.** Get recommended vaccinations and screenings. Make sure to tell your doctor that you're a caregiver. Don't hesitate to mention any concerns or symptoms you have.

NEXT PRIMROSE CAREGIVER

ZOOM SUPPORT GROUP

Thursday June 17

For more information about participating please call **707-578-8360**  
All are welcome!

## Hello June!

Let the Summer Begin



You're a grand old flag trivia and crafts



SUMMER  
SOLSTICE

It's that wonderful time of year where we can enjoy outdoor activities and walks in the garden



Celebrating Father's  
with a Happy Hour