

**Caring
Hearts
Ministry**



Nuggets of Hope

A Newsletter for Caregivers

Karen Boerger, Caring Hearts Ministry, www.karenboerger.com
Email address: joy4caringhearts@gmail.com

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Interesting Quote...

"By three methods we may learn wisdom:

First, by reflection, which is noblest;

Second, by imitation, which is easiest;

Third by experience, which is the bitterest." -- Confucius

If you're in a caregiving role, you can understand that experience can be bittersweet. Yet there is **JOY in Caregiving!** That's your loved one, and who knows your loved one better than you. You make a difference! It's a privilege to be of help to our loved one.



Cleaning for a Reason

If you know any woman currently undergoing chemotherapy, please pass the word to her that there is a cleaning service that provides FREE housecleaning - once per month for 4 months while she is in treatment. All she has to do is sign up and have her doctor fax a note confirming the treatment. *Cleaning for a Reason* will have a participating maid service in her zip code area arrange for the service. This organization serves the entire USA and currently has 547 partners to help these women. It's our job to pass the word and let them know that there are people out there that care. Be a blessing to someone and pass this information along.

<http://www.cleaningforareason.org>

You may not know someone going through chemo, but someone on your email list might. Please forward!



Did you know. . .

- Emotions override logic. Even though you “know” that you shouldn’t eat that second piece of cake or extra helping of scalloped potatoes, you do it anyway when you’re tired and emotionally drained.
- Pretending to laugh gets those endorphins flowing in the brain to make you feel better. Research shows that your body can’t tell the difference between actual laughing at something funny and the laughter that you do as therapy.
- Welcome to 24 new *Nuggets of Hope* subscribers from the Toledo/Maumee, OH, area. Annetta Dellinger and I enjoyed a JOYous retreat with ladies from the LWML Toledo Zone. . .many of whom were caregivers.



Lillian Keller, zone president; Annetta Dellinger, speaker; Anne Marie Bollas, OH District LWML president; Karen Boerger, speaker



Ten Things You Should NEVER Say to a Caregiver

I have had a few of these phrases said to me. How about you? It’s still important to educate those around us, isn’t it?

1. “Why are you having such a hard time being a caregiver?” Obviously they’ve never had the opportunity to have been a caregiver yet.
2. “Gosh...we haven’t seen you in such a long time. Why don’t you get out more?”

3. "You look really tired. Are you making sure you're taking care of yourself?" That's hardly a compliment at any time.
4. "Caregiving seems like a burden. You shouldn't have to sacrifice your life for your mother's." I've heard this one. Sigh.
5. "You need to get a 'real' life." Grrrr!
6. "Why don't you just put your mother in a nursing home? It would be better for everyone."
7. "Why do you visit your dad so much? He doesn't even know you."
8. "Let's not talk about that. Let's talk about something happy and fun." If you're sure the caregiver doesn't have anything further to talk over, this might be okay. However, caregivers need to be able to talk through their emotions. Otherwise, they're likely to spill over at the least opportune time.
9. "You must be so relieved that it's over." It hurts to lose a loved one, no matter whether there is less work involved or not.
10. "When are you going to get over it (a senior's death) and move on?" A bit insensitive, don't you think? Everyone grieves in their own way and in their own time. There is no "magic" time when the grieving stops.



RECIPE CORNER



Chocolate-Cherry Crunch

This is so yummy. . . especially when warm! And did I mention how easy it is to prepare?

2 cans (14 ½ oz.) cherry pie filling
 19.8 oz. pkg. fudge brownie mix
 ½ c. chopped pecans (optional)
 1 c. quick cooking oats, uncooked
 ¾ c. margarine or butter, melted

Pour pie filling in the bottom of an ungreased 13 x 9 baking pan; set aside. Blend remaining ingredients together until coarse crumbs form; sprinkle over pie filling. Bake at 350 degrees for 30 min. Makes 12 servings.



Easy Chicken Dinner

Only 5 ingredients. Can't get easier than this for a main dish. Serve with hot biscuits or cornbread.

- 2 cans (10 ¾ oz.) cream of chicken soup
- 2 cans (10 oz.) chicken, drained
- 15 ¼ oz. can peas, drained
- 8 oz can sliced mushrooms, drained
- 8 oz. pkg. angel hair pasta, cooked

Mix soup, chicken, peas, and mushrooms together in a saucepan; heat through. Spoon over hot pasta to serve. Serves 6 to 8.



JOYspirations for Caregivers is available ... 2 for the price of one. Give the gift that helps encourage and uplift family caregivers and give a second book to your favorite nursing home, church library, or hospice organization. The hospice nurses know the families that can benefit from this book. Hugs to all! To order, please visit my website: www.karenboerger.com.



A Caregiver's Prayer

Lord, I have so many questions about being a caregiver. I'm not sure that I can handle this situation with any kind of expertise. What if I forget the medicine schedule, or fall asleep when I'm needed most, or forget an appointment? I know You want me to take a deep breath, relax, and let You handle my problems. I guess this is one more thing that I have to take to the foot of Your cross. Help me, Lord Jesus, to do that very thing! Amen.