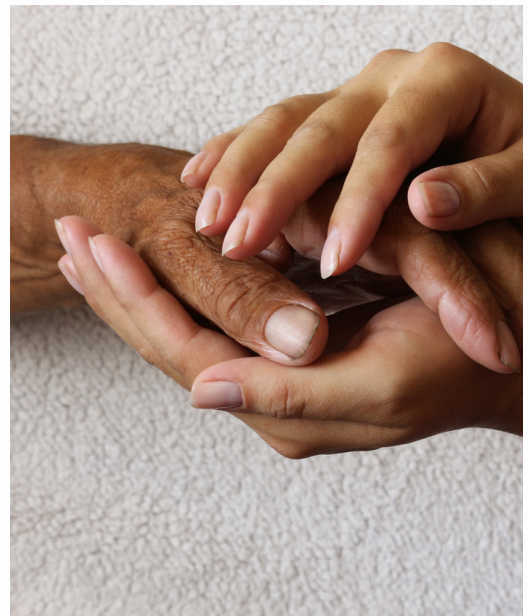


Welcome

CELESTINE FOUNDATION NEWSLETTER

The Role

We all acquire titles throughout our lives. Some of the titles can be spouse, parent, single person, child, sibling, neighbor, pharmacist, teacher, etc. Some titles we are born into and some we seek. The title of caregiver is usually one that falls upon some of us for various reasons. The role of caregiver is a mantle! The word mantle is defined as a noun! Geographically, a mantle is described as the mostly solid bulk of Earth's interior, <https://education.nationalgeographic.org/resource/mantle/>. Another description reports, A mantle is a word for something that blankets over something else, <https://dictionary.cambridge.org/dictionary/english/mantle>. The definitions imply that a person with the mantle of caregiver is a solid core and a covering for those in need of their care.



"There are only four kinds of people in the world. Those who have been caregivers. Those who are currently caregivers. Those who will be caregivers, and those who will need a caregiver." —Rosalyn Carter



Ms. T. Yelling, RN, Editor

Our editor is a major contributor and author of the Celestine Foundation Newsletter. She is an advocate for caregivers, especially of Veterans, and a member of the Celestine Foundation Board of Directors.

If you have questions for our editor or would like to submit an article for consideration, please email the editor at contact@celestinefoundation.org

The Role - *Continued*

People generally could never imagine in their wildest dreams they may one day be a caregiver. When couples marry, they usually excitedly repeat the vows of “sicker or poorer”. If you have siblings, as children you never thought that you would have to be a caregiver for your parents or possibly even another sibling, nor could you imagine to whom the role would fall. As a parent, you think your infant child will one day be an independent adult. God our Father is the only one who knows our future. Psalm 147:5 “great is our Lord and mighty in power; his understanding has no limit.”

If you are or have been a caregiver, your reality has probably surpassed your wildest imagination.

The mantle of being a caregiver can be all consuming and all encompassing. It requires physical, mental, financial and emotional acuity and strength. You may be helping your loved one with anything from dementia, Parkinson’s disease, MS, to a person with limited developmental functionality and on and on. A caregiver may need to assist their loved one with some or all of their Activities of Daily Living (feeding, bathing, dressing, walking and toileting) and their Instrumental Activities of Daily Living (managing: meals, medications, finances, house cleaning/laundry), to keeping loved one safe inside of the home. There may be a whole host of tasks conducted daily by caregivers that simply go unsaid. Your role is priceless! You are magnificent!

Self-Care Corner



I believe that if you are a caregiver the title Caregiver should be synonymous with the word Self-Care. It is imperative to implement self-care if you are a caregiver. As a caregiver you may have a primary person you provide care for or you may also have an entire family including that person whom requires the aforementioned care. A caregiver is akin to a pitcher of water. You pour, pour, pour and if you don’t replenish you can deplete. It is imperative to refill, recharge and restore (mentally, physically and spiritually)

Participate in things that help you restore your peace, examples:

SELF-CARE CORNER CONTINUES

Taking deep breaths: Deep breathing is like a reset button

Pray/meditate

Friends/Family

Read (Bible or favorite genre of books)

Exercise

Craft

TV/Movies

Naps: Jesus took time to nap even during a storm,
(Matthew 8:23-24)

Music/dance

Mental Health (individual and or group therapy)

DELEGATE: Elicit help from trusted family, friends, and
neighbors and even paid caregivers if financially possible.



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- ALZHEIMER'S ASSOCIATION - [HTTPS://WWW.ALZ.ORG/](https://www.alz.org/)
 - VETERAN'S BENEFITS ADMINISTRATION (VBA) (800) 827-1000
 - VA CAREGIVER SUPPORT PROGRAM - [HTTPS://WWW.CAREGIVER.VA.GOV/](https://www.caregiver.va.gov/)
 - USC FAMILY CAREGIVER SUPPORT CENTER - [HTTPS://WWW.FCSC.USC.EDU/](https://www.fcsc.usc.edu/)
 - CRISIS HOTLINE- DIAL 988 (FOR MENTAL HEALTH CRISIS, INCLUDING SUICIDAL THOUGHTS AND DRUG OVERDOSE)
 - MEDICAL EMERGENCY- DIAL 911
 - ELIZABETH DOLE FOUNDATION-
[HTTPS://WWW.ELIZABETHDOLEFOUNDATION.ORG/](https://www.elizabethdolefoundation.org/) (SUPPORT FOR VETERAN'S AND THEIR CAREGIVERS)
 - IN-HOME SUPPORTIVE SERVICES - [HTTPS://DPSS.LACOUNTY.GOV/EN/SENIOR-AND-DISABLED/IHSS.HTML](https://dpss.lacounty.gov/en/senior-and-disabled/iHSS.html)
 - ACCESS TRANSPORTATION - [HTTPS://ACCESSLA.ORG/](https://accessla.org/)