

NEWSLETTER

September's 2020 Newsletter: Marianne Hankins Editor

Connecting Ties would like to say thank you to all our wonderful caregivers. The past months with the Covid-19 pandemic have been rough on us all, but you all have been doing an amazing job with our clients through this extremely hard time. Let's all pray it ends soon, and we all can get back to our normal lives!

Second Time around and Creative Connections are still asking everyone to please sign in and wear a mask when entering the buildings. Please let's all help them keep this policy going. Connecting Ties would also like to say "Thank You!" to the employees at Creative Connections and Second Time Around for ALL their hard work. You ALL ROCK!

Therap in the homes will be starting this month. Therap is an electronic charting program, which will reduce errors and streamline operations. We will be starting with one home first and make sure it runs smoothly, then continue with other houses. Our hope is that by the new year we will all be switched over to Therap.

We are sad to announce that on September 19th Lindsey Roberts will be leaving Connecting Ties. Lindsey has accepted a job offer working for an orthopedic surgeon as a medical assistant in Soldotna. Lindsey has a degree in that field and is excited to be returning to the career she loves. In the short time Lindsey has been with us she has been a wonderful asset to the company, and all of us at Connecting Ties would like to wish her all the best in her new adventure in life.

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What's Cooking

Coconut Chicken Curry

Ingredients:

2 tbsp. olive oil	2 lbs. chicken breast, cut into bite size pieces
½ tsp salt or to taste	½ tsp pepper or to taste
1 small onion chopped	3 cloves garlic minced
2 tbsp curry powder	1 cup chicken broth
14 oz can coconut milk	14.5 oz can diced tomatoes
2 tbsp tomato paste	2 tbsp sugar
2 tbsp parsley	

Directions:

1. Cook the chicken: Heat the olive oil in a large skillet or Dutch oven. Add the chicken to the Dutch oven and season with salt and pepper. Cook for about 5 minutes or until the chicken is no longer pink.
2. Finish the dish: add the onion, garlic, curry powder and stir. Cook for 2 more minutes then add the chicken broth, coconut milk, tomatoes, tomato paste and sugar. Stir everything together, bring to a boil then cover with a lid. Turn the heat down and simmer for another 15 to 20 minutes.
3. Garnish with parsley and serve over rice



Taking Care of YOU: Self-Care for Caregivers – Part 5

In Part 4 of this article, tools #2 & #3 – setting goals and seeking solutions were discussed. This article was adapted from Family Caregiver Alliance.

Tool #4: Communicating Constructively (or Adulting 101)

Being able to communicate constructively is one of a caregiver most important tool. When you communicate in ways that are clear, assertive, and constructive, you will be heard and get the help and support you need. The box below shows basic guidelines for good communication.

Communication Guidelines

- ✓ Use “I” messages rather than ““your”” messages. Saying “I feel angry” rather than “You made me angry” enables you to express your feelings without blaming others or causing them to become defensive.
- ✓ Respect the rights and feelings of others. Do not say something that will violate another person’s rights or intentionally hurt the persons feelings. Recognize that the other person has the right to express feelings.
- ✓ Be clear and specific. Speak directly to the person. Don’t hint or hope the person will guess what you need. Other people are not mind readers. When you speak directly about what you need or feel, you are taking the risk that the other person might disagree or say no to your request, but that action also shows respect for the other persons opinion. When both parties speak directly, the chances of reaching understanding are greater.
- ✓ Non-verbal Communication. Other people read a great deal into non-verbal cues, both consciously and unconsciously. If you say, “Great job,” and then roll your eyes, you communicate non-verbally that you mean the opposite. In moments of trying to resolve conflict, if your words communicate that you want to resolve the issue than your body needs to communicate the same message. Clenched fists, tightness around the eyes and arms crossed over the chest all communicate non-verbally that you remain angry. Limiting these types of non-verbal cues improves the chances of successfully resolving the issue at hand.
- ✓ Remain Calm. Everyone experiences anger, often with justification, but it rarely facilitates constructive communication. When aiming for constructive communication, take steps to remain calm, even if it means asking to leave the room for a few minutes. You can be direct about why and say, “My temper is getting the better of me, but I want to resolve this, so let’s take five minutes and try again with cooler heads.” Remaining calm allows you and the other person to view the situation with more objectivity, which increases the likelihood of finding a mutually agreeable solution to the problem.
- ✓ Be a good listener. Give the speaker your undivided attention, use body language and gestures showing you’re engaged, give feedback by paraphrasing what you hear, avoid interrupting, and respond appropriately and respectfully.

***Coming Next Month:
Tool 5 of 8 to good self-care – Asking for and Accepting Help***