

On A Wing And A Prayer: Insights From Caregivers

“You are a Caregiver if you worry about the person you love...
Caregivers are those who are the most selfless
people in the world...”

Yes, you are a Caregiver, no matter what people say. You are
amazing, and God Bless you for what you are doing.”

“You are a caregiver because you care about him and
ultimately, you are the one who is in a position to advocate for
him and have his best interests at heart.”

“There is no cookie-cutter formula for the endless roller-
coaster ride that is caregiving. We do the best we can with what
we have and hope for the best.”

“He’s lucky to have you to love and care and to be his
advocate.”

Members from the AgingCare.com Forum AgingCare
<http://www.agingcare.com/Caregiver-Forum>



Centre de santé et de services sociaux
de la Basse-Côte-Nord

commission scolaire
DU LITTORAL



Celebrating Caregivers



Who are caregivers?

A caregiver is anyone who cares for a family member or friend living with challenges due to disability, ageing or illness. There are many caregivers on the Lower North Shore. Chances are you know many caregivers than you realize – you just think of them as spouses, parents, children or friends. Caregivers provide 80% of the care needed by individuals with long term conditions. They are essential to the well-being of those around them and to our health care system. Please take the time to recognize the caregivers in your life. Show them you care and offer a helping hand.

The role of a caregiver is truly priceless

For more resources for caregivers please visit:

www.von.ca/en/caregiver-connect.ca

During the first week of November, 2013, the Lower North Shore will be celebrating Caregivers Week. During this time we suggest that acts of kindness be shown towards the caregivers in your family and in your community.

The following is a collection of poems and quotes that emphasizes the respect and admiration we have for the caregivers on the Lower North Shore.

Caregivers don't hear THANK-YOU enough, so let this be a *"Thank You"* to all the wonderful caregivers out there.



Remember laughter helps keep things in perspective and is good for you too.

Have a good belly laugh today!

Celebrate each day.

Treat yourself as you would your best friend.

Maintain a positive and appreciative attitude.

Maintain connections with family and friends.

Ask for help. Share the care.

Breathe deeply several times per day.

Sit quietly and have a cup of tea.

Spend time to stretch your body each day.

Replace your negative self-talk with positive and encouraging statements. Repeat these positive statements to yourself when you feel stressed or overwhelmed.

Nourish your body with healthy food.

Ensure you drink lots of water

to keep your body hydrated.

Sleep well. Before bed each night, list 3 things you are grateful for today.

Enjoy and have fun.

You deserve the best and you deserve to take the time and energy to care for yourself.

Everyone will benefit.

www.fcns-caregiving.org



We grow because we struggle, we learn and overcome.

-- R. C. Allen

Things turn out best for those who make the best of
the way things turn out.

Jack Buck

Be the hand that reaches out.

Be the smile for those who have no reason to smile

Be the light for those who live in darkness. Show
them what it means to truly love

There are two ways of spreading light -- to be the
candle or the mirror that reflects it.

--Edith Wharton

"How can you have charisma? Be more concerned
about making others feel good about themselves than
you are making them feel good about you.

--Dan Reiland, VP of Leadership Dev., INJOY

While we have the gift of life, it seems to me the
only tragedy is to allow part of us to die --
whether it is our spirit, our creativity or our
glorious uniqueness.

-- Gilda Radner

"You can learn new things at any time in your life if
you're willing to be a beginner. If you actually
learn to like being a beginner, the whole world
opens up to you."

-- Barbara Sher

Dear Caregiver,

If you are reading this, it means you finally took a few minutes for yourself. I know it's been a while since you've done that. I also know that it's been quite some time since you've heard the words "thank you". I didn't thank you when you left your career to be a full-time caregiver. I just felt relief that it wasn't me putting my life on hold. I didn't tell you how much I appreciated you when you had to miss your kids' soccer games because Mom needed your help. I was just grateful that my kids had me.

I never told you how unselfish you were when you cancelled your vacation because Dad was recovering from a surgery. Instead, I sat on the beach with my family, and enjoyed my time to relax. I didn't ever tell you how amazing you are at balancing all you do. I just thought about how I would do it differently. I never told you that I am not brave enough to do what you do. I can hang up the phone, or come home from a visit and go about my life. You deal with the physical and emotional toll day in and day out with no complaint.

The truth is, I do see all that you do. I see what you have sacrificed, I see the exhaustion in your eyes, and I hear the worry in your voice. I know you are trying desperately to make all the moving parts work. I know you sometimes cry quietly, locked in the bathroom so no one will see your fears. You lay awake at night thinking not of your own dreams, but how to help Mom reach hers.

I am sorry I have been silent with my admiration and appreciation. The problem is I can't imagine a truly appropriate way to show just how much I appreciate you. "Thank you" always seemed so little in comparison to all you do. Then I realized, if I never say "thank you", you would feel your job was small. If I never offered my hand for help, you would think you didn't deserve a break. If I never offered my shoulder for support, you would have nowhere to lean.

Thank you for the amazing job you do. The selflessness of which cannot accurately be described. You don't have to do this alone; I am holding my hand out offering you help. When it becomes overwhelming, my shoulder is right here, ready for you.

If I could bottle all the love and appreciation in the world, it still wouldn't be enough for you, Caregiver. But I will try, and I will start with telling you: Thank You!

<http://www.caregiverstress.com/2012/11/thank-you-caregiver/>

A Caregiver's Heart

What's inside of a caregiver's heart?
Just for a moment, let's pick it apart.
I want to find out what makes it tick.
Why does one take care of the sick?

Here's the scalpel, let's take a look.
For this we'll need no anatomy book.
What's this I see? A stain I fear,
From many a tear over many a year.

This scar here is a fracture line,
One we hid when we said we're fine.
That deep mark there, it shows the pain,
From being accused of looking for gain.

There! Look there! See all that sorrow?
It's for the loved one who's lost tomorrow.
How can it function? How can it cope?
Surely by now it should lose all hope.

What is this glue that makes it strong?
Battered and bruised, it still goes on.
What keeps this heart from falling apart?
Love binds together A Caregiver's Heart.

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Determination that just won't quit-that's what it takes.
-- *A.J Foyt*

About the only thing that comes without effort is
old age.
-- *Source Unknown*



People who fight fire with fire usually end up
with ashes.
-- *Abigail Van Buren*

Faith has to do with things that are not seen, and hope
with things that are not in hand.
-- *Saint Thomas Aquinas*

The beginning of anxiety is the end of faith, and the
beginning of true faith is the end of anxiety.
-- *George E. Mueller*

Certain defects are necessary for the existence of
individuality.
-- *Johann Wolfgang Von Goethe*

Conceal a flaw, and the world will imagine the worst.
-- *Marcus Valerius Martial*

Forgiveness is not a one-time-only event.
It is a process.
-- *Rhonda Britten*

If you wish to travel far and fast, travel light. Take off all
your envies, jealousies, un-forgiveness, selfishness and fears.

-- *Glenn Clark*

One person caring about another
represents life's greatest value.

Jim Rohn

The greatest discovery of my generation
is that man can alter his life simply
by altering his attitude.

-- James Truslow Adams

Never underestimate your problem
or your ability to deal with it.

-- Robert H. Schuller

Mountains cannot be surmounted except by
winding paths.

-- Johann Wolfgang Von Goethe

Life's challenges are not supposed to paralyze you;
they're supposed to help you discover who you are.

-- Bernice Johnson Reagon

Impossible situations can become possible miracles.

-- Robert H. Schuller

When you can think of yesterday without regret and
tomorrow without fear, you are near contentment.

-- Source Unknown

Be determined to handle any challenge in a way that
will make you grow.

-- Les Brown



The Heroes of Today

Who are the heroes of this world today?
If asked that question, what would you say?
Are they famous people, presidents and kings?
What to my life do these people bring?
Are they actors, singers, athletes or clowns?
Do they really have to be people of renown?
Who are the heroes of this world today?
If asked that question, what would I say?
Would I name someone who is mighty and strong,
About whose exploits, I would go on and on?
Would it be someone who'd done great deeds,
Whom the world applauds for their wonderful feats?
Who are my heroes of this world today?
I'll try to answer that question this way.
My heroes are those who are mostly unknown.
And yes they have days when they moan and they groan.
But they don't cut out when the going gets hard.
They dig in their heels and give of their heart.
They are husbands and wives, daughters and sons,
Struggling to do what needs to be done.
"She needs to be fed," or "He needs to be changed."
The world they live in, to others, is strange.
They are the caregivers, who travel this road.
The trials they've gone through have helped me to grow.
They are the ones who have learned how to cope.
From their experiences, I too can also draw hope.
Who are my heroes of this world today?
They are the caregivers, that's what I'll say.

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You're Giving Your Best

It's not the physical pain you feel,
But in your heart, it's just as real.
The tears may stop, but the pain is bad.
Though you'll smile, your heart is sad.
It's hard to admit, but you know it's true,
You're doing as much as you can do.
You clean the messes on the rug,
You give encouragement with a gentle hug.
You dress and fed the one you love.
You pray for strength from God above.
You fought the illness the best you could,
You did the things you thought you should.
You wonder about the road you'll take,
And second guess the choices you make.
You're tired, but you can't sleep at night,
You ask yourself, Am I doing what's right?
My friend, if I may, give your heart a rest.
I'm sure God knows you're giving your best.

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Someone Cares

A friendly word can mean so much,
A kindly deed, an encouraging touch.
If I could but reach across the miles,
To lend a hand, or to bring a smile.
Would it lift the spirit, strengthen the heart,
To hear, I love you. though we're far apart?
My friend, these are only simple things,
But there are times when they make us sing.
Sometimes our days with pain are filled,
To just make it through takes all our will.
And so, my friend, I send to you,
These humble words, though they are true.
Words of hope, my thoughts and prayers,
That you would know that someone cares.

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This fragile Child

A fragile child is what I see,
In those sad eyes looking back at me.
"Is this right, Daddy?" I hear her ask.
My heart is breaking, though the pain I mask.
"Mama, Where's Daddy?" I hear her say.
"Is he coming back to see me today?"
She talks from morning to late at night.
But nothing she says really sounds just right.
She holds the spoon, "What is this for?"
She asks the same question regarding the fork.
To dress herself, or to tie her shoes,
Is something she can no longer do.
A fragile child is what I see,
In those sad eyes looking back at me.
But I've known this person a very long while.
You see my mother is this fragile child.

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