

January 2024

The Empowered Care Partner



Together With You on Your Ceresti-Care Partner Journey



FEATURED ARTICLE

Embracing Winter, Nurturing Yourself

As we bid farewell to 2023 and welcome the new year, January brings the chill of winter and a reminder to take care of yourself. Let's explore the importance of self-care, staying safe, and keeping warm during the cold winter days.

Winter is a season that encourages us to slow down and appreciate the moments of peace it brings. As a family care partner, you dedicate yourself to looking after others, but it's crucial to remember that self-care is not selfish. Taking care of yourself allows you to provide care with compassion and strength.

Find comfort in the beauty of the season. Take a moment to admire the winter landscape outside your window or enjoy a peaceful walk in the snow-covered park. Engage in activities that bring you joy, like sipping a hot cup of cocoa or reading a good book.

As a family care partner, warmth and compassion is something you offer every

day, but remember to replenish your own reserves of resilience and love. Self-care is not a luxury but a necessity. Find time each day for activities that nurture your well-being, such as meditation, journaling, or pursuing a hobby you enjoy. Seek support from others who understand the unique challenges you face as a family care partner. Remember, you are not alone on this journey.

As you embark on this new year, renew your commitment to your well-being. Honor the winter season by finding solace in its serenity and embracing the opportunities for self-care it offers. Only then, can you create a warm and nurturing environment for both yourself and those in your care.

In last year's TEC newsletter, we featured a monthly article dedicated to helping you identify changes in your loved one's medical condition. This year, we are excited to shift our focus toward your brain health.

FEATURED ARTICLE

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Each month, we will present an article designed to educate and empower you with effective strategies for nurturing a healthier and more optimally functioning brain. Our ultimate aim is to enhance your overall well-being, productivity, and happiness throughout the year, ensuring that 2024 becomes a remarkable and fulfilling period for you.

Wishing you a peaceful and joy-filled January.

By Marilyn Abrahamson - Brain-Health Education Specialist at Ceresti Health.

BRAIN FITNESS IS AVAILABLE FOR EVERYONE!

Brain-health and fitness is an essential part of overall health.

Knowing what you need to do to reduce your risks of developing a memory disorder is the *first decisive step* in prevention. In addition, studies show that engaging in the right activities can even help stave off cognitive decline attributed to age.

That's where **BrainHQ** right on your tablet comes in... and it can be available to you *right now on your tablet!*

If you request it on your tablet, **BrainHQ** will be your new go-to app for brain fitness. Think of it as a personal gym, where you exercise your memory, attention, brain speed, people skills, intelligence, and navigation instead of your abs, delts, and quads. Just as your body requires care and exercise over the course of life, so do our brains. BrainHQ provides the exercise your brain needs to be at its sharpest.

If you're interested in having the BrainHQ brain fitness app installed on your tablet, contact your Ceresti coach today and let her know. Supplies of this app are limited.

To learn more about your amazing brain, visit **Ceresti's Brain Health Education Portal**. Go to brainhealth.ceresti.com. If this is your first time visiting the portal, use the invitation code **GIVECARE** when you register.

MEMORY TIP OF THE MONTH

WANT A BETTER MEMORY? USE ALL YOUR SENSES

Let's start the year off right with an effective and invaluable 6-step process that will revolutionize the way you remember things.

Step 1: Visualize with precision.

When attempting to remember information, go beyond a static image and create a dynamic mental scene. Immerse yourself in the details and make them come alive in your mind's eye.

Step 2: Set the stage with sound.

Imagine any sounds you might hear in the situation you're trying to remember. Whether it's your name being called or ambient noises, incorporating auditory cues enhances memory recall.

Step 3: Harness the power of scent.

Believe it or not, smells have a profound impact on memory. Utilize your olfactory imagination to conjure up scents that evoke strong connections to past experiences. This can truly transport you to a specific moment in time.

Step 4: Engage your taste buds.

It may surprise you, but taste is intricately linked to memory. By associating flavors with the information you want to retain, you create additional pathways for recall. Give it a try and savor the results!

Step 5: Get tactile.

Consider the textures, temperatures, and sensations associated with your mental imagery. By incorporating the sense of touch, you enhance the richness of the memory and strengthen its retention.

Step 6: Embrace the power of emotion.

Although not a sense per se, emotion plays a pivotal role in memory formation. Infuse your visualization with a suitable emotional context. Whether it's excitement, joy, or a sense of urgency, emotions add depth and significance to your recollection.

Now, let's put these memory-boosting techniques into action. Imagine this scenario: you have to pick up Aunt Sally at Gate 10 in the airport at 7 pm, and the fear of being late is looming over you. Here's how you can implement this powerful 7-Step technique to remember it effectively:

Visualize yourself briskly traversing the airport, glancing at a colossal clock displaying precisely 7 o'clock. As you hurry along, an unmistakable sign bearing the number TEN catches your eye. In the background, an imaginary announcement reverberates through the bustling concourse, summoning you by name and reminding you of Aunt Sally's presence at Gate 10, promptly at 7 pm.

Feel the weight of the moment, the urgency propelling you forward. By infusing this visualization with an emotional charge, you cement the memory firmly in your mind.

Remember, practice makes perfect. Commit to honing your memory skills and embrace the remarkable possibilities that await.

Winter Day Trips - Exploring Winter Fun and Creativity

With winter in full swing, it's natural to long for fresh experiences and new adventures with your loved one. While responsibilities as a care partner can easily confine you to remain indoors and at home, there are creative options for daily outings during the winter months. Let's explore four enjoyable and safe day trips with your loved one designed to inspire you during these winter months.

1- Embrace Nature:

While winter may be chilly, it gifts us with unique natural wonders. Consider visiting local botanical gardens, which often have indoor conservatories, providing a warm oasis filled with lush greenery and vibrant flowers. This serene environment can be soothing for both you and your loved one. Ensure you dress warmly and comfortably to make the most of your day.

2- Engage with Art and Culture:

Museums and art galleries are fantastic options for a day trip. Many offer accessible features and designated quiet areas for care partners and their loved ones. Wander through awe-inspiring exhibits, take in captivating artwork, and even participate in hands-on workshops if available. Such experiences can stimulate the mind and foster creativity.

3- Discover History:

Uncover the past together by visiting local historical sites or attending living history events. These interactive experiences can transport your loved one back in time and ignite cherished memories. Check for accessible facilities and inquire about guided tours for a seamless outing.

4- Enjoy Music and Theater:

Live performances can be uplifting and emotionally engaging. Check your local listings for concerts, theater productions, or even movie screenings with adaptive technologies. These events provide opportunities to bond over shared interests and create cherished memories.

Safety Tips for Winter Day Trips:

Check Accessibility: Before planning any day trip, ensure that the location is accessible and accommodates any mobility or sensory needs.

Pack Essentials: Bring along necessary medications, snacks, water, and comfort items to make the day enjoyable for your loved one.

Weather Awareness: Dress appropriately for the weather and check forecasts in advance to prepare for any sudden changes.

Travel in Comfort: If driving, ensure the vehicle is well-maintained, and plan regular breaks if it's a long journey.

Inform Others: Let a friend or family member know about your day trip plans and share your itinerary with them for added safety.

As a Ceresti family care partner, embracing the winter season can bring joy and unforgettable memories for both you and your loved one. These creative day trips provide an excellent opportunity to strengthen your bond and nurture the spirit of adventure despite the colder weather.

Stay warm, stay safe, and keep exploring!

