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# The Empowered Care Partner



## Together With You on Your Ceresti-Care Partner Journey



### FEATURED ARTICLE

## The Benefits of Therapeutic Recreation for Both Caregivers and Loved Ones

Finding moments of relaxation and joy can feel like a distant dream in the midst of caregiving's daily responsibilities. Yet integrating therapeutic recreation into your routine can offer much-needed respite and numerous benefits for both you as a caregiver and the loved one you care for. Let's explore how leisure activities can become powerful tools in your caregiving arsenal.

Therapeutic recreation isn't just about entertainment; it promotes well-being and enhances quality of life. Whether it's a stroll in the park, a creative arts and crafts session, or even a simple game night at home, these activities provide valuable opportunities for connection, relaxation, and stimulation.

Engaging in therapeutic recreation can be a lifeline for caregivers. It offers a chance to recharge your batteries, reduce stress, and prevent burnout. Taking time for yourself isn't selfish; it's essential for maintaining physical and mental health. By prioritizing self-care through

recreational activities, you're better equipped to provide the best possible care for your loved one.

However, the benefits extend beyond caregivers. For care recipients, therapeutic recreation offers a welcome break from routine and a chance to explore new interests and abilities. These activities can stimulate cognitive function, improve mood, and foster a sense of purpose and accomplishment. Whether reminiscing over old photographs, tending to a garden, or enjoying music therapy, these experiences can bring joy and meaning to their lives.

Moreover, therapeutic recreation is a powerful bonding tool for caregivers and care recipients. Sharing enjoyable activities creates precious moments of connection and strengthens your relationship. It's not just about the activity itself; it's about the shared experience and the memories created together.

## FEATURED ARTICLE

Continued from Page 1

So, how can you incorporate therapeutic recreation into your caregiving routine? Start by identifying activities that both you and your loved one enjoy. Keep it simple and flexible, adapting activities to accommodate abilities and interests. Remember, it's not about perfection but the joy of spending time together.

*Did you know that Ceresti offers **Weekly Recreational Activities** right on your tablet? Explore a curated selection of personally tailored experiences delivered to your device every week. These activities were developed to foster bonds and create cherished memories to share with your loved one. To receive them on your tablet, contact your Ceresti Coach today!*

By Marilyn Abrahamson, MA,CCC-SLP - CBHC  
Ceresti Brain Health Coach

## CAREGIVER CORNER

### EMBRACING IMPERFECTION: LETTING GO OF PERFECTIONISM AND SELF-BLAME IN CAREGIVING

Caregiving is a deeply compassionate act, but it's also one that can sometimes lead caregivers down a path of perfectionism and self-blame. The desire to provide the best possible care for our loved ones can sometimes manifest as unrealistic expectations of ourselves. We may find ourselves constantly striving for perfection, setting impossibly high standards, and then berating ourselves when we inevitably fall short.

Perfectionism in caregiving can be particularly damaging because it sets us up for failure from the start. No matter how hard we try, there will always be moments when things don't go according to plan, when we make mistakes, or when circumstances simply spiral out of our control. When this happens, it's all too easy to turn inward and blame ourselves for not being good enough, for not doing more, or for not somehow preventing the inevitable.

But the truth is, caregiving is messy and unpredictable. There will always be factors beyond our control, whether it's the progression of a loved one's illness, the limitations of available resources, or the unforeseen challenges that arise along the way. Instead of focusing on perfection, caregivers need to learn to embrace imperfection and recognize that it's okay to make mistakes, to ask for help, and to prioritize self-care.

One of the most important lessons caregivers can learn is to stop beating themselves up about things they can't control. Instead of dwelling on perceived failures or shortcomings, caregivers should focus on what they can do in the present moment to provide the best possible care for their loved ones while also taking care of themselves. This might mean setting realistic expectations, practicing self-compassion, and seeking support from others who understand the unique challenges of caregiving.

Ultimately, caregiving is not about being perfect; it's about being present, compassionate, and willing to do our best in the face of adversity. By letting go of perfectionism and self-blame, caregivers can find greater peace, resilience, and fulfillment in their important role.

If you find yourself grappling with the challenges of caregiving, remember that you're not alone. Reach out for information, validation, or support. Your Ceresti Coach is ready to walk alongside you, offering gentle guidance through the rough spots, allowing you to focus your energies on discovering those precious moments of joy along your caregiving journey.

## CERESTI CAREGIVER RESOURCE SPOTLIGHT

### A MORE PERSONALIZED CAREGIVER JOURNEY ON YOUR CERESTI TABLET

Caring for a loved one can be an incredibly challenging journey, but with the right support and resources, you can navigate this path with greater confidence and understanding. Ceresti Health is at the forefront of providing comprehensive educational content tailored specifically for caregivers through their innovative Ceresti tablet.

At the heart of Ceresti's offering is their dedication to empowering you with knowledge, particularly around dementia care. The Ceresti tablet serves as a valuable tool, delivering a wealth of educational content right at your fingertips. From understanding the progression of your loved one's condition, to learning practical caregiving techniques, the tablet, along with your Ceresti coach, are there to empower you with knowledge on a wide range of topics essential to helping you provide the best possible care.

One of the standout features of Ceresti Health's educational content is its depth. You have access to a curated selection of resources that delve into various aspects of care, offering insights and strategies to address common challenges. Whether it's managing behavioral symptoms or enhancing communication with your loved one, you'll find practical guidance to navigate each step of your caregiving journey.

We are committed to personalizing your caregiving journey so you have the education you want and need on the tablet. Beyond dementia-specific education, you can also access additional content covering other relevant health conditions such as Parkinson's disease, stroke, and speech and swallowing disorders. Your Ceresti tablet education is tailored to your unique needs and circumstances, ensuring that you receive the most relevant and impactful information to support your caregiving role.

Moreover, we understand that caregiving is a dynamic process, and your needs may evolve over time. That's why we've made it easy for you to request additional educational content through your dedicated Ceresti coach. Whether it's exploring a specific topic in more detail or seeking guidance on new challenges, you can rely on us to provide timely and relevant support every step of the way.

In essence, your educational content on the Ceresti tablet is not just about providing information—it's about empowering you with the knowledge and tools you need to thrive in your caregiving role, enhancing both your own well-being and the quality of care you provide to your loved ones with dementia.

***If you would like to request specific educational content on your Ceresti tablet, please contact your Ceresti coach.***

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To explore and learn more about the brain, visit **Ceresti's Brain Health Education Portal** at [brainhealth.ceresti.com](https://brainhealth.ceresti.com).  
If you're visiting the portal for the first time, use the code **GIVECARE** when registering.

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# The Mediterranean and MIND Diets - A Brain Healthier Way of Eating

It's not always easy to maintain healthy dietary habits. Throw in a few holidays and a week's worth of holiday meals, and before you know it, you've fallen off the proverbial wagon entirely.

As the saying goes, *everything is acceptable in moderation*.

It's a great saying because if you allow yourself to fall off the wagon occasionally, you're less likely to feel deprived - and that's the key to success.

We all know that healthy lifestyle habits can help prevent and lower the risk for health issues such as diabetes and heart disease. But did you know that healthy habits can also help protect your brain and reduce the risk of age-related cognitive decline?

Eating foods from the Mediterranean and the MIND diet plans can boost your overall health and improve your brain health—including reducing the risk of cognitive decline as you age.

### **What is the MIND diet?**

The MIND diet (*Mediterranean-Dash Intervention for Neurodegenerative Delay*) is similar to the Mediterranean diet but specifically focuses on foods that contribute to brain health. For a well-rounded start, include a wide variety of vegetables, legumes, whole grains, nuts, and seeds. Avoid processed foods, sugary sweets, excessive alcohol, and red meat.

### **To follow the diet properly, consume at least:**

- Three servings of whole grains a day
- One serving of leafy greens plus another vegetable each day
- A lean protein, such as poultry, each day
- A handful of berries and nuts twice a week (or more)
- A serving of beans or lentils at least every other day (or more)
- You may have one glass of red wine with dinner each evening. (If you don't enjoy wine, you may replace it with a cup of herbal tea or a serving of berries.)

### **Brain healthy additions:**

- Whole grains (quinoa, whole wheat, oats, freekeh, bulgur, brown rice)
- Nuts and seeds, including natural (no-sugar-added) nut butter
- Leafy greens (like spinach, chard, lettuce, kale)
- Vegetables
- Fruit, especially berries
- Fish
- Olive oil
- Avocado
- Eggs

The Mediterranean and MIND diets are simple to follow and easy to maintain due to their variety of satisfying and delicious food choices.

**For more information about the MIND Diet and other modifiable lifestyle choices, visit Ceresti's Brain Health Education Portal at [brainhealth.ceresti.com](https://brainhealth.ceresti.com) and click on the PREVENTION tab. If this is your first visit, use the code GIVECARE to register.**