

Joyful Journey will be closed on November 23rd and 24th for the Thanksgiving holiday. Wishing all of our Friends and families a very Happy Thanksgiving!



Feeling the JOY of the Moment  
and Playing the Kazoo



Thankful for Morning Smiles



## HELP OUT A CAREGIVER

Here are a few of our favorite tips to help out the caregiver in your life. Not all of these will work for everyone. However, it's a great place to start!

**\*\* Offer to pick up some groceries. If they say "no", grab a few healthy snacks or items you know they will enjoy and quietly drop them off at their door.**

**\*\* Bring over a casserole or another heat and serve food item. This can be a great way to gently support your friend or family member.**

**\*\* Stop by to do some yard work. When caregivers are supporting a loved one who cannot easily leave the house, yard work can be almost impossible to get done.**

**\*\* Give the gift of time! Schedule a visit to spend time with the caregiver. Or, offer to spend an afternoon visiting with the loved one who needs care so the caregiver can tend to other responsibilities or get some much needed rest.**

**\*\* When given an opportunity to assist, be sure to listen, acknowledge the caregiver's perspective, and let their needs guide your actions.**

We all want to be helpful, and by following these tips, we can!

## November is National Family Caregiver Awareness Month

To address the challenges family caregivers face every day, Joyful Journey is offering an educational workshop to community groups so they can share some practical tools needed to provide encouragement to help others in their journey.

Our hope is that the caregivers in your midst will find inspiration, validation, and usable skills that will help them get pointed toward the support and resources they need. The session will last around 60 minutes and topics that will be covered include:

1. *Recognizing the Need for Support* - When does my loved one need help? When do I need help?
2. *Understanding Changes* - How can we change our responses to be more helpful?

We have some great local options to share with you regarding caregiver resources including day services, in-home help, or free to low-cost support.

To schedule your group, Please email us at:

[Info@joyfuljourneywl.org](mailto:Info@joyfuljourneywl.org)

## QUOTE SELECTED BY OUR FRIENDS

**"I am happy because I'm grateful. I choose to be grateful. That gratitude allows me to be happy." Will Arnett**