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Help a Caregiver

Here are a few of our favorite tips to help a caregiver you might know. Not all of these will work for everyone, but it's a great place to start!

1. Offer to pick up some groceries. If they say "no thanks," grab a few healthy snacks or items you know they will enjoy and drop them off.
2. Bring over a casserole or another pre-made food item that they can heat and serve. This can be a great way to gently support your friend or family member.
3. Stop by to do some yard work. When caregivers are supporting a loved one and cannot easily leave the house, yard work can be almost impossible to get to. Helping to spruce up the household's exterior can be a great boost.
4. 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. When caregivers are on call 24 hours a day, having a free afternoon or time to socialize with a friend is worth its weight in gold.
5. 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!

Indiana Arts Commission to Support Joyful Journey

Joyful Journey was awarded funding for their proposed Arts Project Support Grant, an Artist-in-Residence program featuring accomplished musician Denise Wilson. This will be our second year in a row to receive this grant award. Denise balances performance, historic descriptions, reminiscing and interactive elements in each of her programs. Joyful Journey's Friends find enormous benefit through this multi-tiered approach.

Denise Wilson is a singer-songwriter, multi-instrumentalist (guitar, Irish flute, concertina), community song leader and voice activist. Her musical repertoire includes original songs, early American songs, contemporary folk music, women's music, Celtic music and French-Canadian music. She is the song leader of the community choir Blue Moon Rising and a member of the folk band Traveler's Dream.

Save the Date - A Night to Remember



The KLD Alzheimer's Foundation is set to host their annual event, "A Night to Remember", on Friday, September 10th at the Tippecanoe County Amphitheater. The event will open at 5pm with a silent auction, raffles, games, and more! The evening program will begin at 8pm. Tickets are on sale now at www.kldfoundation.org.

Please come out and have fun while supporting an excellent cause. Proceeds from the event will benefit care for Friends at Joyful Journey and Alzheimer's research with the Alzheimer's Drug Discovery Foundation. Let's help make Alzheimer's a memory!

Quote of the Month Selected By Friends at Joyful Journey

"A life without love is like a year without summer." -Swedish Proverb