**Some tidbits and resources from Caregiver/Speaker Jeanette S.**

* Dementia Careblazers website: <https://www.careblazers.com/>
* The antidote for exhaustion is not rest. It’s WHOLEHEARTEDNESS
* There are wonderful videos related to caring for someone with dementia on www.YouTube.com. Search for “Teepa Snow”. Her videos are very informative.

A poem for reflection…

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**Balance**

Every now and then go away.

Have a little relaxation.

For when you come back

to your work

your judgement will be surer.

Since to remain constantly at work

will cause you to lose power

of judgement…

Go some distance away

because the work appears smaller

and more of it

can be taken in at a glance,

and a lack of harmony

or proportion

is more readily seen.

* Leonardo Da Vinci