



Caring Together Newsletter

This Issue: Making the Most of the Holidays

Winter 2020

Welcome to the Winter 2020 edition of *Caring Together*. We understand that the holiday's aren't the same this year. Many people are experiencing difficult emotions brought on by the pandemic, and connecting with loved ones virtually just isn't the same. We hope that this newsletter and our holiday-themed Virtual Caregiver Workshops are able to provide you with the resources and tools to help you find joy and gratitude as we navigate this holiday season.

Thank you for sticking with us during a difficult and unprecedented year. We look forward to *Caring Together*. Stay tuned for exciting new events and opportunities that lie ahead in 2021!

Happy Holidays!

Kandise Chrestensen
Coalition Coordinator

Correction- Toula Wootan's article was incorrectly linked below and has been corrected. I apologize for any confusion.

Upcoming Workshop:

Caregiving During the Holidays

Saturday, December 12th 10am - 11am EST

Register for FREE

The holidays can be stressful, especially for caregivers who may already feel overwhelmed or burnt out. The current pandemic has introduced new stressors like isolation, grief, attempting to uphold traditions while still maintaining safety guidelines.

Join in on the discussion as a panel of caregiving experts answer questions and share tips and resources related to the difficult aspects of managing holiday stress, including:

- Coping with holiday stress and the added challenges of COVID-19;
- How to cope with grief and difficult emotions triggered by the holidays;
- Making the most of the holidays with loved ones in long-term care facilities; and
- Defining what "balance" means to you in the midst of your caregiving journey.

Featured Panelists:

- Toula Wootan, Caregiver Advocate and Coalition Founder
- Rachel Weinstein, M.S. Ed, The Jacksonville Center for Grief and Loss
- Jamie Glavich, CDP, Founder of Almost Home Senior Services
- Pastor Tracey Mills, Community Hospice and Palliative Care

Click here to register for
FREE

Become a Member of the Caregiver Coalition of Northeast Florida



With a brand new year ahead of us, we invite caregivers, healthcare professionals, and those with a passion for improving the lives of caregivers to consider joining the Caregiver Coalition. We offer organizational, individual and student memberships for those who are interested in collaborating, educating, and supporting caregivers in Northeast Florida.

Email info@caregivercoalition.org for more information.

Planning for the Holidays During the Pandemic



Five Steps to Happy Holidays

By Toula Wootan, Caregiver Advocate

Holiday planning is a much different experience this year, but social distancing doesn't have to mean you miss out on making memories and experiencing joy this season.

[Click here to read more.](#)

**Link corrected*



The Holidays and Alzheimer's During COVID-19

By The Alzheimer's Association

Engaging with friends and family may be difficult for those living with dementia. It may be especially challenging during the pandemic, but there are ways to still have a safe and meaningful holiday.

[Here are some tips.](#)



Active Daily Living

Active Daily Living: A Powerful Tool for Caregivers

Active Daily Living is a feature on the ElderSource website that contains a sizable library of practical resources for caregivers and seniors to use in their daily lives. Filled with videos, articles and newsletters, we hope this tool is a valuable resource to those they serve.

[Click here to visit Active Daily Living](#)

Miss Out on Any of Our Caregiver Content?



Have You Checked Out Our Latest Blog Posts?

- [Finding Gratitude During the Pandemic](#)
- [Recognizing and Coping with Sundown Syndrome](#)
- [Falls Prevention Awareness](#)

View our Virtual Caregiver Workshops On YouTube:

- [The Joys in Caregiving: Meeting the Challenges of Caregiving During the Holidays](#)
- [Caring for the Veteran Caregiver Workshop Series](#)

What do you want to see in 2021? Reply to this email with your thoughts, concerns, or suggestions, or [click here](#).

Share Your Story Inspire. Encourage. Empower.

For the month of November we celebrated National Family Caregiver Awareness Month by sharing our platform with caregivers in Northeast Florida through our *Share Your Story* campaign.

The submissions we received were moving, encouraging and inspirational. We will be continuing to accept submissions through the new year and sharing them through our website. Visit caregivercoalition.org to read what other caregivers have shared and check out submission details.

[Read Caregiver Stories](#)

For more information,
or if you're interested in
volunteering or joining
the Caregiver Coalition, please contact:
info@caregivercoalition.org
904-391-6603



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If your caregiving situation has changed and you no longer wish to receive these communications, simply unsubscribe below.

The Caregiver Coalition of Northeast Florida is supported by ElderSource, and operates in partnership with local organizations to provide support and education to caregivers of Northeast Florida. Partners include: ElderSource; Alzheimer's Association Central & North Florida Chapter; Baptist Health AgeWell Center for Senior Health; AARP; Community Hospice and Palliative Care; Aging True; City of Jacksonville, Senior Services Division; Brooks Rehabilitation; YMCA of Florida's First Coast; St. Johns Council on Aging; Jewish Family and Community Services; Mayo Clinic Florida; Berg Bryant Elder Law Group PLLC.. Contributions for Coalition activities are received by ElderSource, a 501(c)(3) nonprofit organization, and are tax-deductible by law.