

Respite Record

Donna Raibley, Executive Director - 530-477-6389

P.O. Box 311, Cedar Ridge, CA 95924

From little acorns, a Mighty Oak will Grow!



Hello Friends,
 November is National Family Caregivers Month. Did you know that over 50 million caregivers provide \$306 billion a year in free service to their loved ones annually?
 OSEC is celebrating Caregivers! We want to Thank You, all Caregivers for providing the vast array of services that you provide to those you love. Whether you are providing care on a daily basis, part-time basis, or intermittent basis, it is time you should be recognized as America's primary long-term care providers.
 In Caregiving it is important to take care of your own well-being, here are a few guidelines to help attain an optimal level of health:

Try to eat right.
 Get regular exercise
 Plan for routine respite.
 Try to keep up with pleasurable interests.
 Remember your sense of humor.
 Keep a journal or diary.
 Practice deep breathing.
 Do something special for YOU!
 Don't isolate yourself.
 Seek out spiritual guidance.
 Join a support network.
 Please call OSEC and have us put your name on our waiting list for future services.
 As a Caregiver you deserve a life that is fulfilling, enjoyable and as rich as possible, even under challenging circumstances.
WE CELEBRATE YOU!

We want to extend our heartfelt GRATITUDE to Laura Grout. She has been a key volunteer in the founding of OSEC. Her enthusiastic dedication and eagerness to help provide the support necessary to keep OSEC moving forward will be immeasurably missed.

Thank You LAURA!



If you know someone who is a Caregiver you can offer support in many ways, a few suggestions:

Provide healthy meals once a week.

Offer to help with holiday decorating, gift wrapping, card writing.

Give a call and Thank them, offer to listen when they need to talk.

Offer to sit with their loved one, encourage them to do something for themselves.