



CareLines

2025 January–February Newsletter

New Year with Powerful Tools

An update from Tia Drumm, Caregiver Programs Coordinator

The new year offers an opportunity for caregivers to embrace the idea of balance between caring for others and for themselves. By moving forward into the new year and welcoming flexibility and creating goals that fit the unique demands of caregiving, you can make this new year one for resilience, growth, and fulfillment with balance, personal goals, and action planning. Powerful Tools for Caregivers teaches us to create a weekly Action Plan for your goal! An Action Plan is an agreement with yourself to help you do something you want to do during the week that will help you reach your goal. A good Action Plan has several parts:

- Create the plan to focus on something you want to do, not something you think you should do. Pick something that will make you feel better about yourself.
- Make the plan attainable. You want this to be something that can be easily completed during the week. For better success, it's important to know what you can do and what is realistic to you at the time.
- Create a behavior-specific plan. An example could be taking the general goal of wanting to “take better care of yourself” and specifying that goal with “schedule an appointment with your doctor” or “walk three days a week.”

After thinking about these three parts, you can start to create an Action Plan specific to you. When creating this, make sure it includes 1) What you are going to do; 2) How much you are going to do; 3) When you are going to do it (time of day); 4) How often you are going to do it.

Once the week is over, review the plan. Do this without judgment. How well did you follow the plan? What worked and what didn't? Think about the changes you can make to the plan and put those into effect for next week. Complete this and repeat!

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2024 Midwest Dementia Summit Highlights ✓

An update from Rachel Gray, Care Coach

The Midwest Dementia Summit was held November 6–7, 2024. This event was a convergence of professionals, leaders, and caregivers to discover and share groundbreaking strategies in health care, community services, technology, and the arts, shaping the future of dementia care. Here are just a few of the exciting moments:

- Dancing Wheels delivered an emotional performance at the summit, raising awareness for individuals living with disabilities. Founded in 1980 by Judy Smith, the renowned Cleveland-based dance company integrates individuals with and without disabilities, focusing on physically integrated dance. By blending dancers who use wheelchairs with those who don't, the company creates powerful performances that promote inclusivity and diversity in the dance community.
- Kaylie Glenn, President and Founder of the Day by Day Project, presented an innovative program aimed at highlighting the personal experiences of those affected by Alzheimer's and dementia. Since the age of 10, Glenn has been using her violin to engage with individuals in memory care. Over eight years, she developed a multi-sensory musical engagement program, involving over 150 young volunteers across Ohio. She pioneered the Memory Disco, repurposing silent discos for dementia care, envisioning a world where accessible music engagement tools are widespread in dementia care.
- Milton Village, located in South Bend, represents a forward-thinking, community-based dementia care model. It is designed to offer a homelike environment that promotes dignity, autonomy, and quality of life for individuals with dementia. Milton Village challenges conventional institutional care by providing a more compassionate, respectful, and supportive alternative.

The Healing Power of Healthy Reminiscing

Reminiscing isn't just a nostalgic activity—it is a powerful tool for improving mental health. Reflecting on past experiences can reduce negative emotions like depression and anxiety, boost happiness, and lower stress levels. It strengthens communication skills, enhances cognitive function, and fosters social connections, all of which contribute to better overall well-being.

For individuals living with dementia or Alzheimer's disease, reminiscing helps maintain memory function by strengthening brain pathways. It can also offer comfort during grief, allowing individuals to stay connected to lost loved ones through shared memories.

By taking time to reflect on past moments, whether in conversation or through journaling, you can improve mental clarity, build self-esteem, and promote healing. Healthy reminiscing is a simple but powerful practice that supports emotional balance and cognitive health, offering a sense of peace and connection to both the past and present.



Visit lifestreaminc.org/stepin for Memory Kits and Dementia Caregiver Support Groups

Cozy Corner ✓

An update from Kelly Smith, Dementia Outreach Specialist

Winter is here, and with it comes chilly days and longer nights. While the season has its charm (hello, hot cocoa and snow days), it also requires a little extra effort to stay healthy, warm, and comfortable. Here are some simple tips to make winter your coziest and healthiest season yet.

Stay Healthy: Winter isn't just cold—it's flu season, too. Keep your immune system in check with a balanced diet, plenty of sleep, and staying hydrated. Warm drinks like tea, hot lemon water, or even spiced cider can make staying hydrated feel less like a chore. Boost your immune system by incorporating foods rich in Vitamin C and D. With shorter days, many of us aren't soaking up enough sun, so a daily supplement can work wonders. And don't forget movement! A brisk walk in the crisp air keeps your circulation going and fights off winter blues.

Keep Warm: Stay warm during winter by layering up with thermal clothing, cozy socks, and insulated outerwear. For home comfort and warmth, consider sealing drafts with weather stripping for doors and windows, close unused rooms, and use space heaters strategically and safely. Opt for warm bedding like flannel sheets or electric blankets, and cook hearty meals such as soups and stews to add warmth.

Enjoy Comfort: For ultimate relaxation, stock up on winter home essentials like a good quality robe and slippers. Textures can also play a big role in winter comfort—try adding plush rugs, flannel sheets, and chunky knit throws to instantly make any space feel cozier. Sometimes, staying warm is as much about the experience as it is about the layers, so warm yourself from the inside out with a cup of tea or hot chocolate. And don't underestimate the power of a good book or movie marathon to keep your spirits high on those long winter nights!

Winter is the perfect time to slow down, focus on self-care, and create a comforting space to enjoy the season. With the right health and comfort items, you'll be ready to embrace the cold months ahead with warmth, wellness, and plenty of cozy moments.

Memory Screenings

A memory screening is a simple and safe evaluation tool that checks memory or other thinking skills. Memory screenings can indicate whether an additional check up by a healthcare professional is needed. Here are a few questions to help you decide if a memory screening might be beneficial:

- Am I becoming more forgetful?
- Am I misplacing things often?
- Am I becoming lost while driving or walking?
- Am I repeating the same thing to family and friends?
- Am I having trouble concentrating?
- Am I having difficulty performing familiar tasks?
- Am I having difficult time recalling words or names in conversations?
- Have I forgotten where I'm going or where I am?
- Have family or friends noticed a change in my mood, behavior, personality, or desire to do things I once did?
- Am I worried about my memory?



LifeStream Services is now certified as a dementia screening location through the Alzheimer's Foundation of America. LifeStream's Dementia Outreach Specialists are certified to perform memory screenings across our 12-county service area. Please contact Kelly Smith at (765) 759-1121 ext. 297 or Christy Davidson at (765) 759-1121 ext. 298.

Caring for the Caregiver this New Year ✓

An update from Kellie Magoon, Care Coach

As we move into the new year, many of us set goals to “get in shape.” While this goal is great, small actionable steps are essential for making any behavioral or lifestyle change. One way to start small on your health journey is to set small goals to increase your daily energy expenditure. Increasing NEAT (Non-Exercise Activity Thermogenesis) is a great way to improve your daily movement and gain momentum on your path to better health.

NEAT is the energy we need for everything we do outside of sleeping, eating, or athletic exercise. It encompasses all activities of daily living other than exercise, like walking to work, typing, gardening, and taking the stairs. Even trivial physical activities substantially increase metabolic rate. A person’s daily NEAT is the cumulative impact of multiple different activities. Here are a few ways you can increase NEAT:

Take the stairs: The convenience of elevators is great, but the strength you gain from taking the stairs instead of that ride is like money in a high interest rate savings account. Often, foregoing instant gratification leads to greater emotional and physical resilience.

Park farther away and walk: If you find yourself searching for that perfect parking space at the store, remember that the time it takes to cruise the lot could be used to just park a little farther away and walk.

Do household chores: Let’s face it—chores are no fun, but they aren’t going to do themselves. A little trick is to think, “Is this task going to take less than 15 minutes?” Those are the small tasks that can be done right away and taken off your to-do list.

Take a walking break: Anytime you find yourself sitting for an extended period, you can break up your sedentary time by just getting up and walking around the house or doing 5–10 sit-to-stands. Those annoying ad breaks while watching TV are excellent opportunities to break up sitting time.

Prepare your own meals: Think of your shopping trips to the grocery as an opportunity to get steps in as you gather needed household ingredients. Also, the energy expended preparing your meal adds to your NEAT (not to mention the benefit of decreasing your consumption of processed foods).

Implementing one or more of these strategies into your daily routine could be the catalyst to assist you in making lasting changes to your healthy lifestyle!



Visit lifestreaminc.org/stepin for a complete list of caregiver support resources

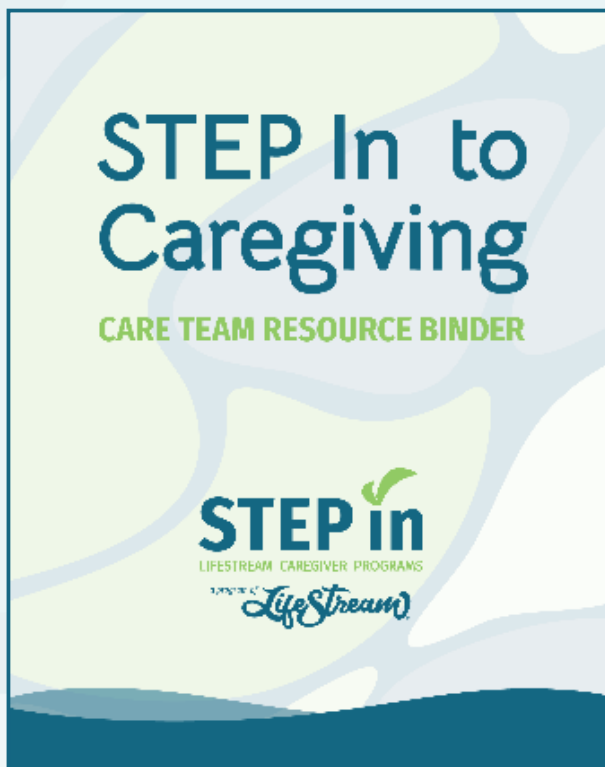
Coordination & Communication

With the new year, many caregivers are looking to the future with hope and determination to get a little more organized and have resources at their fingertips with best communication practices. As caregivers, the journey can often feel overwhelming and demanding with appointments, schedules, planning, and emotional care. Staying organized can seem like an impossible task at times while supporting your loved one. Being organized and maintaining good communication practices helps create control and free up energy for what truly matters—caring for your loved one and yourself.

LifeStream Services is thrilled to provide caregivers with a Care Team Resource Binder to support your journey. This binder is an organizational tool used to prepare in the case that someone else may need to step in and provide care—either temporarily or permanently—and to empower caregivers who help with care needs.

The binder is meant to be a helpful tool, not to add to your already full plate. Take your time and use the tips provided inside to help effectively use this resource available with items all in one place.

If you would like to request a STEP In Care Team Resource Binder, you can complete our online form at lifestreaminc.org/stepin or visit a partnering location near you. For additional locations or caregiver resources, reach out to LifeStream's Caregiver Programs Coordinators at stepin@lifestreaminc.org.



Delaware County: Yorktown Public Library; The Woodlands

Grant County: Fairmount Public Library

Henry County: New Castle-Henry County Public Library

Madison County: Anderson Impact Center; North Madison County Public Library System; Southdale Towers

Randolph County: Farmland Public Library; Winchester Community Library

Fayette County: Fayette County Senior Center; Harvey Law Office; Fayette County Medical Center

Franklin County: Franklin County Public Library District; Reid Health Primary & Specialty Care - Brookville

Rush County: Rushville Public Library; Rush County Senior Citizens Services; Purdue Extension Rush County

Union County: Union County Public Library; Union County Medical Center

Wayne County: Richmond Senior Recreation Center; Hagerstown Jefferson Township Library; Help at Home; Neighborhood Health Center; Hand in Hand Adult Day Center



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LifeStream Cookbook Recipe Collection

In celebration of our 50th year of service in 2025, LifeStream Services is creating a special keepsake cookbook filled with favorite recipes from our community members. Whether it's a family favorite, a quick go-to dish, or a holiday tradition, we'd love to include it! Let's celebrate our diverse tastes and make something memorable to share!

If you'd like to submit a recipe, please fill out the form by visiting lifestreaminc.org/50threcipecollection.



Our Golden Year