

Stress-preventing tips can help caregivers of those with Alzheimer's, dementia

If there's someone in your life with Alzheimer's disease or dementia, your New Year's resolution may be, "I just need to figure out how to survive the stress in 2011."

Here is a list of things that can help you, or someone you know who cares for a loved one with Alzheimer's or dementia.

As the new year begins, keep the following in mind:

- Try to avoid saying, "You just asked me that."
- Losing patience or quarreling lets you vent, and actually makes the situation worse, since the person with dementia is apt to grow frightened or agitated.

- Have a weekly date night — with yourself.
- Make regular appointments with yourself to have coffee with a friend, go to the mall, go exercise or better — get a massage. It's important for you to take time for yourself.
- Let it go, let it go, let it go.

- When you catch yourself second-guessing yourself. Take a deep breath and quit. Nobody is a perfect caregiver because nobody is perfect.
- Have circle of support.
- Can't get out of the house often enough for regular meetings? There is no excuse nowadays.

Like-minded people with big hearts and lots of ideas are clicks away. So reach out; you need them.

And here is one final resolution suggestion: A whole year is too much to plan for. If you're caring for someone with dementia, all you can do is take it one day at a time.

These tips are provided by AutumnGrove Cottage.

For more information about AutumnGrove, or to learn about Alzheimer's and dementia care, visit the community's web site at www.autumngrovecottage.com.

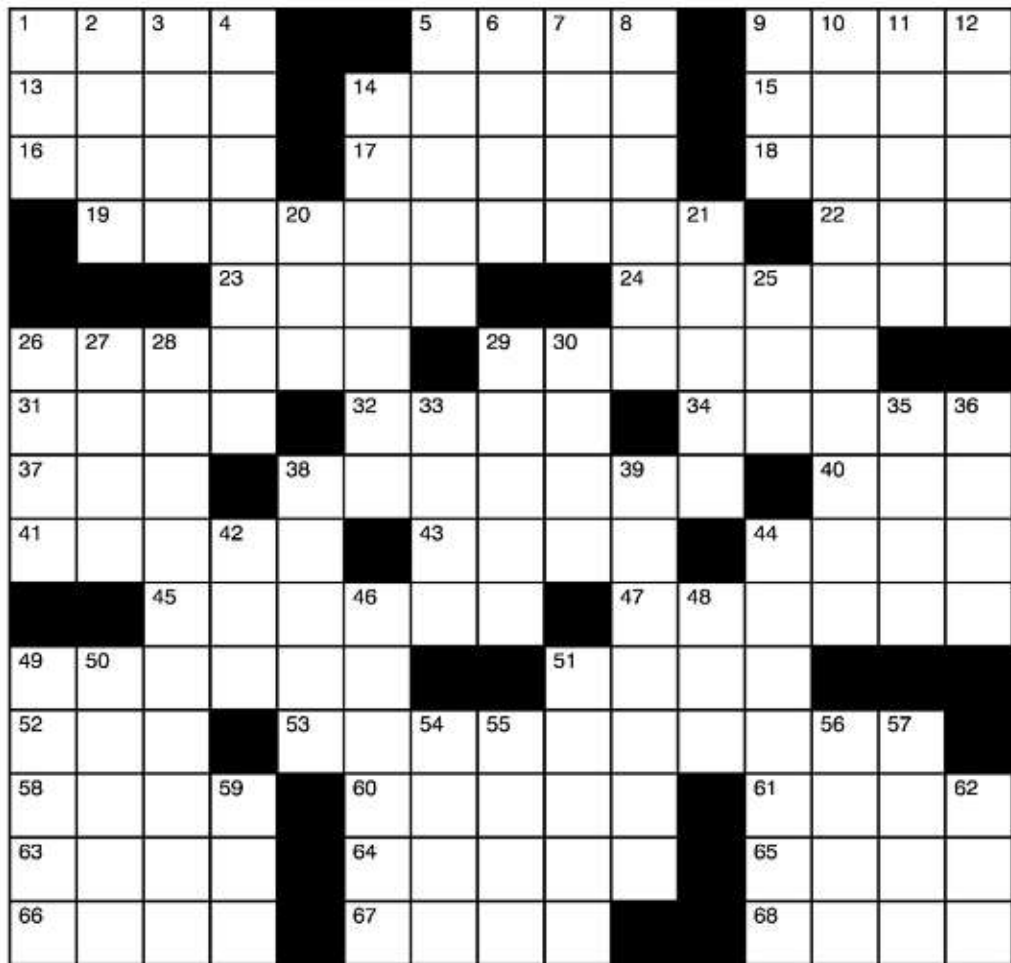


COURTESY OF AUTUMNGROVE COTTAGE

TIP FOR CAREGIVERS: AutumnGrove Cottage suggests caretakers celebrate the good times, and save those memories for the days when they feel challenged.

CROSSWORD

A CERTAIN PLACE



CREATORS NEWS SERVICE

By Charles Preston

ACROSS

- 1 Nile snakes
- 5 Attention getter
- 9 Partly open
- 13 Gambit
- 14 Candidate list
- 15 Wall decoration
- 16 Clod
- 17 Young horses
- 18 One of a Latin trio
- 19 Candidate's goal
- 22 Big head
- 23 One of Columbus' trio
- 24 Board cleaner
- 26 Top of the orbit
- 29 Edible red root
- 31 Airplane maneuver
- 32 Paper measure
- 34 Task
- 37 One ___ time
- 38 Orderly methods
- 40 Large
- 41 Mediterranean island
- 43 Actress Garr
- 44 Fourth of July sound
- 45 Shots
- 47 Activities

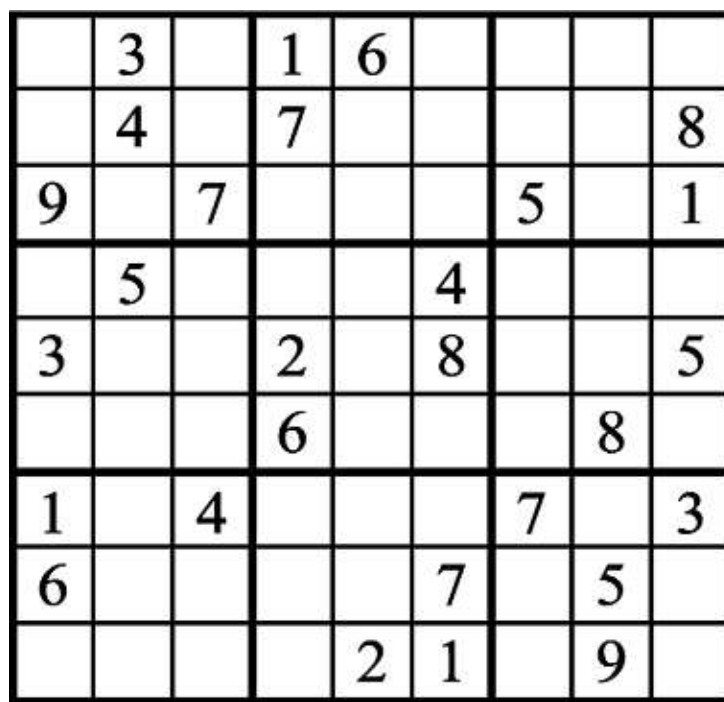
- 49 White water fan
- 51 Hebrew month
- 52 TV alien
- 53 Beauty spot at 19 Across
- 58 Footnote abbreviation
- 60 Board game
- 61 Tear
- 63 Art ___
- 64 Wise ones
- 65 Stare rudely
- 66 Viewed
- 67 Gaelic
- 68 Hired gun

DOWN

- 1 Police call, for short
- 2 Highway advisory
- 3 Winnie the ___
- 4 Nurse's instrument
- 5 Hilo hello
- 6 Saint's aura
- 7 "___, Brute!"
- 8 Was sloppy
- 9 Nabokov novel
- 10 Designer of 19 Across
- 11 Old saw
- 12 Helicopter part

- 14 Play background
- 20 Even score
- 21 The Red, and others
- 25 Fire remains
- 26 Our father
- 27 Pocket bread
- 28 Shapely space, at 19 Across
- 29 Tax percentages
- 30 Of the US
- 33 Noble Italian house
- 35 Phone
- 36 Hen's pride
- 38 More lucid
- 39 Noons
- 42 Word of disapproval
- 44 Trail closely
- 46 La ___, Wis.
- 48 Crewman
- 49 Forays
- 50 Dramatist Edward
- 51 Assent
- 54 Fly high
- 55 Work units
- 56 Therefore
- 57 ___ contendere
- 59 Put on
- 62 Write

SOLUTION ON PAGE 11



JANRIC CLASSIC SUDOKU

DIRECTIONS: Enter digits from 1 to 9 in the blank spaces. Each horizontal row must contain only one of each digit. Each vertical column can contain only 1 through 9. The same goes for every 3-by-3 square.

SOLUTION ON PAGE 11

CLAREWOOD HOUSE

A faith-based, non-profit retirement community since 1963



Our unique hi-rise facility has provided safe, comfortable care for independent living, assisted living & extended nursing care for over 50 years. Located in central Houston, Clarewood House offers close proximity to the Texas Medical Center.

Call or email us for information
leasing@clarewoodhouse.com



CLAREWOOD HOUSE

Mention this Ad & receive 1/2 off 1st month's rent!

7400 Clarewood Drive • Houston, Texas 77036

713/774-5821 • www.clarewoodhouse.com

LONE STAR VEIN CENTER

You may have a Vein Disorder
Treatment is available

FDA approved • Non-surgical • Office procedure • Covered by most insurance

RETURN TO WORK THE NEXT DAY



- RESTLESS LEGS?
- LEG CRAMPS?
- LEG PAIN?
- SWELLING?
- SKIN CHANGES?
- BULGING VEINS?
- SPIDER VEINS?



FREE VEIN SCREENING

Wednesday, Jan. 26th • Wednesday, Feb. 2nd
Call for your appointment **281-991-VEIN (8346)**
6243 Fairmont Parkway Suite, 200 Pasadena, Texas 77505



"Covered by MEDICARE, and most all insurance."
www.lonestarveincenter.com

A FREE SERVICE TO THE COMMUNITY

DUE TO THE PUBLIC'S AWARENESS AND CONCERN FOR CURRENT HEALTHCARE LEGAL ISSUES, FOR A LIMITED TIME ONLY, OUR ATTORNEYS WILL PREPARE YOUR

Directive to Physicians and Family or Surrogate (Living Will)
and

Medical Power of Attorney

FREE OF CHARGE

PLEASE CALL FOR YOUR APPOINTMENT

713-984-8222

Coveler & Katz, P.C.
Attorneys At Law
820 Gessner, Suite 1710
Houston, TX 77024-8261

Offer expires March 31, 2011