



Caring For Caregivers

Over the past few months we have focused primarily on bereavement issues in the newsletter, however this month I feel it is important to focus on the role of caregiving. Many of the patients of LifeLine Hospice have a primary caregiver. This caregiver might be a spouse, adult child, family member, friend, neighbor, or a privately paid individual. These caregivers are vital to the overall well being of our patients. And thus, it is necessary that caregivers take “care” of themselves.

- *As Caregivers, we cannot adequately care for others unless we are cared for ourselves.*
- *As Caregivers, we are much better at caring for others than we are at caring for ourselves.*

Care giving has many dimensions to it. Being responsible for another’s care takes courage, energy, tenderness, self-discipline, self-sacrifice, self-care, and the ability to be firm. It is one of the most demanding yet important roles of your life. Many caregivers struggle to find a balance between care

giving and maintaining the many other responsibilities they have.

When caring for another is a significant part of your life, caring for yourself becomes even more important. Taking time to replenish yourself is not selfishness, for in order to give, you must have something within you to give. Keeping yourself healthy is a part of your gift to others, as it allows you to be your best.

You may ask, “Where do I find the time and energy for self care?” It takes discipline to remove yourself mentally from the tasks at hand, even briefly, and become aware of your personal needs. It is not always easy, but look for ways to get more rest, to eat and drink wisely, to walk or get some physical exercise. Open yourself to the healing influences all around you – through prayer, in nature, laughter with another, the quiet warmth of sunshine through a window, the escape of a good book – practices that exceed your mind, touch your soul, and bring you peace.

**Rev. Greg Brooks, M.S.W.
Hospice Chaplain, Social Worker**

Scriptural Thought

“Put your hope in God, for I will still praise Him, my Savior and my God.”

Psalm 42: 11 HCSB

Dates to Remember

7/25/08, Friday, 2:00pm, Glenhaven Assisted Living Center, Library, “**Hope in Healing**” Bible Study

LifeLine Announces Plans for Cookbook

LifeLine Hospice is very excited to announce our new fund raising project for 2008-2009. LifeLine Hospice is very active in our community, providing support to organizations such as Relay For Life and Mobile Meals. Additionally, we have a benevolent fund that is used to support special needs of our patients. To provide funding for these endeavors LifeLine Hospice is beginning a fund raising project that will bring enjoyment for generations to come and memorialize the many precious individuals that have touched our lives.

LifeLine Hospice will be creating our first Memorial Cookbook. To accomplish this Memorial Cookbook we need recipes. We need a lot of recipes. Specifically we would like recipes from individuals that have a special meaning. For example, if you have a loved one who recently passed away, but they had a special recipe, we would like to have that recipe and maybe a brief statement about the story or memory behind this recipe. Maybe it was a comfort food that you enjoyed growing up, or a special way that a loved one prepared a unique dish. Some may have had a Father who prepared Chili a certain way, or an Aunt who prepared a dessert in a special manner. Those are recipes that we are seeking.

In this letter we have enclosed two recipe submission cards. These cards can be used to submit your recipe that you would like included in the Memorial Cookbook. You can use the back of the cards as needed and feel free to submit other recipes on your own stationery. We do ask for the basic information such as your name, name of dish, ingredients, and detailed instructions, as well as a note about the story behind the recipe.

When we gather the recipes, layout the pages, and publish the cookbook we will be putting the Names of the Dishes, Ingredients, and Instructions in the cookbook, as well as a short story behind the recipe. In order to maintain privacy we will not include last names in the cookbook, but will use first names only and a description of the relationship.

Please use the recipe submission cards and the self-addressed stamped envelope enclosed to return the recipes to our office. We anticipate collecting these recipes for the next three to four months. After compiling all the recipes we will design a layout and begin working with a publisher.

LifeLine Hospice continues to seek Volunteers in the smaller communities surrounding Chickasha and in the Oklahoma City area. We are hoping to find individuals who are willing to visit with some of our Hospice patients. If you are interested in volunteering,
Please contact Volunteer Coordinator, Holly Jerman, MSW at 405-222-2051.

Happy 4th of July from all of us at LifeLine!

