

### START THE NEW YEAR THINKING OF YOU

Flight attendants give emergency instructions to their passengers and a certain portion of those instructions could be spoken to all caregivers. "...place your oxygen mask on first and then, help those around you."

It seems counterintuitive that a caregiver should start with thinking of themselves first when they know someone else is counting on them. However, this self care is essential if you are to maintain the stamina, health and feelings of well-being necessary to be a caregiver.

Here are some tips for your success in 2019:

1. Seek support from other caregivers.
2. Make your own health care needs a priority.
3. Accept offers of help and suggest things others can do for you.
4. Learn how to communicate effectively with doctors.
5. Watch out for signs of depression and don't delay getting professional help.
6. Take respite breaks often. Joyful Journey is HERE!
7. Organize medical records and update legal documents.
8. Give yourself credit for doing the best you can in one of the most difficult jobs there is!

Thank you to the many wonderful volunteers who spend countless hours at Joyful Journey helping supplement the services of our wonderfully dedicated staff! Each person is uniquely gifted and has found a way to give back to our community.

A big **THANK YOU** to everyone who brought in special treats for staff during this Christmas season. You have encouraged us greatly!

If you have any unwanted Christmas gift bags, we would love to recycle them for next year!



*Friends like Colleen, Janice, and Janelle have witnessed their friendships grow during 2018. We look forward to building new relationships in 2019!*

### 2018 Year in Review, Locally and Statewide

Lunches served at Joyful Journey

1,925

Hours of direct care provided at Joyful Journey

16,000+

Number of Friends who attended Joyful Journey in 2018

30

Number of adult day services in Indiana

53 centers in 20 counties, with Indianapolis being the nearest location with most similar services to Joyful Journey

Number of smiles seen around Joyful Journey

INFINITE smiles and feelings of JOY