



Caregiver Tip: Bird Watching

Bird watching can brighten the day of anyone, but especially of one who spends a considerable time sitting. Rather than watch TV, a sedentary elder can relax and enjoy the activities of chickadees, cardinals and other birds that spend the winter here in Vermont. Place bird feeders in visible locations around the yard, deck or patio. Or attach a feeder to the outside of a window. Bird watching can be very therapeutic for both you and your loved one.

CVCOA is updating its caregiver mailing list. If you would like your name removed from the list, please notify Jeanne Kern at 1-802-476-2671 or call the Senior Helpline at 1-800-642-5119.

Essential Tools for Caregivers



Are you exhausted from the stress of caring for a parent?
Are you sleep deprived from interrupted nights and worry over a sick spouse?
Are you feeling isolated, depressed and frustrated?
Are you tired of making necessary medical decisions for your loved one without a medical degree?



Free workshops
for caregivers, whatever your situation

Tuesdays 10:00 - 11:30 am
November 13 - December 18



at Central Vermont Home Health & Hospice
Call Louise Rauh or Diana Peirce at 223-1878
for more information



“Everyone’s story has value, not only for themselves, but for other people,” says Connie Goldman, author of *The Gifts of Caregiving: Stories of Hardship, Hope and Healing*. This holiday season as your family gathers, share your stories, the good times and the sad, all those moments that string together to make a life.



**Central Vermont Council on Aging
Family Caregiver Support Program
30 Washington Street
Barre, Vermont 05641**

Senior Helpline 1-800-642-5119 One number, hundreds of answers.