



Hello Paul,

Susan & I would like to wish everyone a Happy Thanksgiving. Boy, that got here pretty quick, didn't it?!

I've added below one of our favorite recipes from Susan's The Downsized Gourmet. It's a great way to repurpose the remains of your Turkey Day dinner. Leftovers are a big favorite in the Doyle household!

Pivoting to something a bit more serious, if you will be spending time with a senior in need of care or someone providing that care - or, if you are that person - I'd like to share some thoughts that might make your interactions more effective and empathetic this holiday season.

There's a maxim in the world of dementia care that you need to meet the person where they are. You can't expect a person living with a dementia to 'get it', to track what you're saying, to pivot to what seems apparent or logical to you. The same pertains to those who care for a loved one living with a dementia. What are the caregivers going through at this time? Where are they on the journey?

Sometimes what gets missed is that everyone involved in the care of a senior loved one is dealing with grief in addition to the challenges of providing the right care.

Grief over any number of things.

It can be the loss of a family home or a lifestyle when someone needs to move into a community setting. Or when a loved one who used to be a pillar of strength is no longer such. With dementia, the loss of the person living with the disease can also be something to grieve - even before they pass. They're the same person, but they aren't.

Many people who work through the grief of a loved one's passing have turned to stages of grief outlined in Dr Elisabeth Kübler-Ross' "On Death and Dying". Those stages and recognizing them can also be helpful in understanding *On Dementia and Living*.

This month's blog looks at the stages of grief as they associate with a dementia diagnosis. Consider them when helping someone living with dementia, or their caregiver, to understand *where they are*.

Happy Thanksgiving!

Navigating the 7 Stages of Grief in the Face of a Dementia Diagnosis

Receiving a dementia diagnosis, whether for yourself or a loved one, can be a devastating and life-altering event. The emotional roller coaster that follows often mirrors the stages of grief originally outlined by psychiatrist Elisabeth Kübler-Ross in her groundbreaking book, "On Death and Dying." These stages, known as the 7 stages of grief, encompass a range of emotions that individuals may experience when confronted with profound loss and change. In this article, we will explore how these stages apply to a dementia diagnosis, shedding light on the journey to acceptance and resilience.



[READ MORE](#)

Cooking for one or two?

Here's an idea from Susan's "The Downsized Gourmet"

Leftover Turkey Stew

This month's

The Downsized
Gourmet[™]

Ingredients

- 1 T. olive oil
- 1 ½ c. chopped onion
- 2-4 c. chicken broth or turkey stock
- 2 c. leftover gravy
- 4 c. leftover roasted vegetables, cut into bite-sized pieces
- 3 c. cooked turkey, shredded or cut into small cubes
- 2 T. chopped fresh flat-leafed parsley
- ¼ tsp. salt
- ¼ tsp. ground pepper

Instructions

- Heat oil in a heavy pot over medium-high heat. Add onion; cook stirring occasionally until softened and starting to brown, about 6 minutes.
- Add broth and gravy. Let the mixture come to a boil, stirring occasionally.
- Stir in leftover vegetables and turkey. Cook, stirring occasionally, until heated through, about 2-3 minutes.
- Stir in parsley, salt, and pepper.

Tips:

- Use whatever leftover vegetables you have on hand including frozen vegetables.
- This recipe works well with leftover cooked chicken or rotisserie chicken

[Click here to watch the video](#)

Simple Yoga Poses to keep your joints flexible

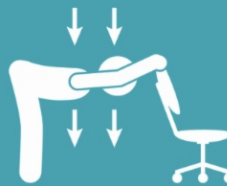
Stay active and maintain your mobility with our invigorating senior chair exercises. Designed specifically for older adults, these gentle yet effective routines are tailored to improve flexibility, strength, and overall well-being from the comfort of your seat.



Lunge



Forward Bend



Downward Dog



Seated Twist

Oasis Senior Advisors is dedicated to assisting seniors and their families in exploring local senior living options. Our service is FREE for seniors and their families.

Respectfully yours,
Susan & Paul Doyle, CSA®
(914) 356-1901
thedoyles@youroasisadvisor.com


oasis
SENIOR ADVISORS®

[Visit Our Website](#)



Oasis Senior Advisors CT-NY | 1127 High Ridge Road, Stamford, CT 06905

[Unsubscribe thedoyles@youroasisadvisor.com](mailto:thedoyles@youroasisadvisor.com)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by thedoyles@youroasisadvisor.com powered by



Try email marketing for free today!