



Hello Paul,

Susan and I are attending Oasis' annual convention this weekend. There is always a trove of valuable presentations and breakout sessions across the event. Coupled with the opportunity to re-connect with other Oasis Advisors and compare notes it is something we always look forward to and leave feeling re-energized.

Our new resource center is up and running. Still making some adjustments here and there but it's proving to be a valuable place for families to turn for the information they need to take care of a senior loved one. Click on the button above to check it out.

These articles this month are a reaction to the experiences of some families we have been working with recently. The first is on caregiver burnout, which affects professionals and family members equally. The second has some tips for those thinking of taking on caregiving for a senior loved one themselves and want to have a better understanding of what they are about to undertake. You may know someone facing either of these situations - please feel free to share this information with them.

Combatting Caregiver Burnout: How to Care for Yourself While Caring for Others

Being a caregiver comes with great responsibility. Whether you're paying bills, scheduling appointments, planning activities, or managing medications, it can feel like a full-time job. It's no surprise that caregivers' mental and emotional health can struggle under the pressure. Taking steps to prevent burnout is essential.

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[Questions You Should Ask Before Becoming a Full-Time Family](#)



Caregiver

Becoming a caregiver is a labor of love, and not a commitment to be taken lightly. While some find that becoming a caregiver may improve their relationship with their loved ones, many also report feeling **caregiver burnout**. If you're thinking of becoming a family caregiver, take a moment to ask yourself a few key questions before taking on the role.

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Spring Activities

Whether it's taking a stroll or sitting on the bench outside, fresh air can help improve your well being, check out below what you can benefit from just by smelling the fresh air:

- Improves mental health
- Helps eliminate fatigue
- Enhances relationships and diminishes sense of isolation
- Lower overall risk of early death
- May help fight depression and anxiety

Here are a few more activities to help you step outdoors:

- Birdwatching
- Gardening
- Fruit Picking



Senior Stories

72-Year-old Graduates from College with His 99-yo Mom Cheering Him On

By [Andy Corbley](#) | Article from: [GoodNewsNetwork.org](#)

Sam Kaplan of Lawrenceville, Georgia has added many items to his resume over the years. But on May 11th, in his 72nd year of life, he added a particularly late line item—a college degree.

Alongside classmates 50 years his junior, Kaplan crossed the stage

in cap and gown to receive an undergraduate degree in Cinema and Media Arts from George Gwinnett College. His 99-year-old mother was there to see it all and cheered as well as she could. Kaplan, who graduated from high school in 1969, had not considered college. He went right into the workforce in various roles.

According to the [GGC news release](#), he ran a cleaning service and then a telemarketing company. He worked in customer service for a wholesale distributor of electronics and even drove a taxi part-time. "I'm the first of my seven siblings to earn a degree," said Kaplan. "I was riding down 316 and heard on the radio that Georgia Gwinnett College was offering a degree that involved script writing."...



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Cooking for one or two?

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



Ingredients

- ½ lb. ground lamb
- ½ small onion, grated
- 1 TBSP olive oil
- 1 garlic clove, minced
- 1 stalk celery, diced
- ½ tsp salt
- ¼ tsp pepper
- ¼ - ½ cup chicken broth
- ½ TBSP - 1 TBSP tomato paste
- ½ tsp Worcestershire sauce
- 1 tsp fresh rosemary, finely chopped
- 1 tsp fresh thyme, finely chopped
- 1/3 cup frozen peas and/or frozen corn
- Warm mashed potatoes for topping

Instructions

- Preheat oven to 400 degrees.
- In a large pan, heat oil on medium heat. Add onion and garlic and sauté for 1 minute.
- Add carrots, celery and lamb. Cook for 8-10 minutes or until meat is browned.
- Drain fat from pan and add the broth, tomato paste, Worcestershire sauce, rosemary, thyme, salt and pepper. Simmer for about 5 minutes until sauce is slightly thickened.
- Add frozen peas and corn and stir together.
- Take an 8x8 baking dish and spray with cooking spray.
- Spread meat into a single layer in the baking dish.
- Using warm mashed potatoes, dollop the mashed potatoes on top of the meat and use spoon or spatula to spread it flat to the edges. If desired, create texture in the potato topping with a spoon or fork.
- Bake Shepherd's pie until slightly golden, about 25-30 minutes. You can broil the top for 1-2 minutes, if you want a more browned potato top.

FREE Virtual Caregiver Event!

Sweet Dreams: Reimagining Caring for Your Older Loved One
So You Sleep Better at Night

Tuesday, March 19, 2024

6pm-7pm EST | 5pm-6pm CST

To Register:

Space is LIMITED,
So Register Early!

[CLICK HERE](#)

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

Respectfully yours,
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