

# Caregivers Circle

Support . Resources.  
Connection.



## Spring into Self-Care!

**Welcome back to another edition of the Caregivers Circle!**

**This month, we're focusing on recharging, refreshing, and adding a little fun to your caregiving journey - Whether you're supporting a friend or a love one.**

### In this EDITION

**QUICK SELF CARE**

**RECIPE CORNER**

**TRIVIA CHALLENGE**

**HELPFUL APPS**

**SOUND BOOST**

*clayna wallace*





# Editor's Note

## Caregiver Support at the Eva Marsden Centre

At the **Eva Marsden Centre for Social Justice and Aging** we believe in offering dedicated support to caregivers, especially those aged 50 and over who may face unique challenges, including low income. Our Caregiver Support Program is designed to help caregivers manage the emotional and social demands of their role.

### Our program includes:

- Small group sessions for meaningful support and advice.
- Larger events to foster community connections among caregivers.
- Psychosocial assistance to help caregivers navigate the stresses of their role and improve overall well-being.

These resources aim to reduce isolation, promote wellness, and help caregivers feel more supported in their journey.

**Request ZOOM link** : [ewallace@emcmtl.org](mailto:ewallace@emcmtl.org) or call **438-524-8997**.

Thank you for reading!



# Quick Self-Care Boosters -Even With No Time!



**Here are things you can do in under 5 minutes:**

## **Hydration Reset:**

Drink a tall glass of water with a slice of lemon or cucumber.

## **Stretch & Breathe:**

Reach for the ceiling, roll your shoulders, then take 3 slow deep breaths.

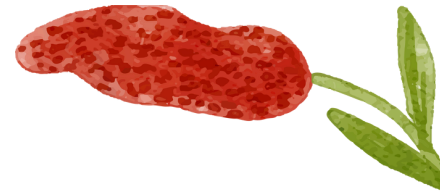
## **Happy Playlist:**

Create a "Mood Boost" playlist and hit play when energy dips.

## **The 3-Sentence Journal**

Grab a sticky note and write:  
One thing you're grateful for  
One thing you did well today  
One thing you're letting go of

# Recipe Corner



## 5-Ingredient Energy Bites

*Perfect for caregivers on the go!*

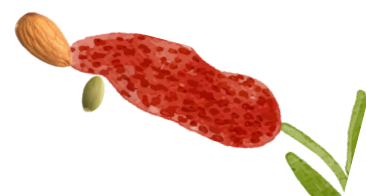
### Ingredients:

- 1 cup rolled oats
- ½ cup peanut butter (or almond butter)
- ⅓ cup honey
- ½ cup mini chocolate chips
- 1 tsp vanilla extract
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### Instructions:

1. Mix all ingredients in a bowl until well combined.
2. Chill for 30 minutes.
3. Roll into 1-inch balls and store in the fridge for up to 1 week.

**Optional Add-ins:** chia seeds, shredded coconut, or crushed nuts!



## Caregiver Trivia Challenge!

***Get 3 out of 4 right to call yourself a Care Champ!***

**What vitamin do we get from sunlight?**

- a) Vitamin C
- b) Vitamin D
- c) Vitamin A



**True or False: Taking a 20-minute nap can boost alertness.**

**Which famous nurse founded modern nursing during the Crimean War?**

- a) Florence Nightingale
- b) Clara Barton
- c) Mary Seacole

**What food has more potassium than a banana?**

- a) Avocado
- b) Apple
- c) Broccoli



**Which 1977 movie launched a space opera franchise that's still going strong today?**

- a) Close Encounters of the Third Kind
- b) *Star Wars*
- c) Flash Gordon

**Which U.S. president resigned from office in 1974?**

- a) Jimmy Carter
- b) Ronald Reagan
- c) Richard Nixon



continue...

**Which U.S. president resigned from office in 1974?**

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**What year did Michael Jackson release *Thriller*, the best-selling album of all time?**

- a) 1980
- b) 1982
- c) 1984

**Which movie featured the quote: "I feel the need... the need for speed"?**

- a) *Top Gun*
- b) *Grease*
- c) *Rocky*

**What was the name of the first woman British Prime Minister, elected in 1979?**

- a) Margaret Thatcher
- b) Elizabeth II
- c) Theresa May

**Which iconic toy, first sold in 1974, became a global puzzle sensation in the 80s?**

- a) Simon
- b) Rubik's Cube
- c) Etch A Sketch

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**Answer Key:**

- 1: *b*
- 2: *True*
- 3: *a*
- 4: *a*
- 5: *b – Star Wars*
- 6: *c – Richard Nixon*
- 7: *b – 1982*
- 8: *a – Top Gun*
- 9: *a – Margaret Thatcher*
- 10: *b) Rubik's Cube*





## Tech Tip – Free Tools for Caregivers

Struggling to juggle the logistics and demands of caregiving? You're not alone.

Using tools to keep track of and distribute caregiving responsibilities among friends and family can be an important tool for providing the best care for your loved one—and combating caregiver burnout. Here are a few free apps designed to help caregivers:

**1. Medisafe App:** Never forget a medication schedule again – set up reminders for multiple people.

**2. CareZone App:** Particularly useful for managing the medical side of caregiving. The app is great for keeping track of medication schedules. It allows users to scan in photographs of medications, set up reminders for appointments and refills, and even has a home delivery option for prescriptions.

### **3. Care.ly App**

Care.ly was created to “improve the family care experience.” Users create a “care circle” with a shared calendar and common space to post updates and questions. It also has capabilities to organize and track doctor's visits, as well articles with general caregiving information.

**All are available on the IOS App Store and Google Play.**





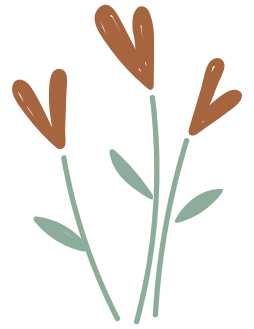
# SOUND BOOST

**Did you know that music can instantly lift your mood and reduce stress? Adding positive tunes can energize your routine, ease anxiety, and even create a joyful atmosphere for those you care for. Whether you're cooking, driving, or taking a quick break, let happy music be your secret wellness tool—it's a small act of joy with big emotional benefits.**

**Here are some of my favorite:**

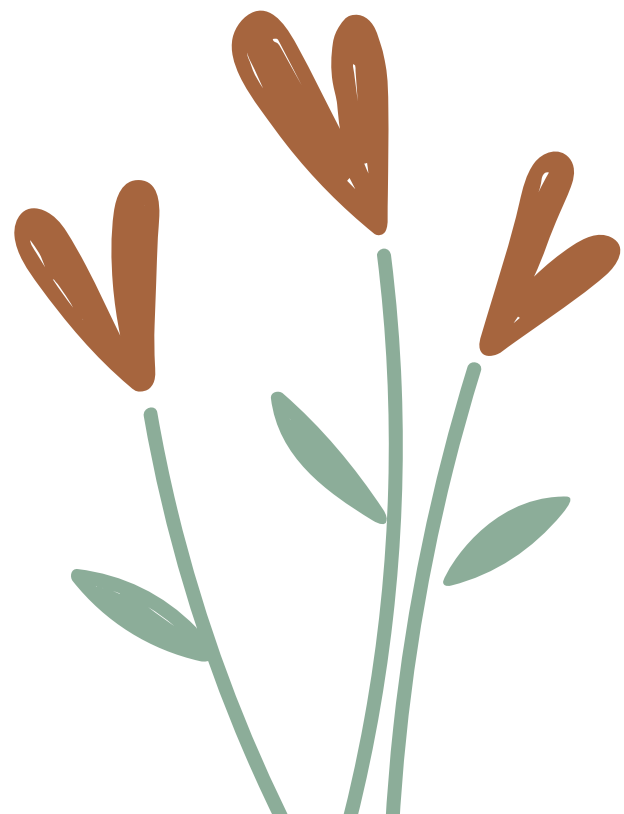
- **"What a Wonderful World" – Louis Armstrong.**
- **"Over the Rainbow" – Israel Kamakawiwo'ole.**
- **"Stairway to Heaven" – Led Zeppelin.**
- **"Moon River" – Andy Williams.**
- **Enya: "Watermark"**
- **"Sun Is Shining" -Bob Marley**
- **"Good Vibrations" -The Beach Boys.**
- **"I Got You" (I Feel Good) - James Brown.**
- **"Weightless" -Marconi Union**

## A DOSE OF INSPIRATION



**You don't always need a plan. Sometimes you just need to breathe, trust, let go, and see what happens.**

**– Mandy Hale**







# Caregiver Calendar: Spring & Summer Events

Eva Marsden Weekly Caregivers Circle  
**Weekly Zoom Connection.**

Request link: [ewallace@emcmtl.org](mailto:ewallace@emcmtl.org)

Alzheimer Society of Montreal –  
Spring/Summer

Laughter Yoga (Online)

Mondays, **April 28 – August 18**, 10:30–11:30 AM

Engage in laughter exercises and breathing techniques designed for caregivers and individuals with neurocognitive disorders.

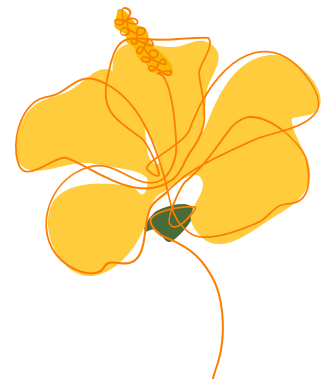
CIUSSS de l'Ouest-de-l'Île-de-Montréal + 3SAM  
Program

Guided Yoga and Relaxation -Hybrid

Thursdays, **April 10 – August 28**, 10:30–11:15 AM

Gentle chair-based yoga sessions to enhance mobility and relaxation.

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Creative Dance with Les Grands Ballets Canadiens -In-Person

Wednesdays, April 30 – June 25, 1:45–2:45 PM

Explore movement and creativity in sessions tailored for caregivers and their loved ones.

Cedars CanSupport – Spring/Summer 2025 Programs

Montreal Museum of Fine Arts Workshop (In-Person)

Wednesday, May 28, 1:00–3:30 PM

Interactive art sessions for cancer patients and caregivers. McGill University Health Centre

YWCA Montreal – Caregiver Conferences and Workshops

Spring–Summer 2025 Program

A series of conferences and workshops designed to support caregivers in various aspects of their roles. CareSmartz360 CIUSSS de l'Ouest.

For more details or to register for any of these events, please visit the respective organization's website or contact them directly. If you need assistance with registration or have further questions, feel free to ask!



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