

# HO'OKELE HIGHLIGHTS

HELPING SENIORS LIVE WELL AT HOME

NOTES FOR NOVEMBER



## Holiday Caregiver Tips

By Bonnie C. RN

The Holiday Season is a special time of the year with the festive decorations, family traditions and favorite dishes you look forward to and prepare every year. How can you continue to enjoy the seasons while balancing the needs of your loved one and those of your family and yourself? Here are few ideas to consider:

1. **Simplify and go with the flow.**
  - Select a few decorations and foods that are most important to you and your family.
  - Pick two or three favorite holiday activities that will be the most enjoyable and memorable.
  - Go with the flow and anticipate delays or a minor crisis.
2. **It's OK to ask for help.**
  - Ask family members to take turns providing care for your loved one if they are not already helping. Nieces and nephews are usually willing to help, they just need to be asked and plan since they often have their own activities. (continued on page2)

### SENIOR MOMENTS – THE HAIRCUT



*Holiday Caregiver Tips (continued)*

- This may be a good time to hire professional caregivers to provide respite time for you to allow you time to prepare or just rest during the busy holiday season.
  - Another idea is to look for day programs or respite care programs that your loved one can attend to free you up for holiday activities.
- 3. Start a new tradition.**
- If you can't make it to a holiday gathering, use technology and have a video visit.
  - Order a prepared meal from a restaurant or local grocery stores and sit back and enjoy.
  - Meet family for breakfast, lunch, or a tea party at a hotel or restaurant, this frees you from cooking and cleaning the house.

### A HO'OKELE FOOD FAVORITE: Curry Chicken Salad Sandwich

*Cathy's special sandwich is one of the Ho'okele staff's favorite pot-luck lunches. This will make six sandwiches.*

**Mix these together for the Curry Dressing:**

- 1 cup mayonnaise
- ¼ cup chutney
- 2 tbsp. curry powder
- ¼ tsp. salt

**Mix these together, then add the Curry Dressing from above:**

- 2 cups cooked chicken, cut into small cubes
- ½ cup diced celery
- ¼ cup chopped green onion
- 1/3 cup raisins
- ¼ cup chopped apples

**Then assemble the sandwiches:**

- Split open 6 croissants or pitas (your choice)
- Spread whipped cream cheese on the inside of the bread
- Fill with a scoop of the Curry Chicken Salad mix from above.
- Top with a small handful of sprouts or lettuce (your choice again)

Enjoy!

Contact Ho'okele: [info@hookelehealth.com](mailto:info@hookelehealth.com) (808) 457-1655

## A HO'OKELE HELPER for the Holidays!

*When you're a hard working Caregiver, the Holiday Season can be an **extra busy** time of the year. This season, let Ho'okele spend some time with your loved one so that you can shop, get your home ready for the holidays or just take some personal time to relax and regroup.*

Our **Ho'okele Holiday Helper** package includes 4 hours of our excellent caregiving services and can include the following activities:

- Companion Assistance for your Loved One
- Light Housekeeping Assistance
- Help with Holiday Preparations
- Meal Preparation
- We even have a special Holiday Craft activity that our Holiday Helper can assemble with your loved one, and they can save as a holiday keepsake.



Call (808) 457-1655 today to reserve time with your Ho'okele Holiday Helper!

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