

November is National Family Caregivers Month

Did you know that there are over 65 million caregivers across America and 90% of this is performed by a family member? National Family Caregiver Month is that time each year when special attention is directed toward those invaluable family members who do so much for their loved ones.

What types of special care do these important people need?

- Support groups – Attendee often share valuable tips they've learned that make life a little easier
- Church – The singing and worship at most churches can really lift your spirits
- Vacations – Just like anyone in any type of job, caregivers need to get a way a few times each year and enjoy a nice vacation
- Know Your Limits – Be willing to accept help from others, take advantage of adult daycare programs, and ask a trusted friend to fill in for you a few hours a day
- Don't Put Off Asking for Help – It's best to speak to someone, if only your doctor, as soon as you feel yourself becoming overwhelmed
- Read and Write – Writing is a good way to document your journey as a caregiver
- Consider All Your Options – Numerous organizations will help financially and in many other ways. Do some research and take advantage of all the resources available to you

Roasted Squash with Green Tahini

Calories: 195

Serving Size: about 4 pieces of squash

2 medium acorn squash halved, seeded and sliced 1 inch thick
 1 tbs. extra-virgin olive oil (for roasting)
 ¼ cup extra-virgin olive oil
 ½ tsp. ground cumin
 ¼ tsp. salt
 ½ cup tahini (*this can be found international section or health food section*)
 ½ cup water
 2 tsp. lemon zest
 ¼ cup lemon juice
 2 cloves garlic

Preheat oven to 400°. Line a large baking sheet with parchment paper. Toss squash with 1 tsp. oil, cumin and salt. Transfer to baking sheet and roast until tender (about 30 minutes).

To make the "green tahini" combine cilantro, parsley, tahini, water, oil, lemon zest, lemon juice, and garlic in a blender (add an additional ½ tsp. more of salt at this time if desired).

Caregiver & Family Resources

David's Refuge 1-315-682-4204; <https://davidsrefuge.org/>

Provides a place of respite free of charge for parents and guardians who care for children with special needs or life-threatening medical conditions.

Guardianship 1-585-210-4048; <http://www.futurecareplanning.org/>

This nonprofit entity provides comprehensive life care planning that promotes peace of mind for caregivers and their loved ones with disabilities

New York State Caregiving & Respite Coalition 1-800-342-9871; www.nyconnects.ny.gov

A trusted place that gives you information about available options for long-term support and services.

Parent to Parent of New York State: 1-800-305-8817; <http://parenttoparentnys.org/>

This is a statewide not-for-profit organization established to support and connect families of individuals with special needs.

Helpful Caregiving Websites:

- <https://www.helpforcancercaregivers.org/>
- <https://rarecaregivers.org/>

