

## CARE GIVING IS HARD WORK - PART III

By Donna Deos

Okay, so last month I left you hanging on who can help with the care giving. Part of that was strategic because this is November, next month is December and that means lots of holidays and hopefully, family around.

FAMILY is a wonderful place to start. Some of us have lots of family, some of us do not. However, anyone can be helpful in at least one way. Even that one way can be one less thing you have to do. Did you know that groceries can be delivered now? Not to everywhere, but to a lot more places than before. Also, orders can be placed on line and picked up curbside. So, that far away relative who says they wish there was something they could do to be helpful... let them place the orders! That close by relative who doesn't know what they can do to help – or even have a grandkid who is of driving age?! – have them pick the things up. I know, the form of payment may not be something you want to share with the person doing the ordering. Maybe they can pay and you can send them a Venmo or check to reimburse them. Or, whoever you have helping with the finances can reimburse them. Yes, think about who can do what... then don't be shy. This is the way to take advantage of the resources around you.

If you really put your thinking cap on, in this age of technology and increased services, you can come up with something for just about anyone, anywhere to be helpful with.

Here's another thing that people can do to be helpful – they can order things online to be delivered to the person. You can order greeting cards online and we all know Amazon has just about everything they could possibly want or need. They can also make phone calls. They can be the person to find someone to clean the gutters, mow the lawn, fix the sink and so on. They can even be in charge of scheduling things.

Does your aging loved one have FRIENDS who still drive? This one can be scary – I know, but if you are confident in them and their abilities, you can have them take your person to church or lunch or a movie. If you don't want your person riding with them, they can come over and visit. A lot of care giving includes talking with the person and keeping them company. They need people to spend time with them to avoid loneliness and depression. Also, if their friend is there visiting you may be able to get more things done faster than if it's just you there and you are doing the visiting too.

Their friends may be able to pick up things for them as well, which gives them a chance to be sociable and friendly when they bring them to them. It's a two-fer.

I know, you're thinking – asking all of these people to help sounds terrible. I don't want to be a bother. Okay, how is that working out for



**NEED SOMEONE TO LISTEN?**

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you so far? Just getting you more and more to do on your own list? Have you been telling everyone who has offered to help that you're okay, you've got it, but thanks for asking/offering? This is why you are potentially drowning in too much to do. Don't be the martyr, it's time to receive some help yourself.

There is one more truly fantastic way to get help with the care giving – IN HOME CARE PROVIDERS! There are lots of in home care companies out there. One of my favorites is Age at Home. Perhaps you have seen the signs around town on some lawns where they are looking for "care givers at heart" that is because they are a very caring company that puts the clients and the care givers as the most important people. They believe (and I know this because I know the owner, Laurel Trahan) "if you treat your care givers right, they treat the clients right." But don't just take my word for it, shop around and find the company that sounds the best to you and then bring them in – if your loved one agrees to it – and start helping to lighten your load.

Also, another thing to think about is – we are not all care givers. We don't all have the patience and skill set to do it. Yet, many of us still try. If you are not the right person for the care giving job, one of the best things you can do is hire a company to provide the care your loved one needs – and most importantly the quality they deserve.

One final thought – most people have no idea what to give their aging loved ones for presents. Gift certificates are a great answer. Gift certificates to in home care companies, to where they get their groceries, to where they like to go out to eat with you and/or their friends, etc. Gift certificates give them the ability to have experiences and treats – this is good. It keeps their minds and sociability active – two very important things!

Okay, please ponder all of this and feel free to talk it up with your friends, family and loved ones over the holidays. Together we can accomplish so much more. Also, if your sister, sister in law or other family member is the primary care giver for your loved one – please be sure to thank them for all they do. Please let them know that you do realize how very much they give and you so appreciate it. A word of thanks and appreciation can make a very big difference – especially when you say it right from your heart.

Happy Thanksgiving! ~ Donna



Donna Deos, LLC

### FROM THE OFFICE OF THE TOWN CLERK:

#### BOAT REGISTRATIONS:

Town of Bow is now a Boat Agent. You can now register your boat in Bow. Please come in with the signed renewal form from the State of NH, DMV. There is a \$5.00 boat agent fee to renew your boat in Bow. By renewing your boat here, all local fees are kept in Bow. If you mail your renewal to the State, the state retains the local fees. Boat registrations can be done in any Town or the state DMV irrespective of where you live in NH.

All boat registrations expire December 31st of the current year. You may renew your boat registrations now for 2022.

Please check out the Town Clerk's page on the Town website at [www.bownh.gov](http://www.bownh.gov) for more information.

#### PROPERTY TAXES:

The 2nd issue Property Tax Bills are being mailed out November 12th and the due date is December 15th 2021.

