

WELCOME TO OUR  
*Monthly Newsletter*



Dear Caregivers,

February is upon us, and it's a time when many of us are thinking about ways to celebrate the people we love. At the Idaho Community Care Program, we understand that caring for someone with cognitive impairment or dementia comes with its joys and its challenges.

This month, we'd like to share a few gentle, meaningful ideas to help you express your love in ways that truly matter. From simple gestures that bring comfort and connection to practical tips for supporting heart health, our goal is to offer guidance and inspiration for both you and the people you care for.

Whether it's sharing a quiet moment, offering words of reassurance, or helping manage daily routines safely, these small acts can make a big difference. We hope this newsletter gives you tools and ideas to celebrate your loved ones and yourself this Valentine's season.

**What  
you'll  
Learn:**

- Love Languages
- Caregiver Resource Spotlight
- American Heart Month
- Tech Talks w/ Tina
- Recipe of the Month



## ♥ Valentine's Day Love Languages for Loved Ones with Dementia

This Valentine's Day, expressions of your love don't have to be extravagant to be impactful. For someone living with dementia, it's the small, thoughtful gestures and gentle moments of connection that make the biggest impact.

Here are personal ways to show your love:

- **Touch:** Holding hands, a gentle hug, a gentle rub on the shoulder or arm, or even just sitting by their side.
- **Words:** Kind, calming words like "I'm here with you" or "You are loved" can be so reassuring. If you have a special word, quote or saying that has comforted them in the past you can try that.
- **Time:** Quiet moments, listening to favorite music, looking at pictures of memories together, or simply just sitting quietly by their side.
- **Caring Acts:** Helping with daily routines, Making their favorite meals or snacks.
- **Thoughtful Gifts:** A cozy blanket, a new pair of slippers, A personal Valentine's Day card or handwritten note.
- **A Few Tips:**
  - Things don't always go as we plan. Try not to expect too much and to accept if things don't go as planned.
  - Try to keep things simple to avoid over stimulating or overwhelming your loved one. A little bit can go a long way!

We appreciate you, and the love you share with the one you care for!

**HAPPY VALENTINE'S DAY!**

# Caregiver Resource Spotlight

Book Title: ***Creating Joy & Meaning for the Dementia Patient: A Caregiver's Guide to Connection and Hope***  
**by Ronda Parsons**



Caring for someone with dementia can be challenging, but moments of joy and connection are possible every day. In this inspiring guide, Ronda Parsons shares her journey as a caregiver and offers practical ways to bring joy, hope, and meaning into your care routine.

What you'll learn:

- Using music, photographs, and the five senses to build connection
- Encouraging emotional security and effective communication
- Fun mind games and activities to engage your loved one

This book is a thoughtful resource for caregivers looking to make each day meaningful while supporting their loved one's emotional well-being.

**The Idaho Community Care Program invites you to join us for our next Zoom webinar on February 18, 2026, from 10:00-11:00 a.m. Mountain Standard Time (MST).**

Join us for an hour of connection, support, and education as we come together with fellow caregivers. Our monthly webinars cover a variety of topics and are a welcoming space to learn, share, and feel supported.

# American Heart Month

Taking medications as prescribed plays an important role in supporting heart health and managing chronic conditions.

## Common Medication Mistakes

- Missing doses
- Taking medications at the wrong time
- Taking too much or too little
- Mixing medications or supplements without checking

## Ask These Questions

Doctor:

- Why do I need this medication?
- What side effects should I watch for?

Pharmacist:

- When and how should I take it?
- What if I miss a dose?

## Keep a Medication List

Keep an up-to-date list of all prescriptions, over-the-counter medications, and supplements. Share it at every appointment.

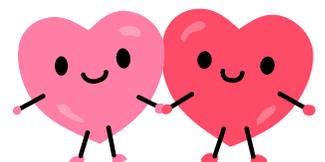
## Simple Safety Tips

- Use a pill organizer or reminders
- Use one pharmacy when possible
- Store medications as directed

Call your doctor or pharmacist if you have side effects or questions.

♥ Medication safety is an important step toward a healthier heart.

Source: American Heart Association





## Tech Talks w/ Tina

### When Technology Stops Working

When technology breaks—or simply refuses to cooperate—it can feel like one more thing caregivers are expected to fix. For those caring for a loved one with dementia or raising grandchildren, tech problems often show up at the worst moments, when patience and energy are already stretched thin.

When this happens, it helps to remember: the problem isn't you. Technology is a tool, not a test. Stepping away, simplifying, or asking for help is part of caregiving—not a failure. Sometimes the most supportive choice is to pause and reset expectations for the moment.

#### **Try This Today:**

When tech stops working, stop too. Take a short break, restart the device later, or write down the problem to address when you have support. Protecting your calm is just as important as solving the issue.

# RECIPE OF THE MONTH

## FROM THE KITCHEN OF:

AMANDA BROWNER

COMMUNITY CARE MANAGER

COMMUNITY CARE PROGRAM

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## CROCKPOT BEEF STROGANOFF

Beef stroganoff is a timeless comfort food that feels like a warm hug on a cold February day. This slow-cooked version ensures tender beef and a rich, creamy sauce infused with the savory essence of mushrooms and onions. It's a hearty, satisfying meal served over noodles or mashed potatoes.

### Ingredients:

- 2 lbs beef stew meat, cubed
- 1 medium onion, diced
- 2 cups sliced mushrooms
- 3 garlic cloves, minced
- 2 cups beef broth
- 1 cup sour cream
- 3 tbsp all-purpose flour
- 1 tbsp Worcestershire sauce
- Salt and pepper to taste
- Egg noodles or mashed potatoes for serving

### Instructions

1. Place the beef, onion, mushrooms, and garlic in the crockpot.
2. In a bowl, whisk together beef broth, Worcestershire sauce, salt, and pepper. Pour over the beef mixture.
3. Cook on low for 8 hours or high for 4-5 hours, until the beef is tender.
4. In a small bowl, mix sour cream with flour until smooth. Stir it into the crockpot and cook for another 30 minutes until the sauce thickens.
5. Serve the stroganoff over egg noodles or mashed potatoes.

Crockpot beef stroganoff is the epitome of comfort food, making it an ideal dish for February's chilly weather. Its creamy, flavorful sauce and tender beef are sure to become a family favorite you'll revisit year after year.