



CAREGIVER CONNECTOR

from Caring to Sharing



Editor's Message

Welcome to the second issue of Caregiver Connector, an e-newsletter of [Caregiver Connect](#). With the holiday season approaching, you will find information how to stay healthy during the [Flu season](#), and [how to stay physically active](#).

Tell us what you think? Really!

Over the last 6 months, the [Caregiver Connect Team](#) has been working to improve Caregiver Connect based on feedback of caregivers like you. You will notice a new look and feeling including the What's New section on the home page, the new login and registration pages, as well as the updated contact us page. This kind of feedback is important to us. We invite you to participate in the [Caregiver Connect Survey](#) to help us plan to improve the site and better serve you. It will take only 20 minutes to complete. Thank you for taking the time to tell us what you think about [Caregiver Connect](#).

Wishing you and your family a very happy holiday!
Bonnie Schroeder, Editor

What's Going On?

December is...

- o [The Lung Association's Christmas Seal](#)

How to stay healthy – H1N1 - Take Care!

Who will provide the care when you are sick? Many caregivers put their own health last. This flu season, put your health first!

- [World AIDS Day](#)
- [International Day of Disabled Persons](#)

January is...

- [Alzheimer Awareness Month](#)

February is...

- [Heart Month](#)
- [White Cane Week \(1-7\)](#)



Did You Know...

1.4 million caregivers over the age of 45 combine paid work and caregiving.
 712,000 combine childcare and eldercare.
 589,000 combine childcare, eldercare and work.

VON Canada is closely monitoring all developments about H1N1. We are taking every precaution to ensure that the safety of our clients, staff and volunteers is our number one priority. We encourage members of the public to do the same. [More...](#)

Taking Care during the Holiday Season

During the holiday season, you are wise to take care of yourself even though it may seem hard to make time for hobbies, social times with friends or other enjoyable activities (for more information on self care, click [here](#)).

Another important aspect of self-care is regular physical activity. Regular exercise can help you to maintain or improve your cardiovascular health, endurance, flexibility, strength and balance. These are important for your own health and well-being and will also help you in your caregiving role. [More...](#)



Your donation to VON Canada will support the ongoing growth of www.caregiver-connect.ca and other VON community programs and services. Please click the button on the left to learn more or to donate. Thank you!

