

For Release on or near November 1.

Caregiving can be a puzzle with many pieces. Sometimes it's obvious where each piece will fit, while other times a solution are not readily seen. Pieces represent the loved one who needs the care along with the family caregiver who is giving it. Other pieces may include family, work, household chores, supporting two-households, vacations, doctor's appointments, medication management, finances, medical decisions and just life in general. Sometimes the puzzle never is resolved, but most likely it will - with the help of family, friends and organizations who can help.

That's why we honor Family Caregivers this month and ask everyone to be that essential piece to the caregiving puzzle by offering support and help where ever needed. That not only includes family and friends, but neighbors, employers, clergy/church members, doctors/nurses, and social workers. The puzzle fits better with information, understanding and action. Reach out for help and give it. Where do you fit in the puzzle?

There are many ways to celebrate family caregivers. Here are a few ideas.

- Offer a few hours of respite time to a family caregiver so they can spend time with friends or simply relax.
- Send a card of appreciation or a bouquet of flowers to brighten up a family caregiver's day.
- Help a family caregiver decorate their home for the holidays or offer to address envelopes for their holiday cards.
- Offer to prepare Thanksgiving dinner for a caregiving family in your community, so they can just relax and enjoy the holiday.

***For Sidebar or pull-out box***

Siouxland Aging Services is offering a "Give Back to Caregivers Contest" in an effort to recognize the time and love given by Caregivers. Siouxland Aging Services' Family Caregiver program is partnering with Northern Hills, Northpark Place, and Whispering Creek Retirement to "Give Back" to Caregivers.

What better way to say thank you than a gift of respite for three Caregivers. Northern Hills, Northpark Place, and Whispering Creek have agreed to provide three consecutive days of respite care, free of charge, for the chosen Caregiver's spouse or elderly parents, and thereby give the Caregivers a well deserved break.

To enter, Caregivers are asked to submit a one-page essay or a favorite story about their care giving experiences. Three Caregivers will be awarded three consecutive days of respite care, free of charge, for their loved one(s). Caregivers may be adults of any age, but the person for whom they care must be a senior (age 60+) who resides in one of these five counties (*Woodbury, Ida, Plymouth, Cherokee and Monona*). All entries must be mailed to Siouxland Aging Services, Attn: Caregiver Contest, 2301 Pierce St., Sioux City, IA 51104 - by November 12, 2010. Winners will be contacted by November 30, 2010. For more information about programs available at Siouxland Aging Services or the Caregiver Contest, contact Barb Dinelli at 712-279-6900 or 800-798-6916 or at [www.siouxlandaging.org](http://www.siouxlandaging.org).