

As we near Thanksgiving and the following holidays I thought I would share a list of tips for caregivers. Whether you are full time or part time caregivers this is an important list to review at what can be a stressful time of year.



If you want to read more caregiver tips go to:  
<http://www.altsa.dshs.wa.gov/caregiving/>

### **Quote of the week:**


As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them. ~John Fitzgerald Kennedy

### **Happenings this week:**

**Tuesday, November 25th:** The Nut Ladies will be in the Gathering Place selling a variety of nuts from 9 a.m. to 11 a.m. (Local Fundraiser)

Another group is also selling nuts as a fundraiser. The Centralia Altrusa club has Pecans for sale. See the office for details.

### **Thursday, November 27th: Thanksgiving!**

 Cooks Hill Community Church is serving a free dinner at the Ministry Center from 1:00 to 2:30 p.m. Open to everyone.



The Stillwaters Estates Office will be closed Thursday, November 27th and Friday, November 28th.

### **Weather:**

The rain will be with us for the next long while I suspect. Normal fall and winter weather right! The Old Farmer's Almanac forecast a bit sunnier weather but is on target for rainy weather from Wednesday on. Stay dry and enjoy the coming holiday.