

## **Thank you Caregivers!**

- For making appointments
- For checking medications
- For learning about the illness
- For driving here and picking up there
- For keeping an ear open during the night
- For listening to the ramblings and living the loneliness
- For grieving the losses and sympathizing with the pain
- For running interference with family and friends
- For getting the necessary equipment and looking after it
- For visiting regularly even when it is difficult
- For leaning about the health care system and accessing support services
- For doing new things and living in changes circumstances
- For cooking and cleaning and for good food
- For doing the most difficult things of all – looking after yourselves
- For being you, a caregiver practicing Christmas giving all year long

We honor all you do!