CARE Connection

EDUCATE. EMPOWER. CONNECT.

NOVEMBER 2026

The Thanksgiving Issue



FEATURE ARTICLE

Conversations Around the Table

A gentle way to talk about changes you notice when family comes together.

Thanksgiving may be the first time in months you've sat down with someone you love. Between passing the rolls and catching up, you might notice that Dad asks the same question several times, or that Aunt Jean seems unsure on the steps she's taken for years. It can be hard to know what to say, especially with everyone listening.

"What would make things a little easier for you right now?"

Save the conversation for a quiet moment. Share one specific thing you noticed, then give them room to tell you how things feel from their side. You might say, "I noticed the front steps seemed harder today. How have they been for you lately?"

If they're open to talking, ask what would make things easier. Let them choose a next step and offer one specific way you can help. If the moment feels rushed, ask when you can check in again.

MOMENTS THAT MATTER



In Their Own Handwriting

Ask someone you love to make a favorite holiday dish with you. Let them show you the little things a recipe rarely captures, like how the dough should feel or which pan they always reach for. Then ask if they'll write the recipe on a card. Add their name, the year, and a sentence about why the dish matters to your family.

CAREGIVER'S CORNER

When Thanksgiving Is a Workday



If you'll be working or caring for someone on Thanksgiving, pick one part of the day you'd most like to share. It could be dessert after your shift, a short video call, or breakfast together on Saturday.

If someone asks how they can help, give them one thing they can take care of. Ask them to bring a plate, handle the dishes, or sit with your loved one while you eat.

Make one plan that fits your day

Pick a time to call, ask someone to save you a plate, or choose a day when you can sit down together. A small plan gives everyone something to look forward to.

MADE TO *Shine*

Set Aside a Plate

While you're planning your Thanksgiving meal, think of a neighbor or older friend who might spend the day at home. Call first to see if they'd enjoy a plate and ask what they like and when they'd welcome a drop-off. Set aside their portion while you're serving, and tuck in a note. If they're up for a visit, take a few minutes to sit and catch up.



PROFESSIONALS CORNER

What Kind of Help Fits at Home?



Christina Helm
Community Care Coordinator at Billet Health and Founder of Care Connection AZ

When families ask me where to start, I look at the task that's getting harder. The kind of help Mom needs depends on what's getting in her way, even when the result looks the same.

Help with everyday tasks

If Mom is cooking less because getting to the grocery store is hard, a regular ride, grocery delivery, or a meal program may be a good place to start. Your local Area Agency on Aging can help you find services near her.

Help around the house

If she's having trouble carrying laundry or keeping up with housekeeping, look for practical help with those tasks. Ask any in-home care agency what its caregivers can do, what a visit costs, and whether there's a minimum number of hours.

A change to bring to her care team

If she's cooking less because her hands are weaker or she's having trouble standing, share that specific change with her healthcare provider. Ask what should be evaluated and whether therapy or a home health assessment may be appropriate.

Start with the task that matters most to your loved one. Knowing what's making it harder can help you choose a first step that fits their day.



NEED GUIDANCE OR HAVE QUESTIONS?

Care Connection helps individuals and families find trusted information and resources.

Christina Helm

GET IN TOUCH

704-680-2833

chelm@billethealth.com

www.CareConnectionAZ.org