

- If you get into bed and cannot fall asleep after 20 minutes, get up and go to another area to do a relaxing activity such as read or listen to music. Lying in bed awake can create an unhealthy link between your sleeping environment and wakefulness.
- Try to wake up at the same time every day, even if you have a hard time falling asleep and feel tired in the morning. This can help adjust your body's clock and aid in falling asleep at night.
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My wish for every caregiver and their loved one is a happy and healthy holiday season, and the very best for the New Year. By Martin Schreiber, Alzheimer's Caregiving Ambassador, Author and Former Wisconsin Governor.

From **Country View Assisted Living**, Oak Creek

Country View Assisted Living in Oak Creek had an outing to enjoy some bowling with residents. Thanks to Holly and the staff for joining us. Remember you are never too old to bowl.

