

SEPTEMBER 2023

CAREGIVER & KINSHIP CONNECTIONS

News, Important Dates, and More!

Reminder!

Caregiver Giveaway drawing will be taking place in October. Call to either give an update or make a home or office visit, and you will receive an entry into the drawing to win a tablet by September 30, 2023!

ALL COUNTY CAREGIVER PICNIC

The First Annual Caregiver Picnic was a huge success. Even though the weather did not allow us to be outside, we had a nice indoor picnic.

Thank you to Rawson Memorial Library for letting us use their community room to shelter us from the rain. Caregivers were provided with information on Senior Services and Caregiver Mental Health from HDC's Caregiver Advocate, Kim Reynero.

Also thank you to Carol Bublitz from MSUE for providing education on Nutrition. Kinship kids had plenty of activities to keep them busy while caregivers were provided with information and a little relaxation.

Pictured below are the winners of the door prizes:

Kinship:

Robin and Renee Spencer



Caregiver:

Ellen and Joe Radomski



SEPTEMBER IMPORTANT DATES

September 4 - Labor Day

September 5 - Huron County Commodity Supplemental Food Program Distribution

September 12 - Bad Axe Support Group

September 13 - Lexington Support Group

September 14 - Tuscola County Commodity Supplemental Food Program Distribution

September 18 - Kinship Support Group

September 19 - Sanilac County Commodity Supplemental Food Program Distribution

September 19 - Parkinson's Support Group

September 20 - Caro Support Group

September 27 - Caregiver Community Education Event

Home Safety Tips

Adults over age 65 are particularly vulnerable to falls and poisoning. Diminished eyesight, hearing, and physical stability all play a part. To help minimize the chance of your loved one getting hurt:

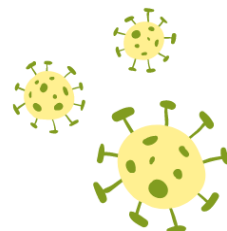
- Arrange furniture to create clear pathways and reduce the risk of falling.
- Install grab bars and other safety devices to assist with getting in and out of bathtubs or showers.
- Be sure the bottom of the tub or shower has a non-skid surface.
- Install an elevated toilet seat.
- Consider using a panic button (as a pendant, wristband or necklace).
- Remove clutter. Don't leave objects on the stairs or on walkways.
- Remove throw rugs. Tack down other rugs to avoid tripping.
- Install and secure handrails and banisters on both sides of stairs.
- Install nightlights in the bedroom, hall and bathroom. Be sure the top and bottom of stairs are well lit.
- If there is more than one person in the household taking the same or similar medication, consider using color-coded medicine caps to prevent mixing the dosages.



Tips to Stay Healthy This Season

Staying healthy through the autumn season takes a nice combination of habits. Be sure to add the following tips to your daily routine.

- **Get enough vitamin D.** As the days become shorter, natural light can lead to a lack of vitamin D. Try to get outside in the sunlight for 15 minutes per day to get your fill.
- **Take a brisk walk.** If you tend to be really active in the summer months, the cooler fall temps might keep you indoors more. Schedule a quick walk at lunchtime to get fresh air and a bit of exercise.
- **Stay hydrated.** Believe it or not, feeling chilly can dehydrate you much like sweating on a hot day can, as your body works hard to stay warm. Track your water intake to be sure you get enough water.
- **Be vigilant about handwashing.** This isn't just a fall tip but one that you need to practice all year round.
- **Schedule any check-ups.** You may have missed routine check-ups over the summer. Staying on top of your wellness visits, is key to staying healthy.



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Program Updates

The newsletter will now contain information related to both the Caregiver and Kinship Programs.

About the Caregiver and Kinship Programs:

Caregiver Program

To qualify you must be under 60 years of age, caring for a loved one over the age of 60 *OR* over 60 years of age, caring for a loved one.

Kinship Program

To qualify you must be 55+ years of age, and taking care of a child.

Refer A Friend

If you know anyone, friend, family member, neighbor, etc., who is going through the same situation as you and could benefit from Kinship or Caregiver Services, please contact our office. If you do, you will be entered into the Caregiver Giveaway for a tablet!

Kim Reynero

Caregiver Advocate
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