

2024

HAPPY NEW YEAR

JANUARY 2024

THE ART OF CAREGIVER & KINSHIP CONNECTIONS

The Human Development Commission wishes you a great start to the new year!

It's a New Year and that means a fresh start. Either you have a resolution or personal and professional goals, we would love to help you create those goals as a caregiver. So, what is the new year and a new year's resolution?

New Year is the time or day at which a new calendar year begins and the calendar year increases by one. Many cultures celebrate the event in some manner. In the Gregorian calendar, the most widely used calendar system today, the New Year occurs on January 1 (New Year's Day, preceded by New Year's Eve). This was also the first day of the year in the original Julian calendar and the Roman calendar (after 153 BC). January is a time to reflect on the year you left behind, and to take part of the many opportunities that await you and your family.

A New Year's resolution is a tradition, most common in the Western World but also found in the Eastern World, in which a person resolves to continue good practices, change an undesired trait or behavior, accomplish a personal goal, or otherwise improve their behavior at the beginning of a calendar year.

“Time for the old year to be gone. May the new one bring hope along. The memories of yesterday yield forth to the new. A new year means new possibilities for you.”

Thank you for allowing us to help you.
We look forward to seeing you in the New Year.

UPCOMING EVENTS:

- 1/1/24 OFFICE CLOSED - New Years day
- 1/2/24 HURON COUNTY SUPPLEMENTAL FOOD DISTRIBUTION
- 1/3/24 BAD AXE SENIOR SERVICES FAIR - BAD AXE LIBRARY
- 1/8/24 CASS CITY SENIOR SERVICES FAIR AT CASS CITY LIBRARY
- 1/8/24 BAD AXE SUPPORT GROUP
- 1/10/24 SANDUSKY SUPPORT GROUP
- 1/11/24 TUSCOLA COUNTY SUPPLEMENTAL FOOD DISTRIBUTION
- 1/16/24 PARKINSON'S SUPPORT GROUP
- 1/16/24 SANILAC COUNTY SUPPLEMENTAL FOOD DISTRIBUTION
- 1/17/24 CARO SUPPORT GROUP
- 1/25/24 TUSCOLA COUNTY EDUCATION EVENT
- 1/29/24 SANILAC COUNTY EDUCATION EVENT
- 1/31/24 HURON COUNTY EDUCATION EVENT

The Start of Something New Happy Birthday Shoutouts to our Caregivers!

Human Development Commission is starting a birthday section for our Caregivers. This section will illustrate those who have birthdays in the current month.

January Birthdays

Robert Gainor --- January 25

Human Development Commission would like to wish you a very happy birthday and we hope it is filled with fun, laughter and those you love!



January Support Group Topic

Get to Know Each Other!



Every month you attend support groups and express your emotions, feelings, traumas and experiences with strangers. What is the best way to get to know each other to make it less stressful than to tell a little about yourself. We will have a few small fun activities as well, and we will of course have time to for open group to talk about your current struggles as a Caregiver.

2023 *A Year in Review*

01

2023 SENIOR SEMINAR

The annual senior seminar in all three counties was a huge success and we appreciate your continued support. We educated our seniors on banking safety, fire safety, food safety, and more. Planning for 2024 senior seminar is underway and we look forward to hosting and educating you again!

02

FIRST ANNUAL CAREGIVER PICNIC

We hosted two separate caregiver picnics during the summer, and they both were successful. It was a great way to get fellow caregivers together with their loved ones and have fun. We educated on communication styles, mental health and provided activities to go along with them.

03

FIRST ANNUAL CAREGIVER HOLIDAY PARTY

HDC hosted their first caregiver holiday party in December for all counties as a way to have caregivers come together and reduce their stress for an evening. We had Santa attend for the kids, family photo opportunities, Christmas cookie and ornament making and a holiday meal. Families who chose to have their picture taken received a 4x6 photo of their loved one.

We appreciate the continued support for our program and we look forward to having everyone at our Easter Party in March!

2023 First Annual Caregiver Holiday Party.

Below are some pictures from the party. Our families had a great time and loved capturing family photos.



*Allyssa Younglove,
Candy Jar Guessing
Game Winner*



*Kim Reynero, Caregiver Advocate
April Hutchinson, Case Manager*



*Janet Younglove,
Raffle Prize Winner*



Conversation Starters for those living with Dementia or Alzheimer's

Are you wondering how to pass the time there, or what you should say? Have you been holding off on visiting because you don't know what to talk about? While not all of these strategies will be effective, here are some conversation starters and activities you can try.



Conversation Starters with Children

Do you always have a decent conversation with your child, or do you receive that one-word answer or that nasty grunt as a response? This can be utterly frustrating, especially if you are trying to engage with your child. However, it all boils down to the type of conversation starters you use to get your child talking.

Kids are particularly fragile when it comes to conversations; they are easily distracted and bored by the interactions we continuously engage them in, such as house chores, dinner, homework, and other activities that revolve around them. While there is really nothing wrong with such conversations, you need to go deeper in your communications particularly about their values, relationships, and spirituality.

Keep in mind that children are continually changing and will most often develop new interests, fears, thoughts, preferences, and emotions. You also want to ask these questions when your child is not hungry, sleepy, tired, or busy with their games. Remember to listen carefully and be thoughtful and honest with your response.

Topic Starters:

1. Remember When?

Choose a memory to talk about, such as a vacation you had taken together. Do not quiz them about the event, and then share some details about it.

2. Photo Albums

See if your loved one can tell you the person(s) in the album; you may be surprised if they can remember specific details.

3. Read Together

Read them a favorite book they used to enjoy or one that is meaningful to them. Try reading through passages together.

4. Talk about the current day

Talk about how it is snowy outside, or how pretty the sunset was.

5. Talk about their hobbies/interests.

If they like to color, color with them and then hang the picture on the fridge.

Topic Starters:

1. Where would you like to travel and why?

Allow your child to share with you all the places they would like to go and listen keenly.

2. Where would you like to go to this summer?

A great way to plan for the summer!

3. What makes you stressed or depressed?

You will probably know the answer to these, but it is still worth showing you care and wanting to know.

4. What do you want to be when you grow up?

See what their current interests are, it may change over time.

5. This or That?

Great way to determine what they do and do not like.

WINTER WEATHER IS UPON US

Stay Safe and Healthy in Winter

Winter storms and cold temperatures can be dangerous. Stay safe and healthy by planning ahead. Prepare your home and vehicles. Prepare for power outages and outdoor activity. Check on young children, older adults, and the chronically ill.

Although winter comes as no surprise, many of us may not be ready for its arrival. If you are prepared for the hazards of winter, you are more likely to stay safe and healthy when temperatures start to fall.

Prepare Your Home

Staying inside is no guarantee of safety. Take these steps to keep your home safe and warm during the winter months.

Check your heating systems.

Have your heating system serviced professionally to make sure that it is clean, working properly, and ventilated to the outside. Inspect and clean fireplaces and chimneys. Have a safe alternate heating source and alternate fuels available. If you do not have working smoke detectors, install one inside each bedroom, outside each sleeping area, and on every level of the home, including the basement. Test batteries monthly and replace them twice a year.

Prepare Your Vehicle

Get your vehicle ready for cold weather use before winter arrives.

- Service the radiator and maintain antifreeze level.
- Check your tires' tread or, if necessary, replace tires with all-weather or snow tires.
- Keep the gas tank full to avoid ice in the tank and fuel lines.
- Use a wintertime formula in your windshield washer.
- Prepare a winter emergency kit to keep in your car in case you become stranded. The kit should include:
 - Cell phone, portable charger, and extra batteries.
 - Items to stay warm, such as extra hats, coats, mittens, blankets, or sleeping bags.
 - Food and water.
 - Booster cables, flares, tire pump, and a bag of sand or cat litter (for traction).
 - Compass and maps.
 - Flashlight, battery-powered radio, and extra batteries.
 - First-aid kit; and
 - Plastic bags (for sanitation).

6 Ways to Stay Healthy

There are several ways you can boost your immune system and avoid getting sick this winter.

1. Limit the spread of germs

Remember to cover your mouth and nose when you cough or sneeze. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow. Wash your hands regularly using soap and warm water and scrub for at least 20 seconds.

2. Stay hydrated

Drinking enough water each day boosts your immune system and helps you fight viruses.

3. Up your vitamin D intake

Low vitamin D levels can make you susceptible to illnesses and negatively affect your mental health.

4. Manage dry skin

Cold air and low humidity can cause dry, itchy skin. Protect your skin by wearing lip balm, using a humidifier in your room, limiting your time in the shower or bath and immediately applying lotion after you dry off.

5. Stay rested

A lack of sleep can lower your immune system.

6. See a provider when you're sick

If you have COVID-19 or flu symptoms, call your health care provider to get tested or for expert advice to help you recover.

HAVE A GREAT YEAR!

TUSCOLA COUNTY POWERFUL TOOLS FOR CAREGIVERS

Starting in February, Tuscola County Caregivers will have the ability to take a six-week course in the Fundamentals of Caregiving. This class will give you the confidence and support to better care for your loved one.

Huron and Sanilac Counties will start after Tuscola County.

PARTICIPANTS MUST ATTEND ALL SIX CLASSES.

Course Includes:

Textbook
Light Refreshments
Real - Life Scenarios

Caregivers Will Receive Tools to Help:

- Locate Helpful Resources
- Reduce Stress
- Improve Self-Confidence
- Make tough decisions
- Manage Time, Set Goals, and Solve Problems

**Refreshments will be provided
and there will be a give away.**

Instructors:

Kim Reynero
April Hutchinson

Dates:

February 12
February 20
February 26
March 4
March 11
March 18

Time:

10:00 a.m. - 12:30 p.m.

Location:

Human Development
Commission
429 Montague Ave, Caro



Kim Reynero

Caregiver Advocate

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 **Find us on
Facebook**

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@Human Development
Commission Community
Action Agency**

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Community Action Agency

Powerful Tools
 **Caregivers**

To Register, Call Kim Reynero, Caregiver Advocate, at 989-673-4121.

**For questions or concerns,
please contact Kim
at 989-673-4121**