

The Art Of Caregiver and Kinship Connections



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Agency Update:

It is with a heavy heart that HDC must notify you of the discontinuation of the Emergency Food Assistance Program and the USDA Supplemental Food Program, (Commodities), effective May 30, 2024. HDC has been fortunate enough to provide families with food since 1983, and it is a great loss. We thank our staff for being dedicated to ensuring food was available for our citizens. If you need a list of food pantries in your area, please call our office at 989-673-4121.

Caregiver Group Topic:

Caro Support Group for May will be changed to 9:00 a.m. - 11:00 a.m. due to a staff meeting. Our regular meeting time will resume in June. This month, we will have Joanna Fix talk via Zoom, about her daily routine and struggles while she lives with Dementia. Additionally, this month's topic is Building a Medical Binder. We will go over what is important, what you should have in there, and you will receive necessary forms for your binder.

HDC Senior Seminars:

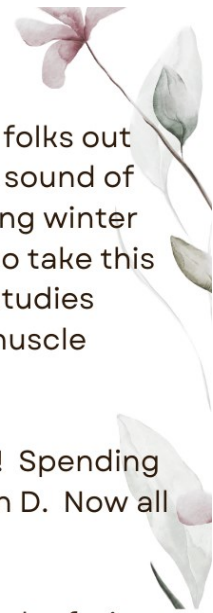
Every year since 2018, HDC has hosted a Senior Seminar, providing seniors in the community with information on various topics. It is that time of year again, and this year's theme is Preventative Health. A hot lunch will be provided as well as a chance to win prizes throughout the event. The flyer for your county is attached at the end, but feel free to attend any or all of the seminars!

Huron County: May 22, 2024, 10 a.m. - 1 p.m.
First Presbyterian Church, 112 E Woodworth St., Bad Axe

Tuscola County: May 28, 2024, 10 a.m. - 1 p.m.
Midway Hall, 188 Park Drive, Caro

Sanilac County: June 5, 2024, 10 a.m. - 1 p.m.
Sandusky VFW Hall, 850 S. Sandusky Road, Sandusky

Caregiver Message:



May is a wonderful time of year. Public parks start opening up and there are more folks out and about, enjoying the longer, warmer days. The smell of fresh-cut grass and the sound of birds singing in the morning is a warm welcome to all after what feels like a very long winter of being inside. Spring brings a sense of renewal and energy. We encourage you to take this opportunity to get outside. Simply being outside provides many health benefits. Studies show that being outside in nature is relaxing, reducing our stress, cortisol levels, muscle tension, and heart rates, all of which are risk factors for cardiovascular disease.

You don't have to go far. Just walk out your front door, sit on the porch, and enjoy! Spending 30 minutes sitting in the sun on your porch will earn you a full day's dose of Vitamin D. Now all you have to do is lather on some sunscreen, head out and breathe in.

Planting a garden with loved ones is another great way to de-stress while enjoying the fruits of your labor. Getting in the garden and getting dirty is a natural antidepressant due to unique microbes in healthy organic soil. If you are looking for a change of scenery, you have many options right here in the thumb of Michigan. Some options to enjoy the great outdoors with your care recipient might be to go ride down to the local farmer's market, drive along the shore on M-25, or visit one of the many parks. There are many options.

Finding healthy ways to spend time together is good for both of you. You want your loved one to be the healthiest they can be. When you take care of yourself, you have the strength, energy, patience, and creativity to give your absolute best to them. Self-care may seem simple, but we understand that it is hard to accomplish. Change your mind set in believing that self-care is a luxury and begin to understand that taking care of yourself is a responsibility. Call Kim, the Caregiver Advocate, today to learn more about how we can help you develop a realistic self-care plan that fits your everyday life.



Older Michiganians Day: Wednesday, May 1, 2024:

Senior action week at the capital is April 29- May 3rd and there are a few policies the state is asking the Legislature to act on. The most important one to you, Family Caregivers, is to urge policymakers to pass the Caring for Michigan Family Tax Credit to provide tax relief of up to \$5,000 per year for family caregivers. An additional action is asking policymakers to support a permanent \$5 million appropriation in the FY25 budget to support development for Caregiver Resource Centers, Caregiver Educational Opportunities, Services and Support.

Managing Anger and Children:

Controlling your anger is a normal emotion and children who can no longer live with their parents may feel very angry at times. You can help the child in your care manage his or her anger by suggesting these steps:

- **Admit that they are angry:** You can properly deal with feelings once you are able to identify them.
- **Deal with it:** Stop what you are doing. Take some deep breaths and count to ten.
- **Don't brush it off:** Getting angry is normal. Ignoring feelings will only make them worse in the long run.
- **Identify and understand the cause:** Try to figure out the exact reason you are angry. Often people have an outburst about something when they are actually upset about something different.
- **Walk away:** This step allows you to have the power to change the situation.
- **Get a new perspective:** Try to understand the other person's perspective.
- **Talk the problem over with family and friends:** Explaining feelings to those close might help you feel better about the situation.
- **Exercise:** Physical activity is a perfect way to use up excess energy and calm down.

HHS Secretary Becerra Announces Michigan as First State to Implement Kinship Care Rule:



Michigan has become the first state to implement Kinship Care Rule. The new rule makes it possible for kin to become more readily licensed or approved, and more quickly to receive services and funding for children in kinship foster care, ensuring that during times of family crisis, children and caregivers receive assistance sooner. This rule and approval of states and jurisdiction's plans, fulfill executive orders by President Biden and align with the administration's priorities to keep families together and increase equity in the child welfare system.

Encouraging and helping kin caregivers become licensed or approved foster caregivers is beneficial to both the child and the kin providing foster care. Previously, federal regulations made it harder for family members like grandparents, aunts, and uncles to become caregivers when a child in their family entered foster care as all foster family homes were required to meet the same licensing standards, regardless of whether the foster family home was a kin or non-kin placement.



Mother's Day

WORD SCRAMBLE



CRAD _____

LEOV _____

LABRECETE _____

ACNYD _____

EERCIPTAAP _____

LOEFRSW _____

TEMORH _____

ALIFMY _____

OMHE _____

PENSTRE _____

NAMOW _____

RCAING _____

VLGOIN _____

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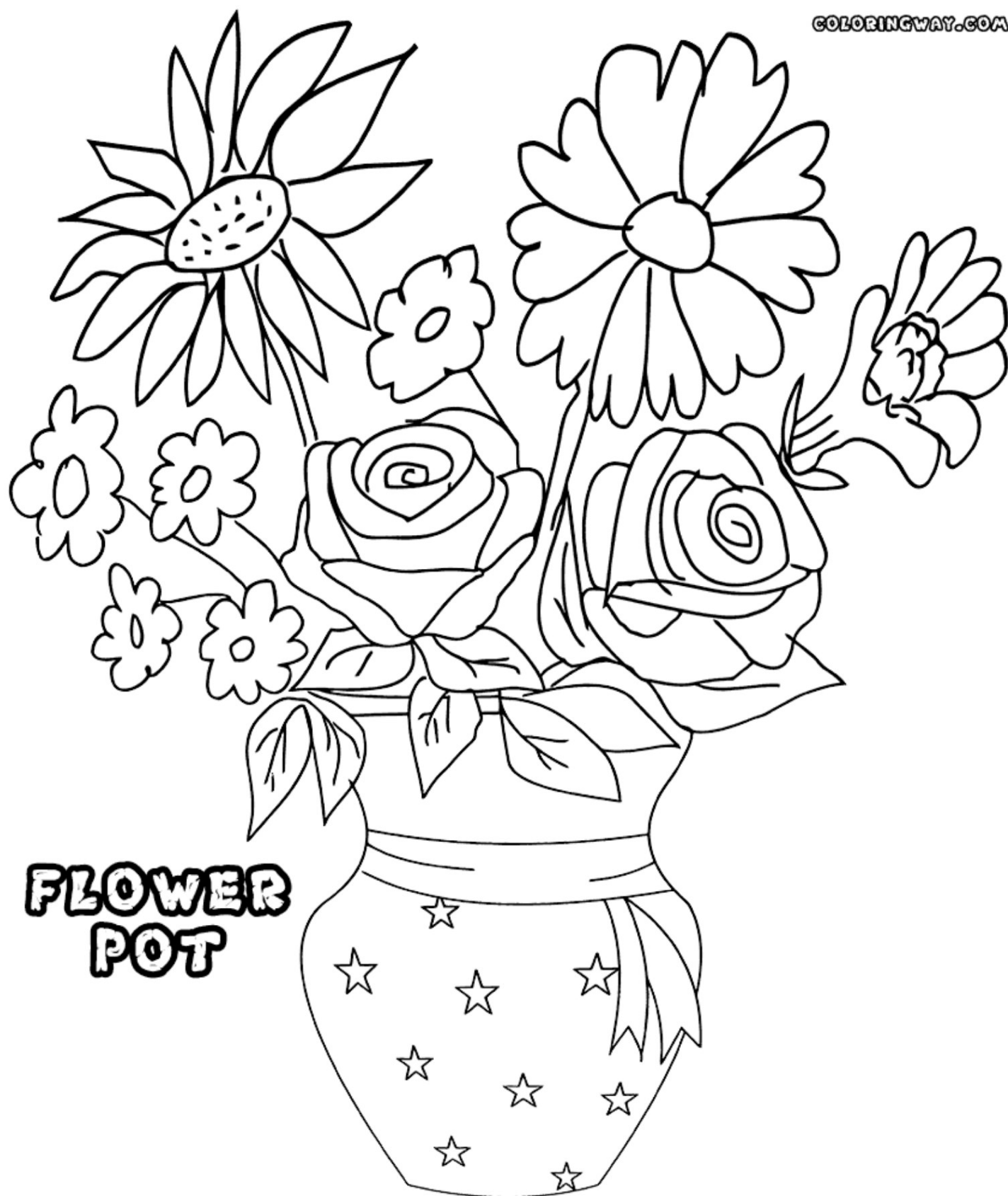
URTOSPP _____

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**FLOWER
POT**

6 Steps to Stroke Prevention



Approximately 1 in 4 people over the age of 25 will have a stroke in their lifetime, but there are things you can do to reduce your risk of stroke. Stroke prevention starts with making healthy choices and controlling any health conditions you may have.

- 1.) **Check Your Cholesterol.** Your doctor should test your cholesterol levels at least once every 5 years. Speak with your health team about this simple blood test.
- 2.) **Keep a Healthy Weight.** Obesity or being overweight increases your risk for stroke. Talk to your doctor about your weight and if it poses a concern for your risk for stroke.
- 3.) **Control Blood Pressure.** Blood pressure checks can be done in the doctor's office, pharmacy, or even in your own home.
- 4.) **Don't Smoke.** Cigarette smoking greatly increases your chances of having a stroke.
- 5.) **Limit Alcohol.** Avoid drinking too much alcohol, which can raise your blood pressure.
- 6.) **Take Your Medicine as Directed.** Following your doctor's instructions carefully when taking medication is important to properly treat the condition for which it was prescribed. Always ask questions if you do not understand something.

Mental Health Awareness Month:

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Mental and physical health are equally important components of overall health. For example, depression increases the risk for many types of physical health problems, particularly long-lasting conditions like diabetes, heart disease, and stroke. Similarly, the presence of chronic conditions can increase the risk for mental illness.

Mental illnesses are among the most common health conditions in the United States.

- More than 1 in 5 US adults live with a mental illness.
- Over 1 in 5 youth (ages 13-18) either currently or at some point during their life, have had a seriously debilitating mental illness.
- About 1 in 25 U.S. adults lives with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression.

There is no single cause for mental illness. A number of factors can contribute to risk for mental illness, such as:

- Adverse Childhood Experiences, such as trauma or a history of abuse (for example, child abuse, sexual assault, witnessing violence, etc.)
- Experiences related to other ongoing (chronic) medical conditions, such as a traumatic brain injury, cancer, or diabetes.
- Biological factors or chemical imbalances in the brain.
- Use of alcohol or drugs.
- Having feelings of loneliness or isolation.

IMPORTANT DATES

- 5/06/24 Sanilac PTC Class 1, Sandusky Library, 10 a.m. - 12:30 p.m.
- 5/07/24 Huron County USDA Food Distribution
- 5/08/24 Sandusky Caregiver Support Group, 1-3 p.m.
- 5/09/24 Tuscola County USDA Food Distribution
- 5/13/24 Mother's Day
- 5/13/24 Sanilac PTC Class 2, Sandusky Library, 10 a.m. - 12:30 p.m.
- 5/14/24 Bad Axe Caregiver Support Group, 1-3 p.m.
- 5/15/24 Caro Caregiver Support Group, 9 - 11 a.m.
- 5/20/24 Sanilac PTC Class 3, Sandusky Library, 10 a.m. - 12:30 p.m.
- 5/21/24 Sanilac County USDA Food Distribution
- 5/21/24 Parkinson's Support Group, 12:30-2:30 p.m.
- 5/22/24 Huron County Senior Seminar Bad Axe First Presbyterian Church, 10 a.m. - 1 p.m.
- 5/27/24 All HDC Offices Closed Memorial Day
- 5/28/24 Tuscola County Senior Seminar, Caro Midway Hall 10 a.m. - 1 p.m.
- 5/29/24 Sanilac PTC Class 4, Sandusky Library, 10 a.m. - 12:30 p.m.

Mother's Day Word Scramble Answers

Card	Home	Respect
Love	Present	Listener
Celebrate	Woman	Protect
Candy	Caring	
Appreciate	Loving	
Flowers	Teacher	
Mother	Support	
Family	Nature	
	Generous	



May Caregiver Birthdays:

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!

Sharon Bender & Paisy Eggeri

Happy Mother's Day!

Mother's Day is a day to show love, gratitude and appreciation to all the wonderful moms, grandmothers, aunts, and those who fill the motherly role, everywhere, through acts of love. In many U.S. households, the second Sunday in May begins with breakfast in bed, a bouquet of flowers, homemade cards, and other tokens of affection.

A few traditional gifts mothers receive on this day are handmade cards, flowers, a day off of "mom" duty or chores, breakfast in bed, and jewelry. How do you celebrate the mothers in your life?

Memorial Day Celebration:

On May 5, 1868, General John A. Logan, leader of an organization for Northern Civil War veterans, called for a nationwide day of remembrance later that month. "The 30th of May, 1868, is designated for the purpose of strewing with flowers, or otherwise decorating veterans' graves. Memorial Day, observed on the last Monday of May, is an American holiday that honors the men and women who died while serving in the U.S. military. Originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971.

Caregiver Support Groups

Bad Axe

Every 2nd Tuesday of
each month

Evangel Life
Assembly of God
Church

1356 S Van Dyke Rd

1:00 P.M. - 3:00 P.M.

Sandusky

Every 2nd
Wednesday of each
month

Sandusky District
Library

55 E Sanilac Rd

1:00 PM - 3:00 P.M.

Caro

Every 3rd Wednesday
of each month

Human Development
Commission
429 Montague Ave

10:00 A.M. - 12:00 P.M.

Sanilac Powerful Tools for Caregivers:

It is not too late to sign up for the Powerful Tools for Caregivers Course. This course will give you the confidence and support to better care for you and your loved one. Please call Kim at 989-673-4121 to RSVP. Refreshments will be provided and there will be a giveaway to those who participate at the conclusion of the course.

Caregivers Will Receive Tools To Help:

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

Course Includes:

Textbook
Light Refreshments
Real - Life Scenarios

Dates:

May 6
May 13
May 20
May 29
June 3
June 10

Time:

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

Location:

Sandusky District
Library
55 W Sanilac Rd,
Sandusky

Powerful Tools
FOR Caregivers

 Find us on
Facebook

Find us on Facebook!
@Human Development
Commission Community
Action Agency



Kim Reynero
Caregiver Advocate
kimberlyr@hdc-caro.org

**Human
Development
Commission**
Community Action Agency

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



SENIOR SEMINAR

WEDNESDAY, MAY 22, 2024
10:00 A.M. - 1:00 P.M.
First Presbyterian Church
- 112 E Woodworth St., Bad Axe

KEY TOPICS

HURON COUNTY HEALTH DEPARTMENT

Jessie Mauer, RN from Huron County Health Department, will present on:

- Immunizations
- Preventative Respiratory Illness

Topic may be subject to change

HDC BINGOSIZE

Barb Grifka, HDC Activities Coordinator, will present on Bingosize.

There will be a few short games of Bingo with prizes!

POWERFUL TOOLS FOR CAREGIVERS

Kim Reynero and April Hutchinson, HDC Senior Services, will present on key point while caregiving.

A small excerpt from the course will be given.

POT ROAST, MASHED POTATOES, VEGETABLE, ROLL, DESSERT, AND REFRESHMENTS. THERE WILL BE GIVEAWAYS.

First giveaway will be at 10:30 a.m.

TO RSVP, PLEASE CALL 989-673-4121 BY MAY 14, 2024

WWW.HDC-CARO.ORG

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SENIOR SEMINAR

TUESDAY, MAY 28, 2024
10:00 A.M. - 1:00 P.M.
Midway Hall
- 188 Park Drive, Caro

KEY TOPICS

TUSCOLA COUNTY HEALTH DEPARTMENT

Angelita Fortushniak, BSN, RN from Sanilac County Health Department, will present on:

- Immunizations
- Preventative Respiratory Illness

Topic may be subject to change

HDC BINGOSIZE

Barb Grifka, HDC Activities Coordinator, will present on Bingosize.

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SENIOR SEMINAR

WEDNESDAY, JUNE 5, 2024
10:00 A.M. - 1:00 P.M.
Sandusky VFW Hall
- 850 S. Sandusky Rd., Sandusky

KEY TOPICS

SANILAC COUNTY HEALTH DEPARTMENT

Angelita Fortushniak, BSN, RN from Sanilac County Health Department, will present on:

- Immunizations
- Preventative Respiratory Illness

Topic may be subject to change

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