

CAREGIVER & KINSHIP

● ● ● ● CONNECTIONS ● ● ● ●

News, Important Dates, and More!

LEXINGTON SUPPORT GROUP CHANGES

The Lexington Support Group is no longer available. We are sorry for any inconvenience this may cause.

There will be a support group in Sandusky, MI in replace of Lexington. The support group will be at the Sandusky District Library, on the 2nd Wednesday of each month, from 1:00-3:00pm.



HISTORY OF HALLOWEEN

Halloween is a holiday celebrated each year on October 31, and Halloween 2023 will occur on Tuesday, October 31. The tradition originated with the ancient Celtic festival of Samhain, when people would light bonfires and wear costumes to ward off ghosts. In the eighth century, Pope Gregory III designated November 1 as a time to honor all saints. Soon, All Saints Day incorporated some of the traditions of Samhain. The evening before was known as All Hallows Eve, and later Halloween. Over time, Halloween evolved into a day of activities like trick-or-treating, carving jack-o-lanterns, festive gatherings, donning costumes and eating treats.

IMPORTANT DATES

- 10/05/23 - Tuscola County
- 10/08/23 - Pumpkin Festival

- 10/10/23 - Bad Axe Caregiver Support Group

- 10/11/23 - Sandusky Caregiver Support Group

- 10/17/23 - Parkinson's Support Group

- 10/18/23 - Caro Caregiver Support Group

- 10/19/23 - Breast Cancer Education Event - Lexington Senior Dining Center - 12:15 p.m.

- 10/23/23 - Breast Cancer Education Event - Bad Axe Senior Dining Center - 11:15 a.m.

- 10/26/23 - Breast Cancer Education Event - Caro Senior Dining Center - 12:15 p.m.

- 10/31/23 - Halloween

BREAST HEALTH MATTERS

October can feel different for each of us, some wear pink to celebrate, some quietly observe the month, some feel grief, and some feel unseen or misunderstood. We want to normalize it all. Here's what you need to know about Breast Cancer Awareness Month. The event began in 1985 as a week-long awareness campaign by the American Cancer Society, in partnership with Imperial Chemical Industries.



It eventually extended to a month-long event. Breast Cancer Awareness Month, held in October every year, aims to promote screening and prevention of the disease, which affects one in eight women in the United States every year and 2.3 million women worldwide. Known best for its pink theme color, the month features a number of campaigns and programs conducted by groups ranging from breast cancer advocacy organizations to local community organizations to major retailers aimed at: supporting people diagnosed with breast cancer, including metastatic breast cancer educating people about breast cancer risk factors stressing the importance of regular screening, starting at age 40 or an age that's appropriate for your personal breast cancer risk fundraising for breast cancer research. Although breast cancer is much more common in women, breast cancer affects men, too. In 2021, U.S. President Joe Biden designated October 17 through October 23 as Men's Breast Cancer Awareness Week.

HOLIDAY COPING

With the holidays around the corner, they can present an overwhelming number of demands. The excitement of holiday gatherings, events and activities can be exciting for some, but can also be stressful and sad for others. You may feel a build-up of anxiety of inevitable tensions of family relationships, pressure of holiday shopping, travel and gift expenses, hosting gatherings, and the feelings of loneliness and grief, can be highlighted during the next three months.

The most common symptom of holiday depression is a persistent or recurring feeling of sadness, which may last for a while or can occur for brief periods.

Some signs of holiday depression might include:

- changes in appetite or weight
- changes in sleep patterns
- depressed or irritable mood
- difficulty concentrating
- feelings of worthlessness or guilt
- feeling tense, worried or anxious
- loss of pleasure in doing things you used to enjoy

Some causes of holiday depression might include:

- lack of sleep
- excess eating and/or alcohol use
- financial stress
- isolation and loneliness
- unrealistic expectations

It is imperative that you take time for yourself, learn to say no if things are too stressful, and talk to someone when you are feeling down. The HDC Caregiver Advocate is always willing to listen and provide support to our caregivers by phone, email, zoom, or office/home visits.





HALLOWEEN SAFETY TIPS

With Halloween fast approaching, kids are getting excited to dress up as their favorite Disney princess, action hero, tv character or other, and go trick-or-treating for candy. Most kids are ready to scoop up all the candy while spending time with friends, however, parents and grandparents can be bound with worry. In addition, it can be fun for older adults to sit on their front porch and pass out goodies to all of the children who stop by. To ensure safety for everyone, here are some simple safety tips from youngsters to older adults.

Trick or Treaters - Ensuring Safety While on the Hunt:

- Parents/Grandparents/Guardians, stay with your little children and make them visible.
- Have a transportation plan for parties and drive with caution.
- Prevent costumes from tripping children and obstructing their vision.
- Read candy labels carefully and inspect candy for holes and expiration dates.
- Walk on lit sidewalks. Avoid yards and decorations.
- Teach children to look both ways for vehicles.
- Teach children to avoid getting into stranger's cars and homes.

Candy Passers:

- Make sure your sidewalk/porch is well-lit and free of cords, clutter and decorations, or anything that can be a tripping hazard.
- Check before opening the door. If you have a bad feeling, don't open the door and wait for them to leave.
- Always be aware of surroundings.
- Pass out candy that is wrapped, this will help parents feel at ease.
- Do not let young children pass out candy alone.
- Do not let strangers into your home that you do not know.
- Report if you see or hear anything unusual.



HAVE A SAFE AND FUN HALLOWEEN!



REMINDERS

Thank you all for participating in the first Caregiver Giveaway for the tablet. The Caregiver Advocate will draw one lucky winner, and the winner will be notified by phone.

That means the start of the next giveaway is officially underway! The same stipulations apply, you will be entered by four different ways:

1. Register for the Caregiver Program
2. Attend an HDC event
3. Check-in with the advocate by phone, office visit, home visit or zoom
4. Attend either the Kinship or Caregiver Monthly Support Group

Bonus

You will be entered if you refer someone to the Caregiver or Kinship Program!

The next drawing will take place in April 2024.

KINSHIP

Kinship Family Group is cancelled until further notice, effective 10/01/23.

The new Fiscal Year has officially started as of October 1, 2023!

If you are needing any help with heating, electricity, Christmas shopping, or anything else, please contact Kim Reynero to get started.

Kim Reynero

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