



APRIL 2024

THE ART OF CAREGIVER & KINSHIP CONNECTIONS

APRIL CAREGIVER SUPPORT GROUP TOPIC

Self-Care. This month’s topic is all about self care. It is important for you as a caregiver to have time to yourself, even if you can’t physically leave the house. We will go over ways to do self-care and what you do already and we will discuss if it is working or not working.



APRIL IS NATIONAL CHILD ABUSE MONTH

April is National Child Abuse Prevention (CAP) Month. It is a time when child wellness and child welfare organizations across the U.S. elevate the importance of creating systems and programs that put children and families first. Child Abuse Prevention Month was created because child abuse and neglect was both widespread and too often invisible. “Our children are our future” may be a cliché, but it’s still true that the more adults can have a positive impact on a child’s experiences, the stronger society will be. Child abuse and neglect doesn’t stem from just one cause, which is why stopping its destructive cycle is so difficult.

IMPORTANT DATES

- 4/09/24 Bad Axe Caregiver Support Group 1-3 p.m.
- 4/10/24 Sandusky Caregiver Support Group 1-3 p.m.
- 4/16/24 Parkinson’s Support Group 12:30-2:30 p.m.
- 4/17/24 Caro Caregiver Support Group 10a.m.-12 p.m.
- 4/20/24 An Evening In Venice Event - 5:30 p.m. The Brentwood - Caro
- 4/25/24 Caregiver Spring Celebration - 4 p.m. Cass City Jr/Sr High School
- 4/29/24 Tuscola Scam Presentation - Caro Library, 1:00 p.m.
- 5/01/24 Sanilac Scam Presentation - Sandusky Library, 1:00 p.m.
- 5/02/24 Huron Scam Presentation - Bad Axe First Presbyterian Church, 1:00 p.m.

CHILD ABUSE AWARENESS AND PREVENTION



Child abuse and neglect are preventable, and all communities benefit when children and families are well supported. Maybe you're a volunteer, a coach, a teacher, or a caregiver, someone ready and willing to know how to look for the signs of abuse among children and be able to prevent it.

The effects of childhood abuse and neglect range in the responses of children who have experienced abuse. Some children have lifelong trauma and lasting effects, whereas others can recover more quickly.

Physical Abuse

- Unexpected burns, cuts, bruises or welts
- Bite marks, swollen and tender limbs
- Antisocial behavior
- Problems at school
- Fear of adults

Sexual Abuse

- Inappropriate interest or knowledge of sexual acts
- Nightmares and bed wetting/soiling
- Drastic change in appetite or behavior
- Over-compliance or excessive aggression
- Fear of a particular person or family member



Emotional Abuse

- Depression
- Hostility or stress
- Eating disorders
- Apathy or hopelessness

Neglect

- Unsuitable clothing for the weather
- Extreme hunger
- Dirty or unbathed
- Lack of apparent supervision

Who To Contact To Report Child Abuse

Tuscola & Huron County:

The Child Advocacy Center of Tuscola County
1381 Cleaver Rd., Caro, MI | 810-610-8071

Sanilac County:

Sanilac County Child Abuse Prevention Council
171 Dawson St. Ste. 123, Sandusky, MI
810-648-4098

Or Call 855-444-3911,

Michigan Children's Protective Services



CHILD ADVOCACY BENEFIT EVENT : AN EVENING IN VENICE

LEAD Tuscola, a Leadership Program, is hosting a benefit event on Saturday, April 20, 2024 at 5:30 p.m., at the Brentwood Restaurant and Lounge in Caro. All proceeds will benefit the Child Advocacy Center of Tuscola County. There will be music, dancing, guest speakers, a silent auction, and an overview of how the CAC helps children in the community.

LEAD Tuscola class members will serve you an array of various delicious hors d'oeuvres, entrees and desserts. A cash bar is also available. Tickets are available for purchase for \$50 per person. If you'd like to attend please call Kim at 989-673-4121. Donations are also welcome.



2023-2024 LEAD TUSCOLA PRESENTS....

An Evening In Venice

DINNER * DRINKS * MUSIC * GUEST SPEAKERS * DANCING * SILENT AUCTION

Saturday, April 20, 2024, Opening at 5:30 p.m.

THE BRENTWOOD RESTAURANT AND LOUNGE
178 Park Drive | Caro, Michigan

\$50 PER PERSON
EACH TICKET INCLUDES:
HORS D'OEUVRES, MAIN COURSE, AND DESSERT.
Alcoholic beverages and mocktails available for purchase.
Semi-formal attire please

SPONSORSHIP PACKAGES AVAILABLE

For more information, buy tickets, or to Sponsor the event please call (989) 670-3129 or email at lead-2023@googlegroups.com

Proceeds benefit:
 The Child Advocacy Center of Tuscola County

HEALTH UPDATE: COVID-19

The Centers for Disease Control and Prevention has updated its COVID guidelines for 2024, removing the five-day isolation recommendation.

The changes mean people can return to work or regular activities if their symptoms are mild and improving and it's been a day since they've had a fever, without taking fever-reducing medication, but the CDC still recommends those with symptoms stay home. The CDC recommends additional prevention such as wearing a mask and keeping distance from others for an additional five days.

There is no change to guidelines for nursing homes and health care facilities however.

As part of the guidance, CDC suggests:

- Staying up to date with vaccination to protect people against serious illness, hospitalization, and death. This includes flu, COVID-19, and RSV if eligible.
- Recommends those 65+ receive the 2023-2024 updated vaccine.
- Practicing good hygiene by covering coughs and sneezes, washing or sanitizing hands often, and cleaning frequently touched surfaces.
- Taking steps for cleaner air, such as bringing in more fresh outside air, purifying indoor air, or gathering outdoors.

FINANCES - WAYS TO SAVE AS A SENIOR AND CAREGIVER

If you're a senior citizen, there's a good chance you're living on a fixed income. That means you're probably on the hunt for ways to save money and focus on the necessities. Below are tips on how to save money for you and your loved one.

Talk to a Licenced Medicare Broker

Medicare brokers with seniors for free to get them the best and most affordable Medicare program. Currently, there are 3,998 Medicare Advantage Plans (Part C) available. Don't pay anyone to help you get into a Medicare plan.

Take Advantage of Senior Discount Programs & Loyalty Programs

Tuesdays and Wednesdays are often senior discount days. Coupons are also a great way to lower your grocery bill as well as other items.

Utility Companies:

Ask your utility company if they have a senior savings or discount program.

Savings Account

Open a high-yield savings account, earning more interest per year.



Revamp Your Budget & Keep a Ledger

Take a closer look at your budget. Are you paying for subscriptions that you haven't used? Find ways to cut back, omitting dining out, limit impulse buying, etc. Visualize your spending by keeping a ledger.

Utilize Community Resources

HDC - Senior Transportation, Home Delivered Meals, Weatherization, Diaper/Incontinence Program for all ages.

DHHS - WIC, SNAP, Medicaid, Utility Assistance

Meal Plan

Take inventory of what's in the kitchen and create a menu based on what you have. Create a healthy food budget to save money and utilize the items you are going to eat. An average family throws away \$1,600 worth of produce annually.

Current Senior Discount Programs Available 2024 (Not All Listed) :

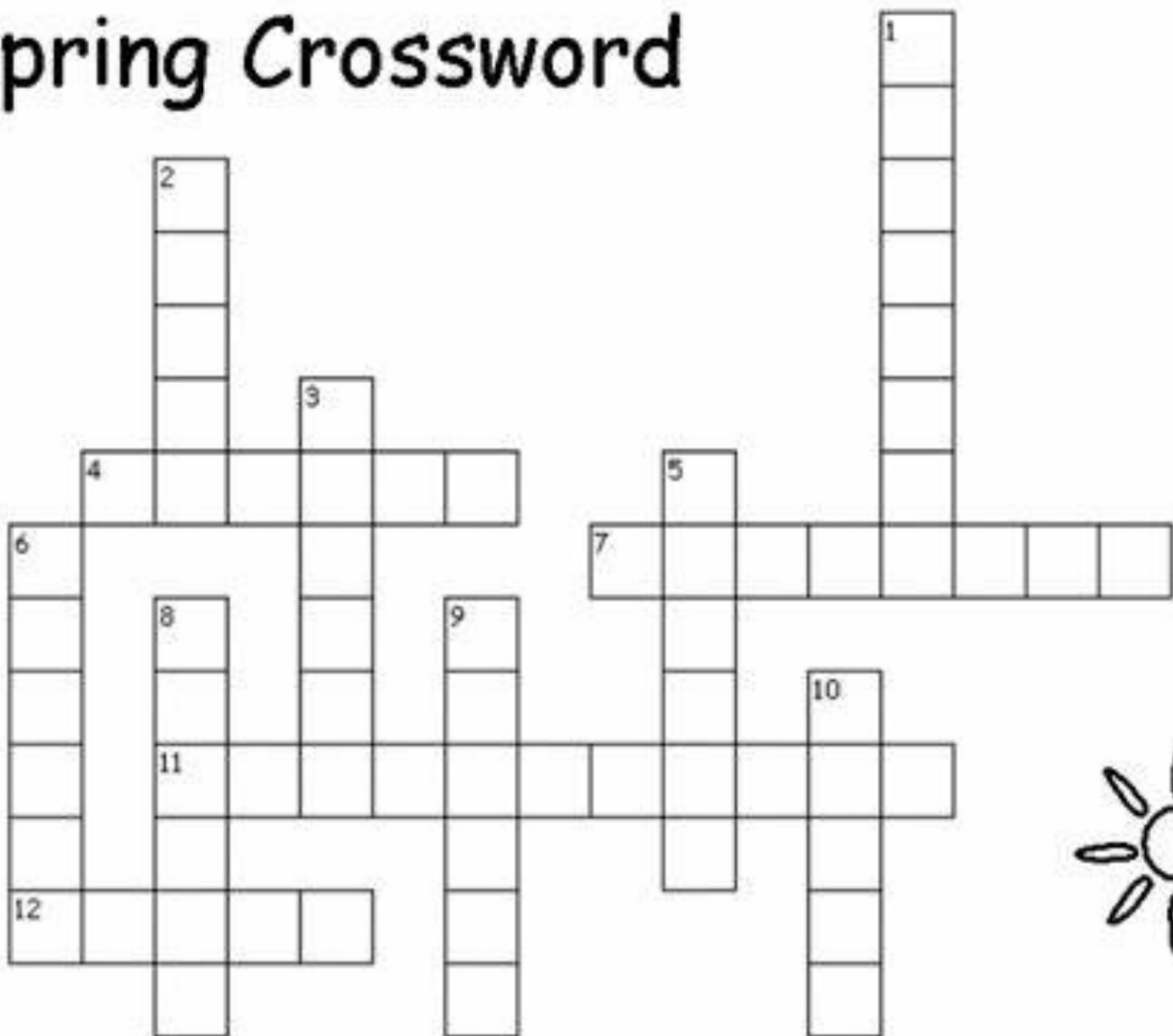
- AT&T : Provides a Senior Plan for 65+
- T- Mobile : Unlimited talk, text, data starting at \$27.50, 55+
- Goodwill : Senior Savings Day (Tuesdays) - 10% off your purchase for those 60+
- Rite-Aid : First Wednesday of the month - 20% off your purchase and 5x reward points for wellness program for 65+
- Amazon Prime : 50% off Prime Membership for those with SSI and/or SNAP
- Kohls : 15% off your purchase, 60+
- McDonald's : Discounted or free coffee at participating locations, 55+
- KFC - Free small drink with any meal, 55+



SPRING



Spring Crossword

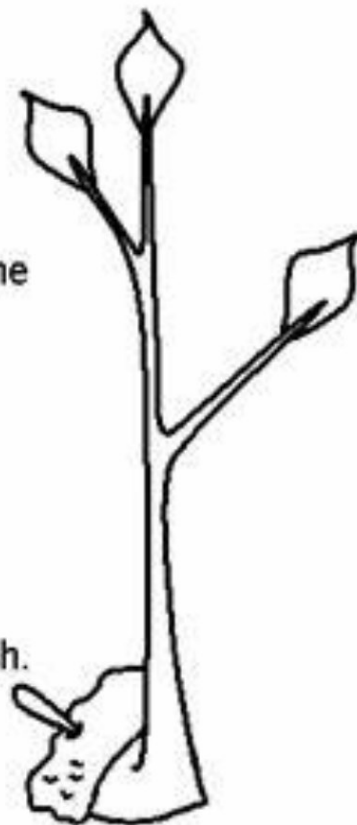


Across

4. To begin to grow and give off shoots or buds.
7. Baby duck.
11. Larval form of a butterfly.
12. Sow these in the ground in spring to get a harvest in the autumn.

Down

1. Yellow flower that makes a nice spring bouquet.
2. Dutch springtime flower.
3. Wear this on your head to fancy picnics or parades.
5. A small pool of water.
6. Fragrant bunches of purple flowers that grow on a bush.
8. Wear this to keep warm
9. The season between winter and summer.
10. Break out of an egg.



CAREGIVER / KINSHIP TABLET GIVEAWAY

Another six months have passed and that means another tablet giveaway will take place at the end of April. 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:

- Register for the Caregiver Program
- Attend an HDC event
- Check-in with the advocate by phone, office visit, home visit or zoom
- 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 October 2024.

CAREGIVER SUPPORT GROUPS

BAD AXE

Every 2nd Tuesday
of each month

Evangel Life
Assembly of God
Church
1356 S Van Dyke Rd

1:00 PM - 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 AM - 12:00 P.M.



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



Kim Reynero
Caregiver Advocate
kimberlyr@hdc-caro.org



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

CAREGIVER SPRING Celebration



Come celebrate spring with us and meet fellow family caregivers. Enjoy the time with your loved ones, make memories to last a lifetime, and enjoy a delicious meal.

Thursday, April 25th | Opens at 4:00 p.m.

**Cass City High School Cafeteria
4868 Seeger St, Cass City**

**CHICKEN ALFREDO | GARLIC BREAD | BROCCOLI
FRESH BERRY SALAD | REFRESHMENTS**

SPRING ACTIVITIES:

**Bird House Decorating • Flower Pot Decorating • Bingo
Photo Booth • Bird Feeder Decorating • Cornhole • Prizes**

To RSVP, please call Kim at 989-673-4121 by April 17th



Powerful Tools for Caregivers



This six-week class gives you the confidence and support to better care for your loved ones, and yourself.

May 6, 13, 20, 29
and
June 3 and 10, 2024

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

Sandusky District Library
55 E. Sanilac Road - Sandusky, MI

Space is limited to the first 12 people. Refreshments provided.

TO REGISTER:

Contact Kim at
1.800.843.6394

Caregivers will get tools to help:

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

At the end of the six weeks there will be gift give away.

Caregivers will receive The Caregiver Helpbook, which follows the curriculum and provides additional tools to address specific Caregiver issues