

# Caregiver Connections

August 2023

**Thank you to our Sanilac County Caregivers for coming to our first annual picnic! We would like to invite everyone to our all County picnic on August 17, 2023.**

**Pictured below are our raffle winners for our Caregiver baskets.**



Caregiver Winner: The Cutler Family



Kinship Winner: Robert and Bella Gainor

## August Important Dates:

August 8 - Bad Axe Support Group

August 9 - Lexington Support Group

August 15 - Parkinson's Support Group

August 16 - Caro Support Group

August 17 - Caregiver Picnic (Huron, Sanilac, and Tuscola County)

### NOTE:

Remember, each additional Caregiver event you attend or anytime you check-in with an Advocate after originally signing up, is an entry to win a free tablet!

If you have questions on our Caregiver giveaway please call 989-673-4121.



## 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!

# MINDFULNESS EXERCISES

## What is mindfulness?

Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment.

Spending too much time planning, problem-solving, daydreaming, or thinking negative or random thoughts can be draining. It can also make you more likely to experience stress, anxiety and symptoms of depression. Practicing mindfulness exercises can help you direct your attention away from this kind of thinking and engage with the world around you.

## What are the benefits of meditation?

Meditation has been studied in many clinical trials. The overall evidence supports the effectiveness of meditation for various conditions, including:

Stress - Anxiety - Pain - Depression - Insomnia - High blood pressure  
(hypertension)

Preliminary research indicates that meditation can also help people with asthma and fibromyalgia. Meditation can help you experience thoughts and emotions with greater balance and acceptance. Meditation also has been shown to:

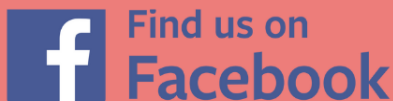
Improve attention - Decrease job burnout - Improve sleep - Improve diabetes control

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# MINDFULNESS EXERCISES EXAMPLES

There are many simple ways to practice mindfulness. Some examples include:

**Pay attention.** It's hard to slow down and notice things in a busy world. Try to take the time to experience your environment with all of your senses, touch, sound, sight, smell and taste.

**Live in the moment.** Try to intentionally bring an open, accepting and discerning attention to everything you do. Find joy in simple pleasures.

**Accept yourself.** Treat yourself the way you would treat a good friend.

**Focus on your breathing.** When you have negative thoughts, try to sit down, take a deep breath and close your eyes. Focus on your breath as it moves in and out of your body. Sitting and breathing for even just a minute can help.

You can also try more structured mindfulness exercises, such as:

**Body scan meditation.** Lie on your back with your legs extended and arms at your sides, palms facing up. Focus your attention slowly and deliberately on each part of your body, in order, from toe to head or head to toe. Be aware of any sensations, emotions or thoughts associated with each part of your body.

**Sitting meditation.** Sit comfortably with your back straight, feet flat on the floor and hands in your lap. Breathing through your nose, focus on your breath moving in and out of your body. If physical sensations or thoughts interrupt your meditation, note the experience and then return your focus to your breath.

**Walking meditation.** Find a quiet place 10 to 20 feet in length, and begin to walk slowly. Focus on the experience of walking, being aware of the sensations of standing and the subtle movements that keep your balance. When you reach the end of your path, turn and continue walking, maintaining awareness of your sensations.

Please Join Us  
For Our



# 1st Annual Caregiver Picnic

PIZZA | BREADSTICKS | SALAD | COOKIES | BOTTLED WATER

THURSDAY,  
AUGUST 17, 2023

11 a.m. - 3 p.m.

Must reside in Huron,  
Sanilac, or Tuscola County

Evergreen Park  
4731 N. Van Dyke - Cass City

Games, Educational Speaker,  
Splash Pad and Prizes

RSVP NO LATER THAN  
AUGUST 14, 2023  
BY CONTACTING  
1.800.843.6394

Open to  
Caregivers  
and  
their family