

CAREGIVER CONNECTIONS

JUNE 2023



Happy Father's Day!

Human Development Commission would like to take a moment and recognize all the fathers in our community. We want to say Happy Father's Day to all the Dads who have supported, loved and cared for their children over the years. We thank you for all that you do and continue to do for us every day.

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TOPIC

Our Caregiver Support Group topic for June is Alzheimer's and Dementia awareness. We will have someone who has been recently diagnosed with Alzheimer's and would love to answer any questions you might have about what your loved one may be experiencing.

TIPS FOR A HEALTHY AND ACTIVE LIFESTYLE FOR OUR CARE RECIPIENT

- Consider different activities the person can do to stay active, such as household chores, cooking and baking, exercise, and gardening. Match the activity to what the person can do.
- Help get an activity started or join in to make the activity more fun. People with dementia may lack interest or initiative, and can have trouble starting activities. If others do the planning they may join in.
- Add music to exercises or activities if it helps motivate the person. Dance to the music if possible.
- Be realistic about how much activity can be done at one time. Several short “mini-workouts” may be best.
- Take a walk together each day. Exercise is good for caregivers, too!
- Buy a variety of healthy foods, but consider food that is easy to prepare, such as premade salads and single portions.
- Give the person choices about what to eat, for example, “Would you like yogurt or cottage cheese?”

TIPS FOR HOME SAFETY FOR OUR CARE RECIPIENT

- If you have stairs, make sure there is at least one handrail.
- Put carpet or safety grip strips on stairs, or mark the edges of steps with brightly colored tape so they are more visible.
- Insert safety plugs into unused electrical outlets and consider safety latches on cabinet doors.
- Clear away unused items and remove small rugs, electrical cords, and other items the person may trip over.
- Make sure all rooms and outdoor areas the person visits have good lighting.
- Remove curtains and rugs with busy patterns that may confuse the person.
- Remove or lock up cleaning and household products, such as paint thinner and matches.

Important Dates

June 7 - Huron County Senior Seminar

June 12 - Huron County Caregiver Education

June 13 - Bad Axe Caregiver Support Group

June 14 - Lexington Caregiver Support Group

June 16 - Tuscola County Senior Fair

June 19 - Father's Day

June 20 - Parkinson's Support Group

June 21 - Caro Support Group

June 22 - Sanilac County Caregiver Education

June 23 - Sanilac County Senior Fair

June 29 - Sanilac County Caregiver Education

NOTE:

Remember for each additional Caregiver event you attend, 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.

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**"Doctors
Diagnose,
Nurses Heal,
& Caregivers
Make Sense
Of It All."**

BRETT H. LEWIS.