



—  
Caregiver  
Connections  
*May 2023*

*Happy Mother's Day!*

Mother's Day dates back to 1908 when activist, Anna Jarvis organized a memorial for her mother. Around the world today, this special celebration is held to respect and honor women for their contribution to their family. Women who serve and act as a mother should be shown love, not only on this day but everyday. Mothers ensure children are safe in the womb and home. She provides a safe environment, nourishment and the ability to connect to the world. In addition, you don't have to be a mother to protect and care for children, they can be a grandmother, aunt, teacher, or anyone who is there for children. On behalf of Human Development Commission, we want to say thank you to our women who are raising children when you didn't have to, and to commend you for it. You are doing a wonderful and beautiful job and your children are very lucky to have you! Their light shines brighter with you guiding and loving them every single day.

**NOTE**

**Caro's Caregiver  
Support Group  
will be moved to  
Tuesday, May 23, 2023  
10:00 a.m. - 12:00 p.m.**

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# Self-Care For Caregivers

The physical and emotional demands of caring for a loved one with a serious illness can be exhausting and even lead to burnout. It's important to maintain your own health and well-being so you can provide the best possible care.



- Eat a well-balanced diet and drink plenty of water every day.
- Exercise by taking short walks daily or at least three times a week.
- Listen to guided relaxation recordings or relaxing music.
- Don't overload your daily to-do list. Be realistic.
- Find a few hours several times a week for activities that you find meaningful and enjoyable.
- Share your feelings with family members or other caregivers, or join a support group.

Do You, or Your Loved One, Experience Moments of Confusion? Has the Fear of a Loved One Wandering from Home Caused You To Worry?

Now Offering FREE MyID Medical ID Through Miles for Memories



### Personal ID Nugget

- Can be worn in the shoe, on the shoelace, on a bra strap, or in a wallet.
- Has a QR code that is scannable and will give information on individual including, name, and address.
- Has an option to alert emergency contacts and call emergency services.

**FREE**



### Personal ID Bracelet

- Backside of bracelet has a QR code that can be scanned by any individual, emergency personnel or civilian to start process, information is available in 5 seconds.
- QR code will allow emergency personnel to identify person, their residence, emergency contacts, and health information.

**FREE**



### GPS Watch

- GPS watch must be charged every 2 days.
- Watch band has QR code to scan.
- Watch works off from a Verizon phone number.
- Has up to 10 contacts programmed in for easy calling.
- Watch will auto answer if not answered in 2 minutes.

**\$15/Month  
with Verizon**



Call Today For  
More Information:  
**800.843.6394**



## Important Dates

- May 2 - Huron County  
Commodity Food  
Distribution
- May 5 - Cinco De Mayo
- May 5 - Bad Axe Caregiver Support  
Group
- May 9 - Tuscola County Commodity  
Food Distribution
- May 10 - Lexington Caregiver  
Support Group
- May 11 - Sanilac County Community  
Education -Caregiver  
Mental Health
- May 14 - Mother's Day
- May 16 - Sanilac County  
Commodity Food  
Distribution
- May 16 - Parkinson's Caregiver  
Support Group
- May 18 - Huron County Community  
Education -Caregiver Mental  
Health
- May 23 - Caro Caregiver Support  
Group
- May 24 - Tuscola County Senior  
Seminar
- May 25 - Tuscola County Community  
Education-Caregiver Mental  
Health
- May 29 - Memorial Day
- May 30 - Sanilac County Senior  
Seminar

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Find us on  
**Facebook**

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

“Mental health...is not a destination, but a process. It’s about how you drive, not where you’re going.” – Noam Shpancer, PhD



**MENTAL HEALTH**  
AWARENESS MONTH  
MAY



# Caregiver Mental Health Workshop

**Join Us As We Discuss  
Ways To Care For  
Yourself While  
Caring For Others**

**Thursday, May 11, 2023  
12:30 p.m.**

**Marlette Senior Dining Center  
Marlette VFW Hall  
2942 N. Main Street**

Presented by:  
Kim Reynero  
Outreach/Caregiver Advocate

RSVP no later than  
May 8, 2023  
by calling 989-673-4121

Funded in part by Region VII Area Agency on Aging



**MENTAL HEALTH**  
AWARENESS MONTH  
MAY



# Caregiver Mental Health Workshop

**Join Us As We Discuss  
Ways To Care For  
Yourself While  
Caring For Others**

**Thursday, May 18, 2023  
11:15 a.m.**

**Bad Axe Senior Dining Center  
150 Nugent Road**

Presented by:  
Kim Reynero  
Outreach/Caregiver Advocate

RSVP no later than  
May 15, 2023  
by calling 989-673-4121

Funded in part by Region VII Area Agency on Aging



**MENTAL HEALTH**  
AWARENESS MONTH  
MAY



# Caregiver Mental Health Workshop

**Join Us As We Discuss  
Ways To Care For  
Yourself While  
Caring For Others**

**Thursday, May 25, 2023  
12:30 p.m.**

**Caro Senior Dining Center  
435 Green Street**

Presented by:  
Kim Reynero  
Outreach/Caregiver Advocate

RSVP no later than  
May 22, 2023  
by calling 989-673-4121

Funded in part by Region VII Area Agency on Aging