



Caregiver Connections

JULY 2023

THIS ISSUE:

Welcome Tabitha!
PAGE 01

Giving Support During
Firework Season
PAGE 02

Caregiver Picnic
PAGE 03

Important Dates
PAGE 04

WELCOME OUR NEW CAREGIVER ADVOCATE

Human Development Commission would like to introduce you to our newest staff member, Caregiver Advocate Tabitha Andrus. Tabitha lives in Saginaw with her boyfriend and two dogs. She has a Masters in Public Health and an endorsement in Gerontology from Saginaw Valley State University. She loves playing with her dogs, traveling, and being outside. Tabitha is so excited to become part of our Caregiver Advocate team and she can't wait to get to know each and everyone of you!

Supporting Your Loved One During Firework Season!

What You Can Do To Help As a Caregiver:

Talk about the fireworks prior to the holiday. Remind your loved one that the celebration is coming up and that they may begin to hear fireworks.

If your loved one lives alone, leave a note in places they will see that they will be hearing and possibly feeling fireworks. In the case of memory loss, this will serve as a consistent reminder throughout the holiday.

People who suffer from Sundown Syndrome are especially susceptible to firework distress as both incidents will occur at nearly the same time. Keep them inside a well-lit home until after the fireworks are done.

If you use respite care or they are with a caregiver, remind that person to discuss the upcoming celebrations and fireworks with them. Go over any past problems and discuss the best way to keep your loved one calm this year.

In cases of loved ones with significant ongoing anxiety, talk to their doctor prior to the Fourth of July and understand what symptoms demand medical attention.

If you will be with them, suggest ear protection, play comforting music, turn on a fan for white noise and have an exit strategy if the experience is too overwhelming.



Caregiver & Kinship Community Event



Please Join Us
For Our

1st Annual Caregiver Picnic

SUBS | CHIPS | COOKIES | WATERMELON | BOTTLED WATER

**THURSDAY,
JULY 13, 2023** | **11 a.m. - 3 p.m.**

Must live in
Sanilac County

**Doerr Field - South Pavilion
(Austin Street in Sandusky)**

Games, Educational Speaker,
Splash Pad, and Prizes

Open to
Caregivers
and
their family

RSVP NO LATER THAN
JULY 10, 2023
BY CONTACTING
1.800.843.6394



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

Open to
Caregivers
and

RSVP NO LATER THAN
AUGUST 14, 2023

Human Development Commission is hosting its first annual Caregiver and Kinship Picnic. This is a great way for our Caregivers to mingle with other Caregivers and talk amongst each other on their struggles while their loved ones and children get to interact with each other as well.

We will be having a guest speaker present on communication styles in different age groups, outdoor games, a splash pad, prizes you could win and yummy food to enjoy!

An RSVP is required for this event, please contact Sara, Kim or Tabitha at 989-673-4121 to RSVP.

Important Dates

- July 4 - Independence Day
- July 5 - Bad Axe Library Senior Services Fair
- July 10 - Rawson Memorial Library Senior Services Fair
- July 11 - Bad Axe Support Group
- July 12 - Lexington Support Group
- July 13 - Caregiver Picnic (Sanilac County ONLY)
- July 18 - Parkinson's Support Group
- July 19 - Caro Support Group
- July 24 - Lexington Education Event
- July 26 - Bad Axe Education Event
- July 27 - Mayville Education Event

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.



Sara Cutsinger

Caregiver Advocate
sarac@hdc-caro.org

Kim Reynero

Caregiver Advocate
kimberlyr@hdc-caro.org

Tabitha Andrus

Caregiver Advocate
tabithaa@hdc-caro.org



Find us on
Facebook

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

Refer A Friend

If you know anyone - friend, family member, neighbor, ect., 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!



FRESH
VEGETABLES



Healthy Eating

TIPS & TRICKS FOR STAYING WELL AND FIT

Monday, July 24, 2023
12:30 p.m.

Lexington Senior Dining Center
6964 Huron Avenue

Presented by: Kim Reynero,
Outreach Specialist/Caregiver Advocate

RSVP no later than
July 20, 2023 by calling
989-673-4121

Funded in part by Region VII Area Agency on Aging



FRESH
VEGETABLES



Healthy Eating

TIPS & TRICKS FOR STAYING WELL AND FIT

Wednesday, July 26, 2023
11:30 p.m.

Bad Axe Senior Dining Center
150 Nugent Road

Presented by: Kim Reynero,
Outreach Specialist/Caregiver Advocate

RSVP no later than
July 24, 2023 by calling
989-673-4121

Funded in part by Region VII Area Agency on Aging



FRESH
VEGETABLES



Healthy Eating

TIPS & TRICKS FOR STAYING WELL AND FIT

Thursday, July 27, 2023
12:15 p.m.

Mayville Senior Dining Center
315 W. Ohmer Road

Presented by: Kim Reynero,
Outreach Specialist/Caregiver Advocate

RSVP no later than
July 25, 2023 by calling
989-673-4121

Funded in part by Region VII Area Agency on Aging