



THE ART OF KINSHIP AND CAREGIVER CONNECTIONS



UPCOMING EVENTS:

- 3/04/24 Tuscola Powerful Tools for Caregivers - 4th Class
- 3/05/24 Huron County USDA Supplemental Food Program Distribution: 10 a.m. - 1 p.m.
- 3/06/24 Bad Axe District Library - Senior Outreach - 1 - 3 p.m.
- 3/11/24 Tuscola Powerful Tools for Caregivers - 5th Class
- 3/12/24 Bad Axe Caregiver Support Group : 1 -3 p.m.
- 3/13/24 Sandusky Caregiver Support Group : 1 -3 p.m.
- 3/14/24 Tuscola County USDA Supplemental Food Program Distribution: 10 a.m. - 1 p.m.
- 3/17/24 St. Patrick's Day!
- 3/18/24 Tuscola Powerful Tools for Caregivers - Final Class
- 3/19/24 Parkinson's Support Group: 12:30 p.m.-2:30 p.m.
- 3/19/24 Sanilac County USDA Supplemental Food Program Distribution: 10 a.m.-1 p.m.
- 3/20/24 Caro Caregiver Support Group: 10a-12p
- 3/25/24 Sanilac County Educational Event (See enclosed flyer)
- 3/27/24 Huron County Education Event (See enclosed flyer)
- 3/28/24 Tuscola County Educational Event (See enclosed flyer)
- 3/31/24 Easter Sunday!



Upcoming Caregiver Spring Celebration!

It is already time for another Caregiver special event. We hosted a Picnic last summer, a holiday Christmas party in December, and it is time for the next one, celebrating Spring.

Mark your calendars for Thursday, April 25, 2024 for our first Caregiver Spring Celebration! There will be activities for all ages, a dinner, spring family photoshoot, a guest speaker, and of course, another gift giveaway! We'd love to see our Caregivers, loved ones and families!

March Caregiver Support Group Topic



How often have you "lost it" while providing care or felt like you were on your last nerve? Anger and frustration are a normal part of being around someone who needs help on an ongoing basis whether they are a spouse, child or parent. Even the most loving and flexible family caregiver experiences anger, frustration and has a lack of patience. This month, we will discuss how to cope with these as a caregiver.



March Birthdays!

Happy Birthday to all of our care recipients who were born in March!

Human Development Commission would like to wish you a very happy birthday and we hope it is filled with fun, laughter and those you love!



MICHIGAN ALZHEIMER'S & DEMENTIA HEALTH UPDATE

Staff within the Michigan Department of Health and Human Services are now focused on dementia within the new Dementia and Healthy Brain Unit. Michigan's Dementia and Healthy Brain Unit has proposed to the Legislature to include an additional \$2 Million for FY 2024 for dementia-specific programming and services. Currently, Michigan has \$400,000 of funding available to this unit.

Dementia Unit Success:

- Secured a \$1.85 million federal grant over the next 5 years to build infrastructure and focus on early detection, diagnosis, risk reduction, and supporting dementia caregiving.
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- Developed and implemented a statewide public awareness campaign focused on brain health and prevention.
- And more!



Opportunities with Additional Funding:

- Alzheimer's and Dementia Navigation Program. Help with navigating and solving issues with insurance, finding resources and education.
- Expand Prevention for underserved populations
- Additional Provider Training
- And more!

MICHIGAN ALZHEIMER'S FAST FACTS!

Medicaid:
\$1.487 Billion
used in costs of
caring for those
with Alzheimer's
in 2020

16.9%
estimated
increase in
costs from
2020-2025

190,000 people
are living with
Dementia and is
expected to
increase to
220,000 by
2025

A DAY IN HISTORY

St. Patrick's Day

St. Patrick's Day Jokes

1. When is an Irish Potato not an Irish Potato?

When it's a French fry

2. How can you tell if an Irishman is having a good time?

He's Dublin over with laughter

3. Why can't Irish golfers ever end a game?

They refuse to leave the green

4. Why don't you iron four-leaf clovers?

Because you don't want to press your luck

5. What's the name of a popular Irish dance move?

The shamrock shake

St. Patrick's Day is celebrated annually on March 17, the anniversary of St. Patrick's death. The Irish have observed this day as a religious holiday for over 1,000 years. On St. Patrick's Day, which falls during the Christian season of Lent, Irish families would traditionally attend church in the morning and celebrate in the afternoon. Lenten prohibitions against the consumption of meat were waived and people would dance, drink and feast on the traditional meal of Irish bacon and cabbage.

In American, the first St. Patrick's Day Parade was held on March 17, 1601 in St. Augustine, Florida and in 1772, Irish Soldiers serving in the American military marched in NYC. Today, Americans of Irish decent celebrate the holiday by parading through the streets, celebrating their heritage, eating corned beef and cabbage and drinking Irish beer.

The most common St. Patrick's Day Celebration is of dying the Chicago River green. This started in 1962, when city pollution-control workers used dyes to trace illegal sewage discharges and realized that the green dye might provide a unique way to celebrate the holiday. That year, they released 100 pounds of green vegetable dye into the river, enough to keep it green for a week. Today, in order to minimize environmental damage, only 40 pounds of dye are used, and the river turns green for only several hours.





HOPPY EASTER!

Local Easter Egg Hunts

Community Easter Egg Hunt
Sandusky Diamond Trail
3/30/24 - 10a.m.

Easter Egg Hunt
Pigeon Event Center
3/30/24 - 12 p.m.

Easter Egg Hunt
Kohl Farms
5775 Colwood Rd,
Unionville
3/23/24 - 10 a.m.

Easter Egg Hunt
Meachum Elementary School -
Millington
3/30/24 - 11a.m.



Easter is upon us so here are some activities and crafts to do with seniors and children.

Here are some great activities for seniors at Easter that are ideal for all, including those with dementia or mobility issues.

- Easter Egg Hunt
- Easter Bingo
- Easter Trivia
- Making Spring Wreaths or Birdhouses
- Attending a church service
- Plan your garden
- Color Eggs

Here are some great activities for kids of all ages.

- Easter egg hunt
- Color eggs
- Go out for breakfast or brunch
- Easter egg toss
- Attend a church service
- Bunny race

Easter Basket Gift Ideas

Young Children:

- stuffed animal
- candy
- bubbles
- sidewalk chalk
- rain boots
- outside toy
- coloring book & crayons

Teens:

- stuffed animal
- candy / snacks
- sandals
- gift card
- water bottle
- diary
- sports equipment

Seniors:

- stuffed animal
- candy / snacks
- slippers
- skincare products
- book / coloring book / crosswords
- flowers
- handmade items
- Easter cards

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 PM

SANDUSKY

Every 2nd
Wednesday of each
month

Sandusky District
Library
55 E Sanilac Rd

1:00 PM - 3:00 PM

CARO

Every 3rd Wednesday
of each month

Human Development
Commission
429 Montague Ave

10:00 AM - 12:00 PM

TUSCOLA POWERFUL TOOLS FOR CAREGIVERS CLASS

It is NOT too late to register and attend Tuscola County
Powerful Tools for Caregivers Course!

You will receive a textbook, handouts, PowerPoints, resources,
and information on how to deal with real-life situations.

If you live in another county, you can still attend if these dates
work better for your schedule.



Light refreshments provided.



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



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

St. Patrick's Day Word Search

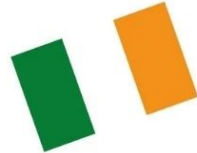
H C R A M K C U L I G J P L Y
 T X C R S J M R G R Y O U L U
 C O I N S H B J S I U Z C E R
 F K I R E L A N D S Z L S P G
 D E C S D U P M C H R H P R E
 P L E N H E D Q R T Y A A E R
 G W O B R A I S R O R U T C C
 B X F G D H M E Z A C X R H Y
 U S P F F E V R D B P K I A B
 P V I P N O N E O K Y T C U U
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 K M E C L X F O O G K O A A T
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 F B D C B W C F U T W F Y J Q



CLOVER
 GREEN
 LEPRECHAUN
 PARADE
 RAINBOW



COINS
 IRELAND
 LUCK
 PATRICK
 SHAMROCK



CORNED BEEF
 IRISH
 MARCH
 POT OF GOLD



EASTER COLORING PAGE

HOPPY
EASTER!

