

THE ART OF CAREGIVER & KINSHIP CONNECTIONS



HDC Senior Seminar Recap:

Thank you to everyone who participated in this year's HDC Senior Seminars. We presented on Preventative Health, Caregiving and Bingocize. Our generous community donated wonderful prizes that a few of you went home with! We appreciate your continued support and participation in our agency's events.

Contents:

- 1 Expanding SNAP
- 2 Back Safety for Caregivers
- 3 Summer Water Tips
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- 5 Surviving Summer With Kids
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Huron Powerful Tools For Caregivers (PTC) Class Update:

The remaining PTC classes will be held at the Bad Axe Senior Dining Center, 150 Nugent Rd., Bad Axe, from 10 a.m. - 12:30 p.m.

Dates: July 1, July 8, July 15
WWW.HDC-CARO.ORG

Caregiver Group Topic / Caro Group Change

Due to an Educational Summit, the **Caro Support Group will be held on July 24, 2024 from 10 a.m.-12 p.m. at the Caro HDC office**, instead of July 17, 2024.

For July's support group topic, we will go over the main problems your loved one suffers with from their disability.

Kinship Back to School Event

School is around the corner and that means another wonderful event sponsored by Region VII Area Agency on Aging.

Lunch and Bowling will be provided, and pre-registered kinship children will receive a free gift and back to school supplies. Please see attached flyer and to register, call Kim at 989-673-4121 or text 989-553-1724, by July 8, 2024.

Date: Thursday, August 8, 2024
Time: 12:00 p.m - 2:00 p.m.
Place: Cass City - Charmont Lanes
6138 E. Cass City Road, Cass City, MI 48726

Expanding SNAP Online Purchasing Options



The Food and Nutrition Service (FNS) is excited to announce a new option for SNAP online purchasing. FNS is dedicated to enhancing access to nutritious food for all Americans, and this expansion of SNAP online purchasing is another step forward in achieving that goal.

FNS is happy to introduce that we are piloting two online-only retailers in SNAP, Thrive and DashMart. Over the last several years, more than 200 SNAP authorized retailers, representing thousands of storefront locations, have offered online purchasing to SNAP participants. The addition of Thrive and DashMart marks the first inclusion of online-only retailers without a brick-and-mortar presence. FNS is piloting these retailers prior to expanding approvals to additional online-only retailers, ensuring that each retailer's unique business model is in alignment with SNAP eligibility requirements before granting any additional approvals.

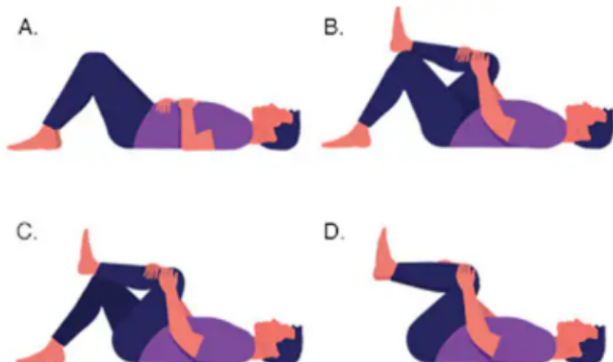


FNS is committed to continuing to expand options for shopping online, bringing a more diverse range of grocers online and further empowering SNAP participants to shop with ease and convenience. This further expands options for SNAP participants, especially those who live in areas with limited access to food, allowing them the same convenience and variety of options enjoyed by all Americans when it comes to grocery shopping.

Back Care for Caregivers: Safety First!

It's Summer, and that means we are out and about more and completing household tasks that have been pushed aside during the winter. Also, it means tending to gardens, landscaping and those we look after. As caregivers, it's often emphasized to us that we should "lift with our legs, not with your back." Yet, mastering the proper way to lift involves more than just adhering to this simple advice. Understanding the nuances of correct lifting techniques is crucial for protecting our backs while we look after others. Below are key points for caring for your back while caring for your loved one.

1. Master proper lifting techniques to protect your back and prevent strain.
2. Incorporate regular stretching and hydration to reduce back pain and injuries.
3. Utilize assistive devices like transfer belts and grab bars for safe caregiving.
4. Seek professional help and training to ensure efficient and safe caregiving practices.



Summer Water Tips:

Is your loved one dehydrated?



If a person doesn't drink much water, is it a big deal? In a word, yes!

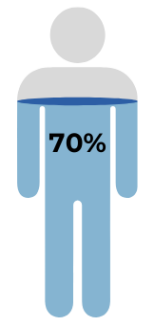
Our bodies are 50%-60% water. The brain is more than 66% water. But we lose 2-3 quarts of fluid daily through normal body processes.

We need to replace that fluid by drinking at least 6-8 glasses of water or nonsugar, noncaffeine, nonalcoholic beverages each day.

That's one glass every 2-3 hours. When the weather is hot, we need even more.

Between 20% and 40% of seniors regularly do not get enough water. The result is dehydration, which can have a variety of effects. The most common problems include:

- constipation
- confusion
- dizziness and falls
- bladder infections
- pressure ulcers, also known as bed sores



How do you know if your loved one is dehydrated?

Thirst may be a big sign, but it's unreliable. Many older adults lose the sensation of thirst. A dry or sticky mouth or headaches can signal dehydration. Muscle weakness, sleepiness, and tiredness are also signs. Dark urine is a sure sign.

The solution for dehydration is simple: Have your loved one drink more water! But remember, he or she may not have thirst. Here are friendly ways to support more fluid intake:

- Start slow. If your loved one drinks three glasses a day, shoot for four, and slowly increase.
- Understand the barriers. Often people are afraid to drink more water because they will have to use the bathroom more.
- Keep a pitcher of water out and handy all day.
- If you are visiting, pour a glass of water regularly.
- Make water drinks appealing. Add fruit or veggies.
- Try a sugar-free beverage if more flavor is needed.

According to the World Health Organization, getting 5 to 15 minutes of sunlight on your skin two or three times a week can give you a healthy dose of vitamin D. It's always smart to practice sun safety, from slathering on the SPF to getting an annual skin checkup. And be even more careful if you take medications or have conditions that make sun exposure dangerous.



HDC COUNTY SENIOR SEMINARS





HAPPY
4TH
' OF
JULY





4TH OF JULY



Word Search

T	I	E	I	I	D	W	P	O	N	G	U	Y	T
C	D	Q	N	J	J	D	P	A	R	A	D	E	B
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AMERICA
BARBECUE
DECLARATION
FIREWORKS
INDEPENDENCE

FREEDOM
FOURTH
JULY
PARADE
STATES

COLONIES
LIBERTY
FLAG
SUMMER
PATRIOTIC

Bug Bite Summer Safety

Summer is here and that means the irritating bugs have arrived. Nobody likes bug bites because they are often itchy, irritating, and painful. Despite the annoyance, bug bites are easy to detect and treat. Below are common bug bite appearances so you can be ready to treat!

DIFFERENT TYPES OF BUG BITES



WHEN TO SEEK MEDICAL ADVICE

In most cases, insect bites and stings can be treated at home with self-care measures. However, in some situations, it may be necessary to seek medical attention. Here are some warning signs to watch for:



Severe Allergic Reaction

If you have a history of severe allergic reactions to some insect bites or stings, or if you experience symptoms such as breathing difficulty, swelling of the face or throat, rapid heartbeat, or dizziness, seek emergency medical attention immediately.



Multiple Bites or Stings

If you have been bitten or stung multiple times, especially if the bites or stings are located on the head, neck, or throat, seek medical attention. Multiple bites or stings can increase the systemic reaction or infection risk.



Signs of Infection

If the affected area becomes red, swollen, or tender, or if you develop a fever, seek medical attention. These symptoms can be signs of an infection, which may require antibiotics or other medical treatment.



Sting from a venomous insect

If you are stung by a venomous insect such as a scorpion or black widow spider, seek medical attention immediately. These stings can cause severe pain, swelling, and other symptoms that require prompt medical treatment.



Sting near the eye

If you are stung near the eye, seek medical attention. This can cause swelling and inflamed bug bites that can affect vision.



Persistence of symptoms

If your symptoms persist or worsen despite self-care measures or you have any concerns or questions about your symptoms, seek medical attention.

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Tips to Surviving the Summer with Children

1. Create a Schedule
2. Plan Play Dates for Small Children
3. Schedule Rest Days
4. Introduce Household Chores
5. Plan a Day for Yourself

Outdoor Activity Suggestions

- | | | |
|---|---|---|
| <ol style="list-style-type: none"> 1. Make homemade ice cream 2. The lake... 3. Backyard campfire 4. Make s'mores 5. Water balloon fight 6. Go stargazing 7. Eat popsicles on a hot day 8. Have a barbecue 9. Drive-in movie | <ol style="list-style-type: none"> 10. Look for fireflies 11. Sidewalk chalk 12. Go for hike 13. Go for bike ride 14. Visit a farmer's market 15. Science Experiments 16. Build & launch model rockets 17. Watch a sunset 18. Make homemade lemonade 19. Kayak, canoe or paddleboard 20. Go to the shooting range 21. Splash in the puddles 22. Go fishing | <ol style="list-style-type: none"> 23. Go hunting 24. Build a fort 25. Train & run a race 26. Harvest time for the garden 27. Play frisbee 28. Frisbee Golf 29. Backyard games (i.e. croquet, bocce, kubbb, cornhole, horse-shoes, etc.) 30. Play catch 31. Go on a picnic 32. Explore! |
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Slow Cooked SUMMER Beef Casserole



Ingredients:

- 2 tbsp olive oil
- 600 g (1.3 lbs) braising beef chopped into chunks
- 2 tbsp plain (all-purpose) flour
- ½ tsp salt
- ½ tsp pepper
- 2 cloves garlic peeled and minced
- 330 ml (11 oz) Guinness or other ale
- 360 ml (1 1/2 cups) beef stock
- 1 red bell pepper chopped
- 1 green bell pepper chopped
- 1 small courgetti/zucchini chopped into chunks
- 3 tbsp grated parmesan cheese

Instructions:

1. Preheat the oven to 160C/325F (fan).
2. Heat the oil on a medium-high heat in a Dutch oven or other heavy-based pan. Place the beef in a bowl or bag and add the flour, salt, and pepper. Toss together to coat, then add the beef to the pan. Brown the meat all over (should take about 6-8 minutes).
3. Add the garlic, stir and cook for one minute, then add the Guinness and stock.
4. Bring to the boil, stir and place a lid on the pan. Place in the oven and cook for 3 hours (check every hour and top up with a splash of water if it's starting to look a little dry).
5. After 3 hours add in the in chopped peppers and courgette. Place the lid on and place back in the oven for 5 minutes. This should ensure the veg stays crunchy but is warmed through.
6. Take out of the oven and, sprinkle on the parmesan, parsley, and red onion slices, then serve with warm couscous.

Program Update: New Caregiver Books

We received a few more books that you can check out to read. If you'd like to check them out, please call Kim at 989-673-4121.

<u>No.</u>	<u>Title</u>
1	Where Two Worlds Meet - A Guide to Connecting With Your Teenage Grandchildren
1	The Grandfamily Guidebook - Wisdom and Support for Grandparents Raising Grandchildren
2	Dear Caregiver - It's Your Life Too. 71 Self-Care Tips, Manage Stress, Finding Joy in Caregiving
2	The 36-Hour Day



SCHEDULE OF EVENTS
JULY 28 - AUGUST 3, 2024



155 Fair St. • Bad Axe, MI 48413

Livestock • Games • Rides • Rodeo
Redneck Truck Race • Harness Horse Racing
TTPA Tractor Pull • Live Music
USA Quack Pack

GATE ADMISSION..... \$5.00 (10 and younger FREE) Mon-Sat
GRANDSTAND & RIDES Separate Fees
AUTO PARKING FREE..... Sun-Sat

For a complete schedule of events, visit

Huroncommunityfair.com
(989) 269-7542

TUESDAY, JULY 30, 2024 -KIDS DAY!
Sponsored by: McLaren Thumb-Region

IMPORTANT DATES

- 7/01 Huron PTC Class #4- Bad Axe Senior Dining Center 10:00 a.m. - 12:30 p.m.
- 7/04 OFFICE CLOSED - Happy 4th of July!
- 7/08 Huron PTC Class #5- Bad Axe Senior Dining Center 10:00 a.m. - 12:30 p.m.
- 7/09 Bad Axe Caregiver Support Group, 1-3 p.m.
- 7/10 Sandusky Caregiver Support Group 1-3 p.m.
- 7/15 Huron PTC Class #6 - Bad Axe Senior Dining Center 10:00 a.m. - 12:30 p.m.
- 7/16 Parkinson's Support Group 12:30-2:30 p.m.
- 7/24 Caro Caregiver Support Group 10 a.m. - 12 p.m.
- 7/29 Tuscola County Transitioning into Teenhood Education Event Caro Area District Library 1 p.m.
- 7/30 Huron County Transitioning into Teenhood Education Event: Bad Axe District Library - 1 p.m.
- 7/31 Sanilac County Transitioning into Teenhood Education Event Sandusky Library - 1 p.m.



JULY 20-27 2024
TUSCOLA COUNTY FAIRGROUNDS
CARO, MI

(Entrance on M-81 next to Pizza Hut)

FREE WiFi On Grounds All Week!

www.tuscolacountyfair.org

COMMERCIAL VENDORS WELCOME!

Commercial Vendor Space Rental available during the fair.
 For Midway Hall & Vendor Booth Specials, contact John Riley at tuscolacountyfair@hotmail.com

JULY 23

Carnival Opens at Noon Kid's Day: Free T-Shirts (Ltd. qty.)
 Reduced Admission ages 2-14 until 6pm.
 Thumb Truck and Tractor Pull.



Find us on Facebook

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