

## JULY IMPORTANT DATES

July 4 - Independence Day

July 5 - Bad Axe Library Senior Services Fair

July 10 - Rawson Memorial Library Senior Services Fair

July 13 - Caregiver Picnic (Sanilac County ONLY)

July 19 - Kinship Family Group

July 24 - Lexington Education Event

July 26 - Bad Axe Education Event

July 27 - Mayville Education Event

### NOTE:

Remember, each additional Caregiver event you attend or anytime you check-in with an Advocate 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  
saracehdc-caro.org

Kim Reynero

Caregiver Advocate  
kimberlyrehdc-caro.org

Tabitha Andrus

Caregiver Advocate  
tabithaaehdc-caro.org

## KINSHIP CHANGES

Our Caregiver Advocacy Program is always evolving and we are adding an additional Caregiver to our team. Tabitha will now oversee the Kinship Program, while Kim focuses more on Community Education. Please address all future questions, concerns, and check-ins to Tabitha. As always, you can talk to any of the three Advocates for any needs.

JULY 2023

# The Art of Kinship

News, Current Events, Kinship Changes, Important Dates and More



## SENIOR SEMINAR UPDATES

Our 4th Annual Senior Seminar was another success! We appreciate everyone's dedication in supporting the agency and everything we do to help our seniors in the community. We had multiple guest speakers present on fire and home safety, banking safety and scams, and nutrition and food budgeting. Our very own Caregiver, Robin Spencer (top picture, second to the left), went home with new outdoor items, as well as other community members who got to enjoy a realm of different items. Your support is what keeps these events going!



 Find us on  
**Facebook**

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

# CHILDREN & NUTRITION

## Caregiver & Kinship Community Event



Please Join Us  
For Our

### 1st Annual Caregiver Picnic

SUBS | CHIPS | COOKIES | 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

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.



Please Join Us  
For Our

### 1st Annual Caregiver Picnic

SUBS | CHIPS | COOKIES | WATERMELON | BOTTLED WATER

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Nutrition for kids is based on the same ideas as nutrition for adults. Everyone needs the same types of things, such as vitamins, minerals, carbohydrates, protein and fat. These are called nutrients. Children need different amounts of specific nutrients at different ages. The best eating pattern for a child's growth and development considers the child's age, activity level and other characteristics. Check out these nutrition basics for kids, based on the latest Dietary Guidelines for Americans. Food packed with nutrients, with no or limited sugar, saturated fat, or salt added to it, is considered nutrient dense. Focusing on nutrient-dense foods helps kids get the nutrients they need while limiting overall calories.

### Consider these nutrient-dense foods:

**Protein.** Choose seafood, lean meat and poultry, eggs, beans, peas, soy products, and unsalted nuts and seeds.

**Fruits.** Encourage your child to eat a variety of fresh, canned, frozen or dried fruits. Look for canned fruit that says it's light or packed in its own juice. This means it's low in added sugar. Keep in mind that 1/4 cup of dried fruit counts as one serving of fruit.

**Vegetables.** Serve a variety of fresh, canned, frozen or dried vegetables. Choose peas or beans, along with colorful vegetables each week. When selecting canned or frozen vegetables, look for ones that are lower in sodium.

**Grains.** Choose whole grains, such as whole-wheat bread or pasta, oatmeal, popcorn, quinoa, or brown or wild rice.

**Dairy.** Encourage your child to eat and drink fat-free or low-fat dairy products, such as milk, yogurt and cheese. Fortified soy beverages also count as dairy.

### Aim to limit your child's calories from:

**Added sugar.** Naturally occurring sugars, such as those in fruit and milk, aren't added sugars. Examples of added sugars include brown sugar, corn sweetener, corn syrup and honey. To avoid added sugar, check nutrition labels. Choose cereals with minimal added sugars. Avoid sodas and other drinks with added sugars. Limit juice servings. If your child drinks juice, make sure it's 100% juice without added sugars.

**Saturated fats.** Saturated fats mainly come from animal sources of food, such as red meat, hot dogs, poultry, butter and other full-fat dairy products. Pizza, sandwiches, burgers and burritos are a common source of saturated fat. Desserts such as cakes and ice cream are another common source of saturated fat. When cooking, look for ways to replace saturated fats with vegetable and nut oils, which provide essential fatty acids and vitamin E.

**Salt.** Most children in the United States have too much salt in their daily diets. Another name for salt is sodium. Salt can hide in sandwiches, where the sodium in bread, meat, condiments and toppings adds up. Processed foods, such as pizza, pasta dishes and soup, often have high amounts of salt. Encourage snacking on fruits and vegetables instead of chips and cookies. Check nutrition labels and look for products low in sodium.

## Phrases to Use When Your Child Isn't Listening by Wendy Snyder

"What do you need to remember?" Take a break from: "Be careful." For example you might say, "What do you need to remember when you play at the park?" Kids often ignore when we say the same thing over and over again. Instead, engage their critical thinking skills.

"Please talk softly." Take a break from: "Stop yelling!" or "Be quiet!" For example you might say, "Please talk softly or whisper," (said in a whisper voice). Some kids are naturally louder than others. If they have trouble speaking softly, show them where they can go to be loud and also use the power of the whisper. In combination with a gentle touch and eye contact, whispering is an incredibly effective way to get kids to listen.

"Would you like to do it on your own or have me help you?" Take a break from: "I've asked you three times, do it now!" For example you might say, "It's time to leave. Would you like to put on your shoes by yourself, or have me help you?" Most kids respond incredibly well to being empowered. Give them a choice and their critical thinking skills override their temptation to push back.

"What did you learn from this mistake?" Take a break from: "Shame on you" or "You should know better." For example you might say, "What did you learn and how will you do it differently next time, so you don't get into trouble?" Focusing on motivation to change behavior for the future will get you much better results than placing shame on past misbehavior.

"Please \_\_\_\_\_." Take a break from: "Don't!" or "Stop it!" For example you might say, "Please pet the dog gently" or "Please put your shoes in the closet." We don't go through our day with people telling us what not to do. You will get the best results by telling kids what you want to see happen not what you don't want to see happen.

"Do you want to go now or in 10 minutes?" Take a break from: "Time to go...now!" For example you might say, "Do you guys want to leave the park now or play for 10 minutes?" After ten minutes you then need to leave. Kids love to be in charge of their own destiny, especially powerful kids. Give them a choice and they'll respond much better when it is time to go.

"Stop, breathe, now ask for what you want." Take a break from: "Stop whining!" For example you might say, "Let's stop, breathe together; now try to ask for what you want." Be sure to model this along with your child and keep repeating it calmly until they can self-calm and change the way they're talking.

"Respect yourself and others." Take a break from: "Be good." For example you might say, "Remember to respect yourself and others while you play with your friends in the park today." Be specific here as kids often don't absorb the general statements we throw at them. Ask for what you want and have them restate what is important to remember.

"Use your teamwork skills." Take a break from: "Don't be bossy!" and "No one will want to play with you if you act like that." For example you might say, "You're a great leader. Remember to use your teamwork skills today. Ask your friends questions, instead of telling them what to do and let others have a turn leading too." Many kids who have a strong desire to lead are often told they are bossy and no one will want to be their friend. A strong desire to lead is a positive attribute so coach them on using good teamwork skills. Let them know good leaders ask questions and let others take turns leading.

## KINSHIP NEWS



### 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!

## Welcome Our New Caregiver Advocate

### Welcome, Tabitha!



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 Degree in Public Health and an endorsement in Gerontology from Saginaw Valley State University. She loves to play with her dogs, travel, and be 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!

# FIREWORK SAFETY & TIPS

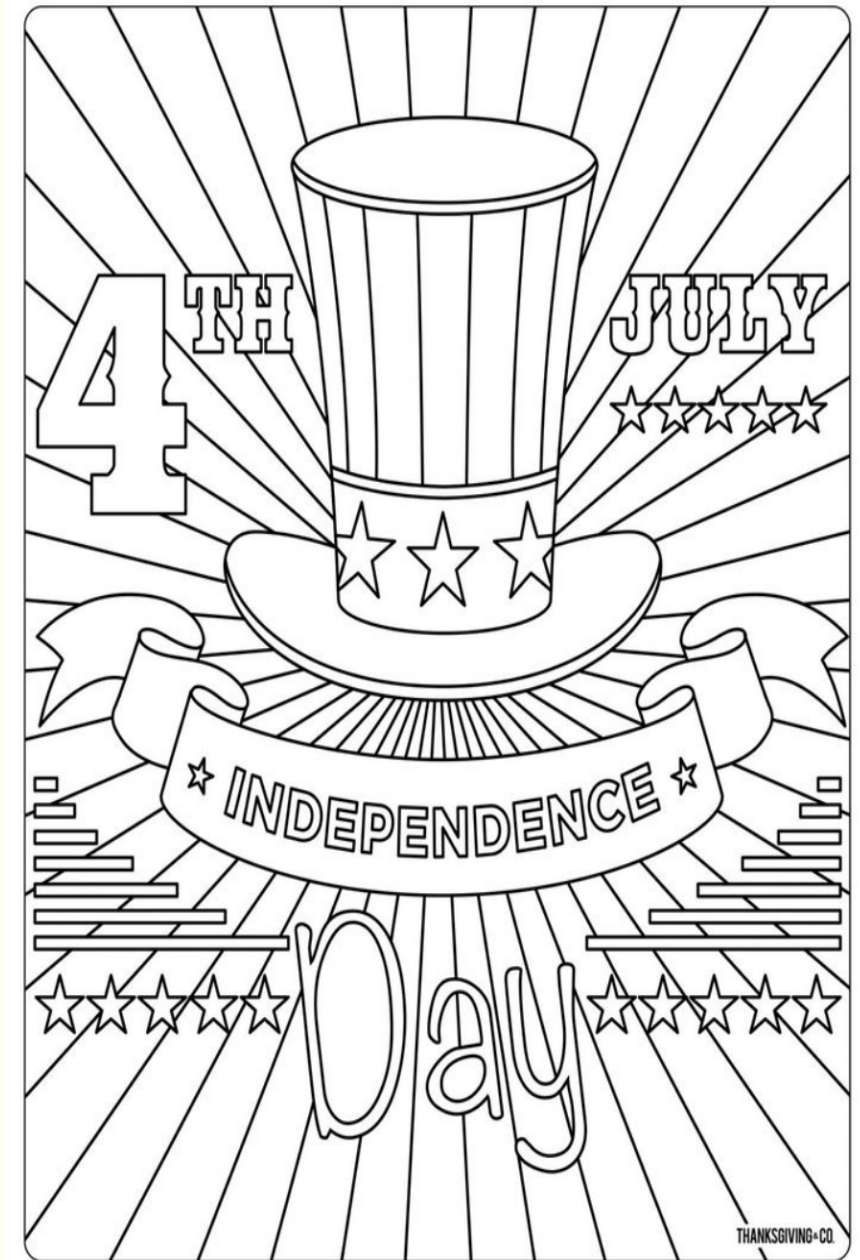
Fourth of July is a highlight of summer, and fireworks are often part of the festivities. Because of how common they are, many parents may think at-home fireworks are harmless for their children, but that is, unfortunately, not true. More than 10,000 people are treated in emergency departments in the U.S. each year due to fireworks injuries. Of these, nearly a third are children under age 15. If you choose to make fireworks part of your celebration, follow these safety tips from the Children's Health<sup>SM</sup> Injury Prevention team to keep your family safe and injury-free.

## Seven fireworks safety tips

- If you choose to use fireworks at home, only purchase legal fireworks from a reputable dealer. Avoid fireworks meant for professional displays, and never tamper with the products. Read and carefully follow the instructions listed on the safety label to reduce your chances of a firework-related injury.
- Never give small children bottle rockets or sparklers. Sparklers may seem harmless, but they can reach temperatures up to 1,800 degrees Fahrenheit. As an alternative, give kids glow sticks.
- Never let young children touch or light fireworks. Keep children at least 10 feet from the area where fireworks are lit. In addition, never point fireworks at another person, carry fireworks in your pocket or wear loose clothing around fireworks.
- As a rule, keep a bucket of water or a hose handy for emergencies and for disposing of fireworks.
- Never relight a firework that did not go off. Wait at least 15 minutes, soak the firework in water and dispose of it in a trash can. Be sure to get rid of any unused fireworks in the same way.
- If at-home fireworks feel unsafe for your family, skip them altogether and opt for a local fireworks display.
- If you choose to go to a show, explain what will happen to your young children, who could become frightened of the noise and lights.

## What are the most common fireworks-related injuries?

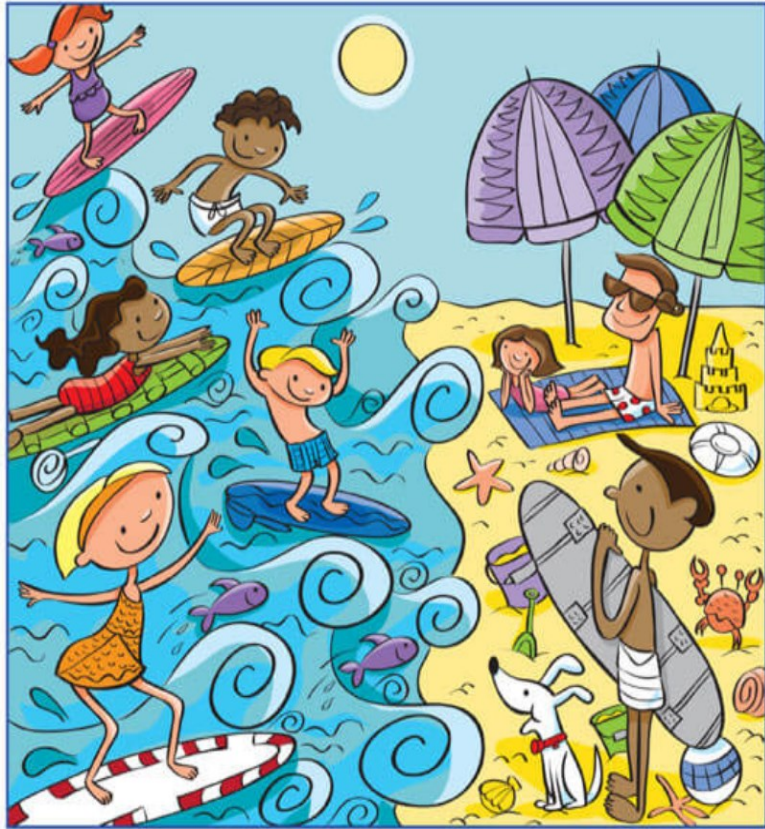
- Firework injuries often occur to the hands and arms and are frequently caused by holding a lit firework when it goes off. As a result, these injuries are often burns. Burns can also occur when sparks from sparklers fly off and land on skin or clothing. Eye injuries may happen if a firework hits someone in the face or head.
- What should I do if my child is injured by a firework?
  - You can treat small cuts or scrapes at home. Be sure to disinfect the wound and cover it with a clean bandage. For anything more serious, including larger burns, sprains, broken bones or suspected concussions, be sure to bring your child to your doctor or hospital right away. In the case of an eye injury, ensure your child does not touch or rub the area, as this can worsen the injury.



4th  
of July

# CAN YOU FIND THESE ITEMS?

## Hidden Pictures Grab a Board



Illustrated by Jackie Stiffert

-  paper airplane
-  teacup
-  envelope
-  lollipop
-  hat
-  dog bone
-  bat
-  spoon
-  slice of pizza
-  flashlight
-  candy cone
-  mallet
-  ladder
-  spatula

# JULY 2023



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3	4 Independence Day!	5	6	7	8	9
10	11 Huron County Commodity Food Distribution 10-1	12	13 Sanilac County Caregiver Cookout 11-3 Tuscola County Commodity Food Distribution 10-1	14	15	16
17	18 Sanilac County Commodity Food Distribution 10-1	19 Kinship Family Group	20	21	22	23
24/31 24th -Nutrition Education Event	25	26 Nutrition Education Event	27 Nutrition Education Event	28	29	30





# 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





# 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





# Healthy Eating

TIPS & TRICKS FOR STAYING WELL AND FIT

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

**Mayville Senior Dining Center**  
**150 Nugent 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