

The Art Of Caregiver and Kinship Connections



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- Compassion Fatigue
- Child Awareness Month
- Mental Health in Children
- Alzheimer's Brain Health
- Important Dates and June Birthdays
- Huron County Powerful Tools
- Education Events



UPDATE:

Due to a lack of participation, the Sanilac County Powerful Tools for Caregivers course has been cancelled. If you would like more information, please contact Kim at 989-673-4121.

Please see the back for details on Huron County Powerful Tools for Caregivers starting date.



Caregiver Tablet Giveaway Winner:

Pat Lemerand from Huron County is the lucky giveaway winner for the tablet to help her loved one and herself.

Congratulations!

Our next giveaway will take place in October 2024.



Caregiver Group Topic:

This month, we will have Joanna Fix talk via Zoom, about her daily routine and struggles while she lives with Dementia in Huron County. Additionally, this month's topic is Stress Management. We will go over common stressors, how to cope with them, and ways to de-stress yourself as a caregiver.

HDC and County Senior Fairs:

Thank you to those who participated in the Senior Seminar for Huron and Tuscola Counties. Your support is greatly appreciated!

Sanilac County: Human Development Commission
 June 5, 2024 - 10 a.m. - 1:00 p.m.
 Sandusky VFW Hall, 850 S. Sandusky Road, Sandusky

Tuscola County: Tuscola Senior Fair
 June 14, 2024 - 9:00 a.m. - 12:00 p.m.
 Tuscola Technology Center - 1401 Cleaver Rd. - Caro

Sanilac County: Sanilac Senior Fair
 June 28, 2024 - 10:00 a.m. - 1:30 p.m.
 Sandusky High School, 191 Pine Tree Lane - Sandusky

Summer Recipe: Grilled Chicken With Peach Glaze



Ingredients:

- 2 cups peach preserves or jam
- 3 Tbsp olive oil, plus more for brushing
- 2 Tbsp low sodium soy sauce
- 1 Tbsp Dijon mustard
- 1 Tbsp finely chopped garlic
- 1 small jalapeno, finely chopped
- Salt & pepper
- 8 frenched chicken breasts
- 4 ripe peaches, cut in half and pitted

Directions:

1. Combine the peach preserves, olive oil, soy sauce, mustard, garlic and jalapeno in a medium bowl and season with salt and pepper. Reserve 1/2 cup.
2. Preheat the grill. Brush the chicken with olive oil and season with salt and pepper.
3. Place the chicken skin-side down and cook until golden brown, 6 to 7 minutes.
4. Turn over and continue cooking for 5 to 6 minutes.
5. Brush both sides with the peach glaze and continue cooking until done, an additional 4 to 5 minutes.
6. Place the peach halves cut side down on the grill and grill for 2 minutes.
7. Turn over, brush with the reserved 1/2 cup of peach glaze and grill until the peaches are soft, 3 to 4 more minutes.

Compassion Fatigue:

Are you a Caregiver experiencing reduced feelings of empathy, emotional detachment, loss of interest in your favorite activities or increased conflict in your personal relationships? It could be possible that you are experiencing compassion fatigue. Compassion fatigue is a term that describes the physical, emotional, and psychological impact of caring for others, often through experiences of stress or trauma. Sometimes compassion fatigue is mistaken for burnout, which, although similar, has notable differences. While burnout is one part of this form of fatigue, it is fatigue that builds over time. Compassion fatigue, on the other hand, encompasses a more specific experience. Over time, your ability to feel and care for others become eroded through overuse of your skills of compassion. Some coping mechanisms to reduce compassion fatigue and keep balance in your life are:

- If you feel overwhelmed and out of control, take a moment to think about what you do have control over and what you can change.
- Establish a good self-care routine that includes eating healthy, getting more exercise and getting enough sleep.
- Reach out to others for support, whether that's friends, family or a peer support group.
- Set aside time for meaningful activity and find ways to connect with loved ones.
- Take a break from the news and limit the time you spend online every day.

If you have given these things a try and still feel overwhelmed, it's important to seek out professional help which could help ease the symptoms of anxiety, stress and exhaustion while also exploring healthy coping mechanisms.

June - National Child Awareness Month

Children's Awareness Month takes place in June every year. It is a special month that focuses on a generation of leaders who will pave the way for our future. Did you know that the word 'June' relates to 'children'? It is derived from the Latin word 'Ju-Ven-Is' which translates to 'youth.' This is why the month of June is annually set aside to celebrate and focus on children.

5 FACTS ABOUT YOUNG CHILDREN EVERYBODY NEEDS TO KNOW

1. About 15.5 million U.S. children have witnessed domestic violence.
2. Globally, children are more likely to end up in orphanages because of poverty than parent loss.
3. Child empowerment has been proven to spark creativity and make kids healthier.
4. In 2019, an estimated 1,840 children died as a result of abuse and neglect.
5. Children who stay in orphanages for a longer period may experience social developmental delays.



WHY CHILDREN'S AWARENESS MONTH IS IMPORTANT

Children's Awareness Month is a positive holiday that helps children understand that they are powerful creators in their own world. It also boosts their learning skills and makes them effective learners.

Psychological development is as important as physical and mental development. It forms a crucial basis for decision making, forming ideologies, and enhancing personal abilities.

Empowering children to be aware and grow to greater heights boosts their confidence and self-esteem, and makes them happy and comfortable. Child empowerment is a worthy and ethical cause.



5 MENTAL HEALTH CONDITIONS THAT CAN AFFECT CHILDREN



ANXIETY DISORDERS

Anxiety disorder is a feeling of unease, such as worry or fear, that can be mild or severe. Some children who feel shy on social situations may need some help with this.



ATTENTION- DEFICIT/HYPERACTIVITY DISORDER (ADHD)

(ADHD) is a behavioural disorder that includes symptoms such as inattentiveness, hyperactivity and impulsiveness. This usually occurs in more than one situation, such as at home and at school.



EATING DISORDERS

An eating disorder is when you have an unhealthy attitude to food, which can take over your life and make you ill. It can involve eating too much or too little or becoming obsessed with your weight and body shape.



SCHIZOPHRENIA

Schizophrenia is a chronic illness that causes a child to lose touch with reality (psychosis). Schizophrenia most often appears in the late teens but can develop earlier.



AUSTISM SPECTRUM DISORDER (ASD)

Autism is a developmental disorder of variable severity that is characterised by difficulty in social interaction and communication. Autism is usually diagnosed from an early age with many support options available.

Children can have the same mental health conditions as adults, but their symptoms may be different. Know what to watch for and how you can help. Mental health conditions in children are most often defined as delays or changes in thinking, behaviors, social skills or control over emotions. These problems distress children. Mental health conditions disrupt their being able to act well at home, in school or in other social settings.

If your child has:

Sudden changes in school performance/poor grades	Frequent changes in emotions and mood
Delayed physical or mental development	Frequent temper-tantrums/aggression
Poor attention/hyperactivity	Recent sleep disturbance



Visit your nearest health center with your child

April 25, 2024 Caregiver Spring Celebration



**GRAND PRIZE WINNERS:
ELLEN AND JOE RADOMSKI**



DOOR PRIZE WINNERS



BINGO PRIZE WINNERS



Summer

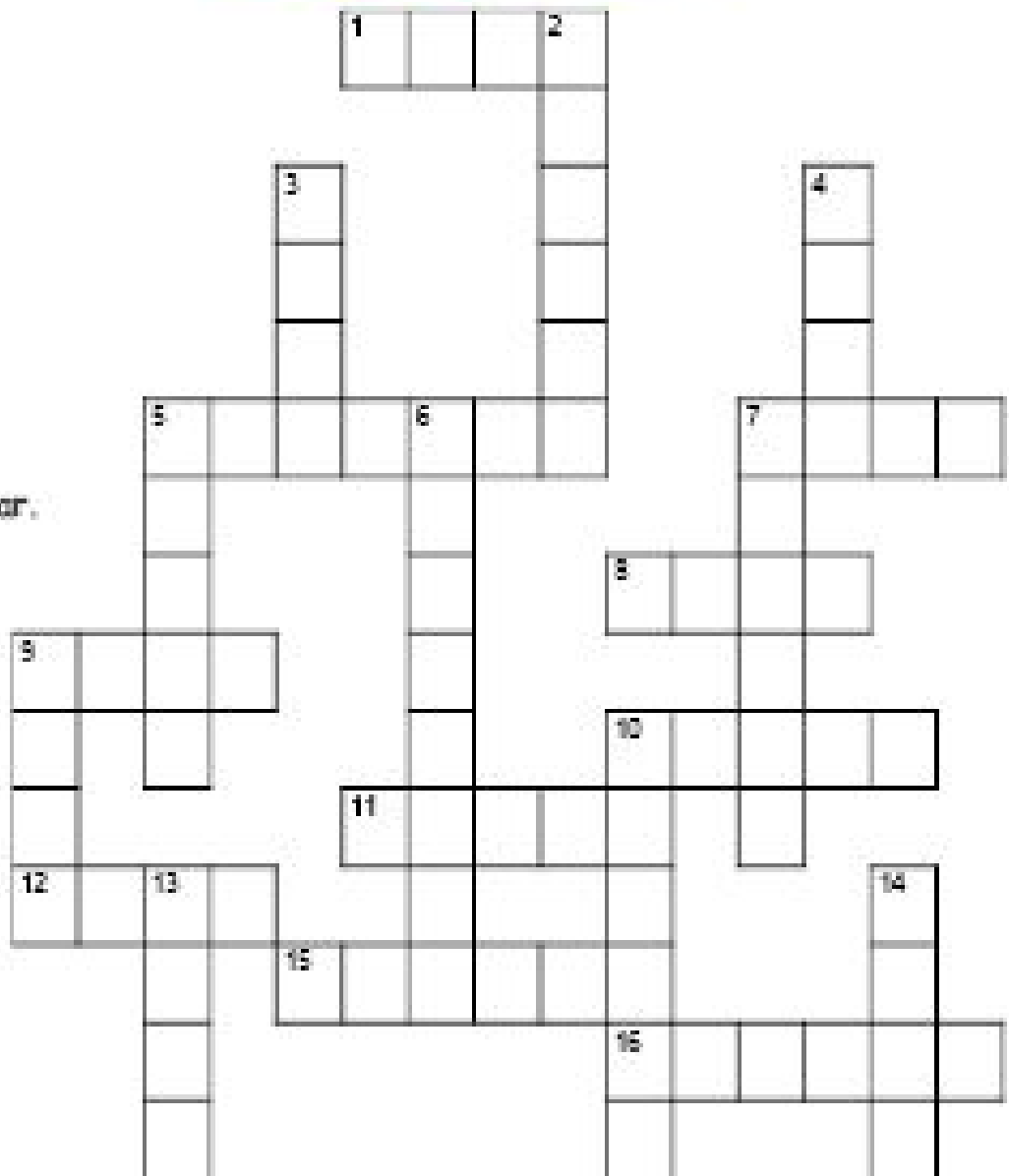


Across

1. Grains on the beach.
5. Living in a tent.
7. It warms you up.
8. Two wheeled transportation.
9. Comes with a shovel.
10. Full of daylight.
11. A sandy shore.
12. Area of inland water.
15. Warmest 3 months of the year.
16. Top for warm weather.

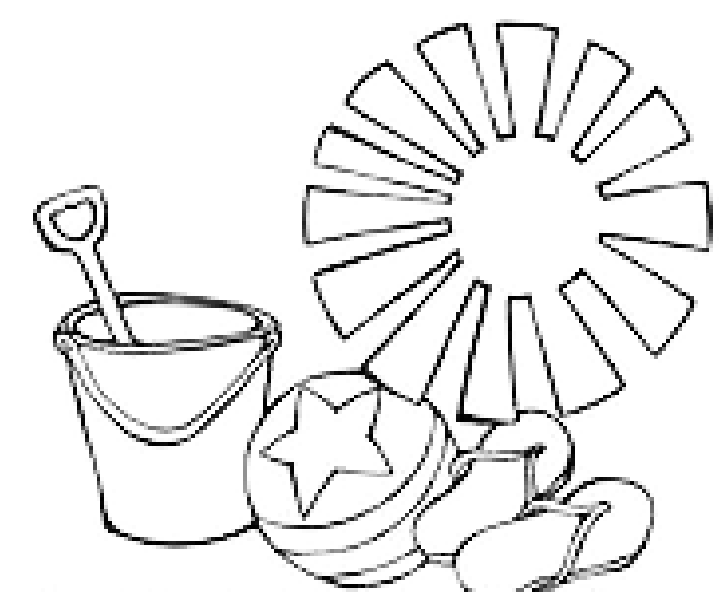
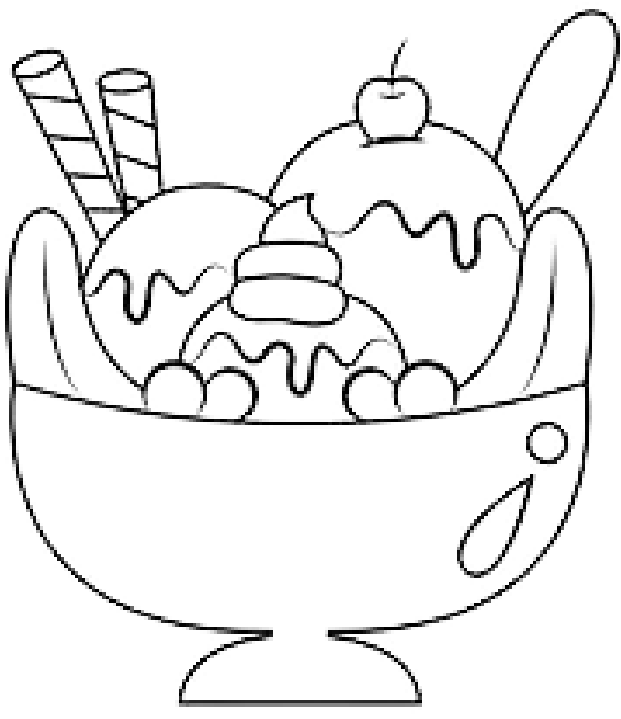
Down

2. Plunging into the water.
3. Move through the water.
4. Summer hazard.
5. House in the woods.
6. Frozen treat.
7. Trail walking.
9. A place to swim
10. Pants for hot weather.
13. Toy for a windy day.
14. Mildly hot.



Word Bank

BEACH, BIKE, CABIN, CAMPING, DIVING, FIRE, HEAT, HIKING, ICE CREAM, KITE, LAKE, PAIL, POOL, SAND, SHORTS, SUMMER, SUNNY, SWIM, T-SHIRT, WARM



SUMMER

Alzheimer's & Brain Health Awareness Month

Alzheimer's and Brain Awareness Month is observed in June as an opportunity to spread the word about and discuss Alzheimer's disease and other dementias. Throughout the month, the Alzheimer's Association encourages people around the globe to support the movement by wearing purple and training their brains to fight the disease. The occurrence of dementia goes way back to before it was named. Ancient Egyptians, in 2000 B.C. were aware of the fact that memory declines as people grow old.

5 FACTS ABOUT ALZHEIMER'S THAT YOU DIDN'T KNOW

1. Around the world, an estimated 47 million people around the world are living with Alzheimer's and other dementias, and if a change doesn't come by 2030, this number will grow to 76 million.
2. Each second counts. A person develops Alzheimer's disease in the United States every 65 seconds.
3. Caregivers. In America, more than 16 million people take care of family or friends with Alzheimer's or dementia.
4. A leading disease. In the U.S., Alzheimer's is the sixth leading cause of death and 6.2 million of those living with Alzheimer's disease are over 65.
5. Alzheimer's or other dementia kills one in three seniors and deaths due to this disease are more than prostate cancer and breast cancer combined.

WHY ALZHEIMER'S AND BRAIN AWARENESS MONTH IS IMPORTANT

1. It spreads the word. This month helps spread awareness about Alzheimer's and other dementia along with the different kinds of care that people with the disease require. It motivates people to know more about the disease.
2. It's for the elders. People with Alzheimer's or other dementia often withdraw from society and even family. This month promotes talking to them and reminding them that they are special.
3. It propels research. Alzheimer's and Brain Awareness Month is a way to propel research and find a cure for Alzheimer's disease. When more people come together, things are achieved faster.

1910: The Name

Alzheimer's Disease is named after Lois Alzheimer but by his senior colleague, psychiatrist Emil Kraepelin who used the term "Alzheimer's disease" in his book, "Psychiatrie."

1931:

Deeper into the Brain

The electron microscope is invented by Germans Max Knoll and Ernst Ruska. This allows the brain to be studied in detail.

1980: Founding the Alzheimer's Foundation

The Alzheimer's Foundation is established with Mr. Jerome H. Stone as the founding President.

1993: The First FDA

Approved Drug

The FDA approves tacrine (Cognex) as the first drug targeted specifically towards Alzheimer's symptoms.

IMPORTANT DATES



- 6/05/24 Sanilac County Senior Seminar - Sandusky VFW Hall 10 a.m. - 1 p.m.
- 6/10/24 Huron PTC Class #1 - First Presbyterian Church - Bad Axe 10 a.m. - 12:30 p.m.
- 6/11/24 Bad Axe Caregiver Support Group, 1-3 p.m.
- 6/12/24 Sandusky Caregiver Support Group, 1-3 p.m.
- 6/14/24 Tuscola County Senior Fair, Tuscola Technology Center 9 a.m. - 12 p.m.
- 6/16/24 Father's Day!
- 6/17/24 Huron PTC Class #2 - First Presbyterian Church - Bad Axe 10 a.m. - 12:30 p.m.
- 6/18/24 Parkinson's Support Group 12:30-2:30 p.m.
- 6/19/24 Caro Caregiver Support Group 10 a.m. - 12 p.m.
- 6/24/24 Huron PTC Class #3 - First Presbyterian Church - Bad Axe 10 a.m. - 12:30 p.m.
- 6/25/24 Sanilac County Poverty Education and Intervention Class - Marlette Library - 1 p.m.
- 6/26/24 Huron County Poverty Education and Intervention Class - First Presbyterian Church - 1 p.m.
- 6/27/24 Tuscola County Poverty Education and Intervention Class - Caro Area District Library - 1 p.m.
- 6/28/24 Sanilac County Senior Fair

Tuscola Senior Project Fresh 2024

Registration is open until June 1, 2024 for Tuscola County residents. 100 coupons available this year due to funding cuts.

✦
Please call 989-672-3870 to leave your name and number.

60 YEARS OR OLDER, WITH INCOME LEVEL:

\$27,861 annual income for household of 1
\$37,814 annual income for household of 2

June Caregiver Birthdays:

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!

ROBIN SPENCER

Happy Father's Day!

Father's Day is a day to show love, gratitude and appreciation to all the fathers, grandfathers, uncles, and those who fill the fatherly role, everywhere, through acts of love. In many U.S. households, the third Sunday in June begins with breakfast, showing appreciation to your dad doing outdoor activities.

A few traditional gifts fathers receive on this day are handmade cards, grilling items, tools, sporting equipment, and apparel. How do you celebrate the fathers in your life?

Juneteenth - Juneteenth National Independence Day

Juneteenth is a federal holiday in the United States, signed by President Biden in 2021. The holiday marks the day when Union Soldiers arrived in Galveston, Texas, on June 19, 1865, and informed slavery had been abolished, two years after President Lincoln issued the Emancipation Proclamation. Today, organizations use this day to recognize the culture and achievements of African Americans.

Caregiver Support Groups

Bad Axe

Every 2nd Tuesday of
each month

Evangel Life
Assembly of God
Church
1356 S. Van Dyke Rd

1:00 P.M. - 3: 00 P.M.

Sandusky

Every 2nd
Wednesday of each
month

Sandusky District
Library
55 E. Sanilac Rd

1:00 PM - 3: 00 P.M.

Caro

Every 3rd Wednesday
of each month

Human Development
Commission
429 Montague Ave

10:00 A.M. - 12: 00 P.M.

Huron County Powerful Tools for Caregivers:

It is not too late to sign up for the Powerful Tools for Caregivers Course. This course will give you the confidence and support to better care for you and your loved one. Please call Kim at 989-673-4121 to RSVP. Refreshments will be provided and there will be a giveaway to those who participate at the conclusion of the course.

Caregivers Will Receive Tools To Help:

- Locate Helpful Resources
- Reduce Stress
- Improve Self-Confidence
- Make tough decisions
- Manage Time, Set Goals, and Solve Problems

Course Includes:

Textbook
Light Refreshments
Real - Life Scenarios

Dates:

June 10
June 17
June 24
July 1
July 8
July 15

Time:

10:00 a.m. -
12:30 p.m.

Location:

First Presbyterian Church
112 E Woodworth Street,
Bad Axe

Powerful Tools
FOR Caregivers

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@Human Development
Commission Community
Action Agency



Kim Reynero
Caregiver Advocate
kimberlyr@hdc-caro.org

**Human
Development
Commission**
Community Action Agency

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

Powerful Tools for Caregivers



This six-week class gives you the confidence and support to better care for your loved ones, and yourself.

Caregivers will get tools to help:

- Locate Helpful Resources
- Reduce Stress
- Improve Self-Confidence
- Make Tough Decisions
- Manage Time, Set Goals, and Solve Problems

At the end of the six weeks there will be gift give away.

June 10, 17, 24
and
July 1, 8, and 15, 2024

10:00 a.m. - 12:30 p.m.

First Presbyterian Church
112 E. Woodworth St. - Bad Axe

Space is limited to the first 12 people. Refreshments provided.

TO REGISTER:

Contact Kim at
989.673.4121

Caregivers will receive The Caregiver Helpbook, which follows the curriculum and provides additional tools to address specific Caregiver issues