

..... NOVEMBER 2023

CAREGIVER & KINSHIP CONNECTIONS



Happy Thanksgiving!

Thanksgiving Day is a national holiday in the United States. In 1621, the Plymouth colonists from England and the Native American Wampanoag people shared an autumn harvest feast that is acknowledged as one of the first Thanksgiving celebrations in the colonies. For more than two centuries, days of thanksgiving were celebrated by individual colonies and states.

It wasn't until 1863, in the midst of the Civil War, that President Abraham Lincoln proclaimed a national Thanksgiving Day to be held each November. In many American households, the Thanksgiving celebration has lost much of its original religious significance; instead, it now centers on cooking and sharing a bountiful meal with family and friends. Turkey, a Thanksgiving staple so ubiquitous it has become all but synonymous with the holiday, may or may not have been on offer when the Pilgrims hosted the inaugural feast in 1621. Other traditional foods include stuffing, mashed potatoes, cranberry sauce and pumpkin pie. Volunteering is a common Thanksgiving Day activity, and communities often hold food drives and host free dinners for the less fortunate.

CAREGIVER TABLET GIVEAWAY WINNER!



Pictured - Cheryl Caulkins

Cheryl is our first giveaway winner for the tablet to help her loved one and herself. Our next giveaway will take place in April 2024.

HOW TO INCLUDE LOVED ONES INTO FALL ACTIVITIES

LOVED ONES WITH DEMENTIA

1. Bake together using seasonal fruits and vegetables , apple pie and pumpkin bread.
2. Visit an apple orchard or pumpkin patch together. Or bring apples and pumpkins to the person.
3. Dry corn cobs, then make into popcorn.
4. Go on an autumn walk to enjoy the fall leaves and talk about any birds or nature you see, the colors of the leaves changing and the species of trees.
5. Make some autumn-themed crafts.
6. Rake leaves
7. Do a Jigsaw Puzzle.

FAMILIES WITH KIDS

1. Visit a petting zoo.
2. Make a pinecone bird feeder.
3. Go on a nature scavenger hunt in the backyard.
4. Attend a fall festival.
5. Have a fall picnic.
6. Visit an apple orchard.
7. Build a scarecrow stuffed with newspaper.
8. Make a classic apple crisp or cookies.
9. Decorate pumpkins.
10. Visit a corn maze.
11. Go on a hay ride.
12. Visit a haunted house.

TOP 10 THANKSGIVING FOODS IN AMERICA

Whether you're all about those Thanksgiving sides or more focused on the main dish, when the fourth Thursday in November rolls around, you want to bring all the deliciousness to the table. While every family has their own must-haves, HDC has gathered a list of the ten most popular Thanksgiving foods from around the country.

1. Turkey - roasted, baked or deep fried



2. Mashed Potatoes and Gravy

3. Stuffing - either boxed or homemade



4. Sweet Potatoes

5. Dinner Rolls - homemade, canned or from a bakery

6. Corn

7. Cranberry Sauce

8. Green Beans

9. Macaroni and Cheese



10. Pumpkin Pie

What are your favorite Thanksgiving Foods?

HEALTHY ALTERNATIVE THANKSGIVING FOODS

Although traditional thanksgiving food may have extra calories and look tempting, Thanksgiving CAN be healthy if you are following a certain diet! Below are a few healthy options to switch out the carb infused foods that we set on our table.

1. Roasted Baby Carrots

2. Butternut Squash

3. Holiday Roasted Vegetables with Cranberries and Pecans



4. Cauliflower Stuffing

5. Spinach Stuffed Turkey Breast

6. Healthy Apple Nachos

7. Cranberry Crumble Bars





PROPER NUTRITION FOR THE HOLIDAYS

The holidays are filled with family, parties, traditions and lots of yummy, festive food. But research shows that most adults usually gain some sort of weight over the holiday season. But don't despair, this year can be different! It's possible to make smart, healthy decisions while still enjoying yourself. Here are 10 tips from [Allie Wergin](#), registered dietitian nutritionist at [Mayo Clinic Health System](#), to help you have a healthier holiday:

1. Don't skip meals. Skipping a meal with the goal of saving calories prior to a holiday event can often backfire and lead to overeating due to ravenous feelings of hunger. Having a filling snack, such as fruit, string cheese, yogurt or a small handful of nuts, can help to curb your appetite and prevent overeating.
2. Contribute a healthy dish. Ensure at least one nutritious choice is available at potlucks by contributing a healthy dish.
3. Choose your splurges. Scan the buffet or dinner table and choose a couple holiday favorites to splurge on instead of foods that you can have any other day of the year.
4. Think Color. Make a plate look festive by including fruits and veggies. Aim to cover half the plate.
5. Choose drinks wisely. Stick to calorie-free drinks, such as water, tea or seltzer, instead of high-calorie festive drinks. Alcoholic beverages contribute empty calories and can cause you to make poor judgments with food. If you do choose to drink alcohol, do so in moderation, and alternate each alcoholic drink with a glass of water.
6. Visit the people, not the food. Move socializing away from the buffet or appetizer table to prevent mindless eating.
7. Say no to food pushers (politely).
8. Savor seasonal treats. Having treats once a year will not make or break your weight. Make sure you take time to really taste and enjoy that special treat when you have it.
9. Eat until you are satisfied, not stuffed. No one likes that icky, stuffed feeling after a meal. Eat slowly, and check your fullness levels while you're eating. Remember — there are always leftovers!
10. Don't feel guilty. If you did overindulge, don't beat yourself up. Just make sure your next meal is healthy, and be sure to incorporate exercise into your routine.

FIRST ANNUAL CAREGIVER HOLIDAY PARTY!

Human Development Commission is hosting its First Annual Caregiver Holiday Party for current and new Caregiver and Kinship customers. This event is going to offer a free holiday meal, games, activities, prizes and a special visit from Santa Clause! For more information, or if you would like to RSVP, please call Kim Reynero at 989-673-4121.

CAREGIVER APPRECIATION DAY



National Family Caregivers Month is every November in the United States. In 2023, it will run from Wednesday, November 1 to Thursday, November 30. It's observed to call attention to the hard work of more than 50 million family caregivers across the country. Family Caregivers may provide many different types of support to those of all ages, personal care, medical care, other tasks such as grocery shopping, transportation, housekeeping, etc.

Caregiver Action Network (the National Family Caregivers Association) began promoting national recognition of family caregivers in 1994. President Bill Clinton signed the 1997 National Family Caregivers Week Presidential Proclamation. Every U.S. president since has followed the practice each November. President Joe Biden signed the most recent presidential proclamation on a national month to recognize family caregivers on October 31, 2022.

The 2022 National Family Caregiver Month presidential proclamation reads:

“Family caregivers are the backbone of our Nation’s long-term care system, doing essential work with devotion, often at great emotional and financial cost. We owe them. It is time to bring their service out of the shadows and celebrate and support them in living their own happy, healthy, and fulfilling lives.”

From Human Development Commission, we thank all of our caregivers who have devoted their lives to adopting their grandchildren/nieces/nephews and caring for their parents/spouses. Your love and attention never goes unnoticed.

IMPORTANT DATES

- 11/02/23 - Tuscola County Commodity Food Distribution
- 11/07/23 - Huron County Commodity Food Distribution
- 11/08/23 - Sandusky Support Group
- 11/09/23 - OFFICE CLOSED - Veteran's Day Observed
- 11/14/23 - Bad Axe Support Group
- 11/15/23 - Caro Support Group
- 11/21/23 - Parkinson's Support Group
- 11/21/23 - Sanilac County Commodity Food Distribution
- 11/22/23 - Tuscola County Influenza Education Seminar
- 11/23/23 - OFFICE CLOSED - Thanksgiving Day!
- 11/28/23 - Sanilac County Influenza Education Seminar
- 11/30/23 - Huron County Influenza Education Seminar

NEW 2023-24 FISCAL YEAR UPDATES:

Our new fiscal year started October 1, 2023 and will go until September 30, 2024. Every year, our Caregiver Advocacy Program customers must update their paperwork, which includes a consent form and questionnaire about who the caregiver is caring for.

To update your information, please contact Kim Reynero to schedule either an office or home visit at 989-673-4121.

Kim Reynero

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