

REGION 9 AREA AGENCY ON AGING (AAA)



ADULT DAY SERVICE PROVIDER QUARTERLY NEWSLETTER

ARENAC, CHEBOYGAN, OGEMAW, OTSEGO AND ROSCOMMON

Hello ADS Providers! Fall is in the air, and with it comes the anticipation of delicious holiday food and pleasurable family gatherings. I hope you enjoy this edition of the Adult Day Service Provider Quarterly Newsletter!

TYPE-A
TYPE-B

PERSONALITY TYPES

Knowing your own and your staff members' personality types can be incredibly helpful in creating a more effective, supportive, and cohesive workplace. By understanding how individuals prefer to work, communicate, and handle stress, you can tailor tasks more thoughtfully, foster stronger team dynamics, and reduce conflict.

This insight also promotes empathy and improves collaboration enabling everyone to contribute their strengths while supporting one another's growth. Ultimately, it's a simple yet powerful tool for boosting morale, productivity, and workplace harmony.

TYPE A: HIGH ACHIEVER

CHARACTERISTICS:

- Highly competitive and achievement-oriented.
- Strong sense of urgency and impatience.
- Often organized and driven.
- May have difficulty relaxing or sitting still.
- Prone to stress and tension.

STRENGTHS:

- Productive, goal-focused, proactive, often high achievers.

CHALLENGES:

- Higher risk of stress-related health issues (e.g., heart disease).
- Can be prone to anger or frustration.

BEST ENVIRONMENTS:

- Fast-paced, challenging, structured settings where they can lead or strive for results.

TYPE B: THE COLLABORATOR

CHARACTERISTICS:

- Relaxed and easygoing.
- Less concerned with competition or time pressure.
- Enjoy life and take a flexible approach.
- More inclined to balance work and leisure.

STRENGTHS:

- Resilient under pressure, content, better at managing stress.
- Enjoys teamwork and open discussions.
- Adapts well to change, good at multitasking.

CHALLENGES:

- May procrastinate or lack urgency in high-demand situations.

BEST ENVIRONMENTS:

- Balanced work cultures with space for creativity and collaboration.

TYPE C: THE ANALYZER

CHARACTERISTICS:

- Detail-oriented, rational, and analytical.
- Like order and logic, often perfectionists.
- May suppress emotions and avoid conflict.
- Internalize stress, keep feelings to themselves.

STRENGTHS:

- Accurate, dependable, thorough, thoughtful problem-solvers.
- Analyzes risks and explores the best solution.

CHALLENGES:

- At risk for stress-related issues like anxiety or depression due to emotional suppression.

BEST ENVIRONMENTS:

- Roles requiring precision, planning, and independent work (e.g., research, accounting, engineering).

TOOLS TO IDENTIFY PERSONALITY TYPES:

- Myers-Briggs (MBTI): Good for understanding broader personality preferences.
- DISC Assessment: Focuses on dominant work behaviors.
- Enneagram: Offers deep insight into core motivations and fears.
- StrengthsFinder: Highlights top strengths and talents.
- Big Five (OCEAN): Measurable, research-backed framework.

SEPTEMBER IS ...

- Fall Prevention Month
- **Healthy Aging Month**
- National Food Bank Day
- International Literacy Day
- Hispanic Heritage Month
- International Day of Peace
- National Public Lands Day
- International Day of Sign Language
- National Suicide Prevention Awareness Month
- Gynecologic Cancer Awareness Month
- Blood Cancer Awareness Month
- Library Card Sign-up Month
- Microplastic Awareness Month
- National Guide Dog Month
- **National Save a Tiger Month**
- National Self-Care Awareness Month
- World Alzheimer's Disease Month
- World Animal Remembrance Month

SELF-CARE AWARENESS

Craft:

Vision board collage to envision the next year

Reminiscing:

Prompts about what they like to do in their free time to fill their cup

Speaker:

Have someone come in to talk about self-care

Physical:

Color walks outside or breathing exercises

HEALTHY AGING

Craft:

Make fruit bowls or cheese and crackers.

Reminiscing:

Bring in prompts gadgets, food, and photos

Low-Functioning:

Gently guide participants to touch, smell, and observe the items.

Physical:

Gentle seated exercises

SAVE A TIGER

Craft:

Create tiger masks, puppets, and paper bag tigers

Reminiscing:

Prompts about Zoos, Winnie and the Pooh, Detroit Tigers, and tigers

Low-Functioning:

Soft plush tiger toy

Physical:

Do tiger stretches



TIGER STRECH AND MOVE

Lead participants through gentle stretches and movements inspired by tiger behavior:

- Reach high like a tiger stretching in the sun.
- Step softly like a tiger stalking through grass.
- Swipe the air (arm sweeps) like a playful cub.
- Do deep breathing exercises with a soft "growl" on exhale.

Play upbeat
jungle music.



HANDLING INCONTINENCE

Handling incontinence can feel overwhelming, but with the right strategies and support, it can be managed effectively. Here's a simple, practical guide:



Understand the cause such as age, medical condition, weak pelvic, medication or UTI.



Remain calm and respectful.



Develop a routine, such as a schedule for toileting and fluid intake.



Strengthen pelvic floor muscles.



Use proper products: absorbent pads, bed/chair protectors, and skin barrier creams.



Suggest medical treatment.



SOLUTIONS FOR ORAL HYGIENE CHALLENGES

Maintaining good oral hygiene is essential for older adults. Healthy teeth and gums help prevent pain, infections, and difficulties with eating, which can impact overall nutrition and well-being. Regular brushing, proper denture care, and routine dental checkups also reduce the risk of serious health issues linked to poor oral health, such as heart disease and pneumonia. Supporting oral care helps older adults stay comfortable, healthy, and confident in their daily lives.



Use adaptive tools, such as electric toothbrushes, easy-grip handles, and water flossers.



Simplify the process by breaking the steps down.



Keep supplies visible and provide a demonstration.



Use warm water to reduce sensitivity. Use mild-flavor toothpaste.



Check for sores, dentures that don't fit, or sensitivity that may make brushing uncomfortable.



Mouth swabs or foam brushes for those who cannot tolerate a toothbrush.



INTERNET SECURITY TIPS:

- Use strong passwords.
- Enable Two-Factor authentication.
- Be cautious with emails.
- Don't click on links or open attachments from unknown senders.
- Regularly update computer and phone software to fix security weaknesses.
- Use antivirus and anti-malware programs to protect your devices.
- Only visit trusted websites.
- Avoid websites that seem unprofessional or flooded with ads.
- Don't overshare personal information or client information on social media.
- Be selective about which apps and websites you give personal information to.

SIMPLE SELF-CARE TECHNIQUES

Here are some simple, effective self-care techniques that can easily be incorporated into a busy work day.

HYDRATION HABIT

- Sip water throughout the day to stay hydrated.
- Dehydration can contribute to fatigue and irritability.

DIGITAL DETOX

- Spend 5 minutes away from screens—step outside, gaze out the window, or close your eyes.
- Restores mental energy and reduces stress.

POSITIVE AFFIRMATION

- Repeat a simple phrase like “I am doing my best,” or “I can handle this moment.”
- Builds confidence and emotional strength.

GRATITUDE PAUSE

- Write down or think of one thing you're grateful for each day.
- Encourages a positive mindset and emotional resilience.

SIX PILLARS OF BRAIN HEALTH

Keeping our brains healthy is just as important as caring for our bodies. Here is a reminder that small daily habits can make a big difference. These practices support memory, focus, mood, and overall well-being. By nurturing our brain health now, we lay the foundation for staying sharp, independent, and engaged as we age.



CONNECT

Interact with friends, family and your community. Avoid isolation. Volunteer. Meet new people. Enjoy the companionship of a pet.



DISCOVER

Stimulate your brain by learning new things. Take a class. Learn a new language, musical instrument, dance or challenging game.



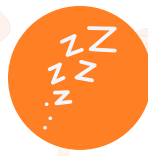
RELAX

Take time to relax your mind and body. Try meditation, tai chi or controlled breathing exercises. Watch shows that make you laugh out loud.



MOVE

Move more throughout your day. Stretching and walking are a great way to start. A variety of physical activities are better than one kind alone.



SLEEP

Get enough sleep, typically 7–8 hours per night. Maintain a regular sleep schedule. Avoid sleeping pills. Keep your bedroom quiet, dark and gadget-free.



NOURISH

Nourish your brain with healthy foods. Eat less sweets and more fish, nuts, beans, grains, leafy green vegetables and healthy fats.

"If you don't like something, change it.
If you can't change it, change your attitude."

— Maya Angelou



IMPORTANT DATES

ELDER ABUSE, NEGLECT, AND EXPLOITATION CONFERENCE

September 10, 2026
Divine Shepherd in Standish
9:30 A.M. - 1:00 P.M.

THE AGING BRAIN: WHAT'S NORMAL VS. WARNING SIGNS EDUCATIONAL SESSION

September 11, 2026
Alpena County Library
9:45 A.M. - 2:00 p.m.

DEMENTIA WEBINAR SERIES

November 5, 2026: You Are Not Alone
November 12, 2026: Caregiving During
The Holidays
November 19, 2026: The Three
Golden Rules
via Zoom
1:00 p.m. - 2:00 p.m.

HEALTHY LIVING WEBINAR SERIES

February 4, 2027: Brain Health &
Memory
February 11, 2027: Making Your Home
Work For You
February 18, 2027: Protect Yourself
Against Fraud & Scams
via Zoom
1:00 p.m. - 2:00 p.m.



THE UNEXPECTED JOURNEY

Written by: Emma Willis

The day Emma Heming Willis' husband, Bruce Willis, was diagnosed with frontotemporal dementia (FTD), all they were given was a pamphlet and told to check back in a few months. Emma has written the book she wishes she'd been handed on the day of Bruce's diagnosis: a supportive guide to navigating the complicated, heartbreaking, and transformative experience that is caregiving for your loved one. Weaving her personal journey as a care partner with the latest research and insights from the world's top dementia, caregiving, and integrative experts she offers the guidance and wisdom caregivers everywhere so desperately need to hear



LOCAL UPDATES:

Region 9 Area Agency on Aging hired a new Compliance & Quality Director, Amber Johnson!

Region 9 Area Agency on Aging has been awarded a \$500,000 grant for five years to develop a Care Closer to Home program to provide care transitions support to reduce the amount of readmissions and emergency room visits. We will hire three new staff and hope to start with two MyMichigan hospitals, Alpena and Iosco County Health Center.

The Silver Alert Legislation was signed into law. The Michigan State Police will develop an alert system for elderly and disabled individuals who go missing.



TRAININGS: VETERAN CARE

PSYCH/ARMOR®

Psych Armor is an online training website that offers over 100 courses of training to better serve Veterans in our community. Trainings that range from understanding military basics, to caregiving for a veteran and suicide prevention. In addition to online trainings, Psych Armor also offers podcast episodes for free on their website.



FOR MORE INFORMATION CONTACT
989.358.4667 OR HEALTHYAGING@NEMCSA.ORG