



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. But not for all. For some, the holiday season triggers grief and sadness as go into the holiday season we need to remember caregivers may need extra kindness.



GRIEF

Grief is your emotional response to loss. While grieving, it is normal to feel sadness, regret, anger, and other feelings. The grief process is different for everyone. It can come and go for months even years. However, it is a process of healing.

Possible Reasons for Grief:

- Loss of someone.
- Series illness of someone.
- Relationship ends.
- Death of a pet.
- Change in job.
- Moving to a new home.
- Loss of physical ability.
- Loss of independence.
- Loss of financial security.

SYMPTOMS OF GRIEF

PHYSICAL



Sleep disturbance



Low energy, exhaustion, weakness or fatigue



Change in Appetite



Headaches

SOCIAL



Feeling alone



Wanting to isolate yourself from socializing



Angry that others' lives are going on as usual and yours is not.

EMOTIONAL



Sadness, crying spells



Worry, anxiety, and panic



Anger, frustration, or rage



Guilt

SPIRITUAL



Anger at God



Questioning the reason



Questioning your faith or meaning of life

Grief affects our whole being—physically, socially, emotionally, and spiritually. Each of us will have different symptoms.



MYTH: The pain will go away faster if you ignore it.

Fact: Trying to ignore your pain or keep it from surfacing will only make it worse in the long run. For real healing it is necessary to face your grief and actively deal with it.



MYTH: If you do not cry, it means you are not sorry about the loss.

Fact: Crying is a normal response to sadness, but it is not the only one. Those who do not cry may feel the pain just as deeply as others. They may simply have other ways of showing it.



MYTH: Moving on with your life means you are forgetting the one you lost.

Fact: There is no right or wrong time frame for grieving. How long it takes can differ from person to person.



MYTH: Friends can help by not bringing up the subject.

Fact: People who are grieving usually want and need to talk about their loss. Bringing up the subject can make it easier to talk about.



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

FALL PREVENTION

Craft:

Fall BINGO, Wordsearch, Maze,

Reminiscing:

Favorite Workout, Workout trend of the time (Jazzercise, Tae Bo)

Speaker:

Physical Therapist, OT

Physical:

Chair Exercises with scarfs, balls, or have a guest lead it

LIBRARY CARD

Craft:

Book Covers, or Bookmarks

Reminiscing:

Favorite Book, Favorite Author, or Dress like a book character

Low-Functioning:

Read to them, Guest Readers, Books of Tape, or flip through book

Physical:

Take a trip to the Library

SELF-CARE

Craft:

Jar of Self-Care, Write a letter to yourself, or make bathbombs

Reminiscing:

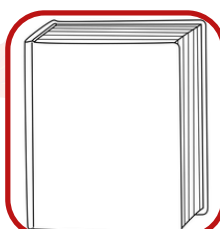
Favorite activity,

Low-Functioning:

Self-Care Bulletin Board, Hydration Station, Hand Massages

Physical:

Massages, Stretching,





FALL PREVENTION

30% of all falls can be prevented. Good housekeeping is an important part of preventing falls due to slips and trips.

- Clean all spills immediately.
- Mark spills and wet areas.
- Mop or sweep debris from floors.
- Remove obstacles from walkways.
- Always keep walkways free of clutter.
- Remove or secure mats, rugs, and carpets that do not lay flat
- Always close cabinets and drawers.
- Cover or table cables that cross walkways.
- Keep working areas and walkways well-lit.
- Replace used light bulbs and faulty switches.
- Stay physically active.
- Have your eyes and hearing tested.
- Find out about the side effects of any medicine you take.
- Use an assistive device if you need help feeling steady or walking.
- Attend a fall prevention workshop like A Matter of Balance.
- Get enough sleep.
- Remove home hazards.
- Limit the amount of alcohol you drink.
- Stand up slowly.
- Light up your living space.
- Wear sensible shoes.



One out of five falls causes a serious injury such as broken bones or a head injury.

More than 95% of hip fractures are caused by falling, usually by falling sideways.

Each year, 3 million older people are treated in emergency departments for fall injuries.

Data: CDC

MYTHS ABOUT FALLING



Muscle strength and flexibility cannot be regained.



Medications do not increase your risk of falling.



You do not need to check your vision every year.



Using a walker or cane will make me more dependent.



If you limit your activity, you will not fall.



Falls are a normal part of aging.



SECURITY TIPS

- Never share your personal information until you are absolutely sure that the person you are speaking with is legitimate. They should be able to prove that they are qualified to provide the services discussed.
- When you receive an email, stop and look for red flags. For example, watch out for emails sent outside of business hours and emails containing multiple spelling or grammatical errors.



SELF-CARE TECHNIQUE: BREATHING EXERCISES

Breathing exercises do not have to take a lot of time out of your day. It is just about setting aside time to pay attention to your breathing. It is best to schedule a time during the day to do these exercises.

Benefits of Breathing Exercises:

- Help you cope with panic and stress when feeling overwhelmed.
- Helps you to sleep when you are having insomnia.
- Helps to control hyperventilation.
- Helps you refocus.
- Eases panic and worry.
- Lowers blood pressure and heart rate.
- Decreases Cortisol levels.
- Improves your mood.
- Increases physical energy.
- Increases feelings of calm and wellbeing.

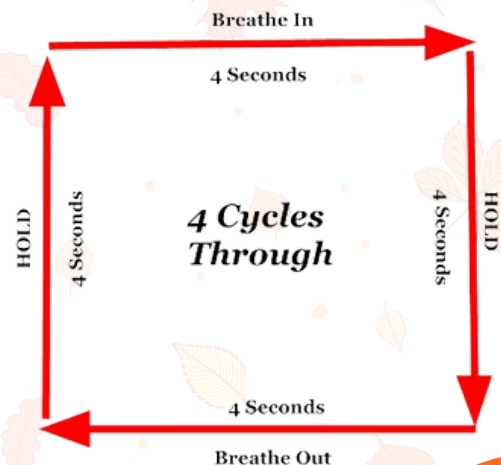
Types of Breathing Exercises:

- Abdominal breathing
- Alternate nostril breathing
- Breath focus technique
- Box Breathing
- Diaphragmatic breathing
- Deep breathing
- Equal breathing
- Lion's breath
- Pursed lip breathing
- Sitali breath

BOX/SQUARE BREATHING

Box breathing/Square breathing is a deep breathing technique that can help you slow down your breathing. It works by distracting your mind as you count to four, calming your nervous system, and decreasing stress in your body.

1. Sit in a chair, stand, or lie down on your back with one hand on your chest and one hand on your stomach.
2. Breathe as you would normally for a minute. Observe the rise and fall of your chest and stomach.
3. Breathe in, counting to four slowly. Feel the air enter your lungs.
4. Hold your breath for 4 seconds. Try to avoid inhaling or exhaling for 4 seconds.
5. Slowly exhale through your mouth for 4 seconds.
6. Repeat steps 1 to 3 until you feel re-centered.
7. Repeat this exercise as many times as you like. Thirty seconds of deep breathing will help you feel more relaxed and in control.



“There will come a time when your loved one is gone, and you will find comfort in the fact that you were thier caregiver.”

- Karen Cortzer



IMPORTANT DATES

Caregiver Webinar Series

1:00 PM-2:00 PM

OCTOBER 11, 2024: THE EMOTIONAL SIDE OF CAREGIVING
NOVEMBER 8, 2024: GRATITUDE EXPLOSION

Healthy Living Webinar

1:00 PM-2:00 PM

OCTOBER 9, 2024: FINANCIAL WELLNESS: IDEAS FOR REDUCING EXPENSES

Self-Care Module (Virtual)

1:00 PM-2:30 PM

TBA

Powerful Tools for Caregivers (Virtual)

1:30 PM-3:30 PM

OCTOBER 23, 2024 - NOVEMBER 27, 2024

Powerful Tools for Caregivers (Virtual)

1:30 PM-3:30 PM

FEBRUARY 3, 2025 - MARCH 10, 2025



I DIDN'T SEE IT COMING: SCENES OF LOVE, LOSS, AND LEWY BODY DEMENTIA

Written Mary Lou Falcone

This deeply personal memoir takes readers on a cathartic journey of caregiving as Ms. Falcone unflinchingly shares in detail her late husband's struggle with Lewy body dementia (LBD). This heartrending, progressive disease affects so many and is characterized by progressive cognitive and functional decline over time.



LOCAL UPDATES: DEMENTIA SUPPORT GROUP COLLABORATIVE NETWORK

Region 9 AAA is putting together a Dementia Support Group Collaborative to better support Dementia Support Group leaders. Region 9 AAA and the Support Group leaders will meet once a month via Zoom. The collaborative network offers free resources and mentorship with other facilitators who are passionate about supporting family caregivers.

Region 9 AAA is offering a free training, mentorship, and a collaborative network of facilitators. The purpose of the training is for facilitators to learn the basics of facilitating a group, how to start a group, sustain a successful support group, navigate difficult conversations, and manage group dynamics.

It learn more contact Brooke at 989.358.4616 or mainvilleb@nemcsa.org



TRAININGS:

Dementia Support Group Facilitator Training
October 16, 2024, from 1:00pm - 3:30pm via Zoom



FOR MORE INFORMATION CONTACT
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