

REGION 9 AREA AGENCY ON AGING (AAA)



ADULT DAY SERVICE PROVIDER QUARTERLY NEWSLETTER

ARENAC, CHEBOYGAN, OGEMAW, OTSEGO AND ROSCOMMON



HELLO, AUTUMN!

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 may trigger anxiety, sadness, and frustration. So, share some helpful tips with them and remember that caregivers may need extra kindness.



HOW TO SET PERSONAL BOUNDARIES



Define:
Clearly identify the desired boundary.



Communicate:
Say what you need or want.



Direct:
Explain but do not justify. Do not over explain.



Consequences:
Say why it is important.

- Declining anything you do not want to do.
- Expressing your feelings responsibly.
- Talking about your experiences honestly.
- Replying in the moment.
- Addressing problems directly with the person involved, rather than with a third party.
- Making your expectations clearly rather than assuming people will figure them out.



THE POWER OF SAYING NO

- Learn the word "No."
- Say no to the request, not the person.
- When we say no more often, we shift the way our brain thinks and reacts to situations, allowing us more ability to make decisions for ourselves. This has a tremendous effect on our mental health, as it allows us to value ourselves more. It also helps us prioritize ourselves, and can even lead us to new opportunities that wouldn't have been achievable by saying yes.
- It also allows us to set boundaries. Since boundaries in mental health treatment are ever so critical, saying no allows us to develop the necessary skills and tips for setting boundaries ahead of time.

**HALF OF THE TROUBLES OF THIS LIFE CAN BE TRACED TO SAYING YES
TOO QUICKLY AND NOT SAYING NO SOON ENOUGH.**

These questions give us the framework for when is it finally time to say no.



Will saying yes prevent me from focusing on something that is more important?



What would need to change about this opportunity to make it a "yes"? Is there a small tweak that I can make to help this opportunity align better with my goals and priorities?



Will saying yes make me even more tired or burnt out?



Rehearse



Be Honest



Offer
Alternatives



Do Not Rush



OCTOBER IS ...

- Hispanic Heritage Month
- ADHD Awareness Month
- LGBTQ+ History Month
- Breast Cancer Awareness Month
- National Book Month
- Socktober
- World Vegetarian Day

- World Sight Day
- World Homeless Day
- National Coming Out Day
- World Hunger Day
- National Physical Therapy Month
- Kindness To Animals Day
- World Teachers Day

SOCKTOBER

Craft:

Make Sock Puppets

Reminiscing:

Wear funky socks with familiar designs or patterns.

Low Functioning:

Create sock heating pads with rice and socks.

Physical:

Start a sock collection drive for the local shelter

NATIONAL BOOK MONTH

Craft:

Create and design their own books.

Reminiscing:

Bring in their favorite children's book.

Low-Functioning:

Read a story out loud, or listen to an Audiobook

Physical:

Visit the library.

KINDNESS TO ANIMALS DAY

Craft:

Paper Bag Puppy, Paper Plate Animals, or Animal Bookmarks

Reminiscing:

Have people bring photos of their pets

Low-Functioning:

Animatronic pet, watch cute animal YouTubes

Physical:

Animal Yoga, Have a cat or dog visit from the shelter





TIPS FOR A DEMENTIA-FRIENDLY HALLOWEEN



Avoid exposure to interactive decorations.



Help the person relax.
Halloween



Give your loved one healthy snacks.



Choose a friendly activity.



Watch for signs of distress.



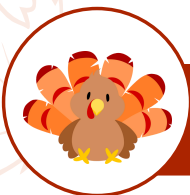
Avoid crowds.



Place a bowl of candy outside your door.



Do not leave your person with dementia alone to give out candy.



CREATE A DEMENTIA-FRIENDLY THANKSGIVING CELEBRATION



Schedule the celebration early and incorporate the person's routine.



Prepare everyone (person with dementia and guests) before the celebration.



Keep your person with dementia involved through adaptations and modifications.



Make a quiet area for your person with dementia.



Ask and plan for help.



Go to someone else home, or plan a potluck instead.



SECURITY TIPS

- Always think before you click on a link to a website. Can you get the information you need without accessing the website, such as in the snippet preview text? If the website seems suspicious, is there a legitimate website you could visit instead?
- If you visit an unknown website, don't enter sensitive information such as login credentials or personal data. Leave the website and attempt to find the information through secure, legitimate sources.
- Check the URL you are visiting. Is the URL the same link you clicked on from the search results, or were you redirected to another page?

SELF-CARE TECHNIQUE: WELLNESS WHEEL

Wellness is a holistic, strength-based approach that builds on individual assets and strengths.

Learn about the Eight Dimensions of Wellness that are important in the pursuit of optimum health: Emotional, Environmental, Financial, Intellectual, Occupational, Physical, Social, and Spiritual Wellness.

**SOCIAL:**

- Am able to deal with or resolve conflicts in my relationships.
- Am active in my community.
- Am aware of and able to set my own boundaries and respect other's boundaries.
- Am aware of my own social and cultural background and use it as a bridge to understand others.
- Am aware of the feelings of others and can respond appropriately.
- Have a sense of belonging and am not isolated.
- Have satisfying connections and interactions with others.
- Have supportive social networks.

EMOTIONAL:

- Am able to adapt to change.
- Am able to comfort or console myself when I am troubled.
- Am able to feel and label my feelings.
- Express my feelings appropriately.
- Have a sense of fun and a sense of humor.
- Have realistic expectations.
- Have some sense of control over what happens in my life.
- Know when to ask for help and am able to ask for help.

FINANCIAL:

- Aware that everyone's financial values, needs, and circumstances are unique.
- Balance present-day spending with saving for the future
- Manage work-life balance.
- Prepare for short-term and long-term needs.
- Set realistic financial goals.
- Spend and save in ways that reflect my values and beliefs.
- Take steps to be an informed consumer.
- Take steps to live within my means and feel in control of my finances.

PHYSICAL:

- Free from illness.
- Eat a balanced, nutritious diet.
- Get adequate sleep.
- Get regular exercise.
- Have safe sex (if sexually active).
- Maintain a reasonable weight for height.
- Seek routine medical care.
- Minimize risky behaviors (e.g., alcohol, tobacco, other drugs).

ENVIRONMENTAL:

- Walk or bike to work or the store instead of driving.
- Plant a tree or garden.
- Participate in a park cleanup day.
- Decorate with your favorite colors.
- Add a natural-light desk lamp.
- Pick a few plants to freshen the air.
- Introduce some cozy throw pillows or blankets.
- Use curtains or blinds to control light and sound entering your space.
- Hang pictures or art that make you happy.
- Use an air diffuser to add pleasant scents to your home.
- Add a white-noise machine to mask neighborhood sounds.

SELF-CARE TECHNIQUE: WELLNESS WHEEL

OCCUPATIONAL:

- Look for opportunities to use your talents and skills
- Make it a priority to find paid and volunteer opportunities that interest you
- Learn skills that will help you accomplish your goal
- Identify and reduce occupational and academic stress
- Find a balance between school/work and leisure time

INTELLECTUAL:

- Am able to think critically, reason objectively, and make responsible decisions.
- Am a lifelong learner.
- Commit time and energy to self-development.
- Explore new ideas and different points of view.
- Have positive thoughts.
- Have intellectual goals.
- Participate in mentally stimulating and creative activities.

SPIRITUAL:

- Am able to trust and forgive others and myself.
- Express compassion toward others.
- Have a general sense of serenity.
- Have a sense of meaning and purpose in my life.
- Have and use principles/ethics/morals as guides for my life.
- Participate in activities that are consistent with my beliefs and values.
- Practice gratitude and self-reflection.
- Practice meditation or prayer, or engage in some type of mindfulness practice.

My strongest area(s) are:

**Why am I struggling in that area(s)?
What are my barriers?**

The area(s) I need to work on are:

Steps I will take to strengthen my weakest area(s) are:

1

2

3

[CLICK HERE TO WATCH A VIDEO AND LEARN MORE ABOUT THE EIGHT DIMENSIONS OF WELLNESS.](#)

[CLICK HERE TO TAKE THE WELLNESS WHEEL ASSESSMENT](#)

IMPORTANT DATES

Trualta Caregiver Conference

November 21, 2025

10:00 am - 2:00 pm

CRAWFORD COUNTY
COMMISSION ON AGING

Healthy Living Webinar Series

1:00 PM-2:00 PM

NOVEMBER 13, 2025: HEALTHY
LIVING FOR BRAIN & BODY

DECEMBER 11, 2025: ORAL
HEALTH FOR OLDER ADULTS

Caregiver Webinar Series

1:00 PM-2:00 PM

NOVEMBER 14, 2025: CAREGIVING
DURING THE HOLIDAYS

DECEMBER 12, 2025: HOW TO
COPE WITH LACK OF SLEEP

JANUARY 9, 2026: DEMENTIA
FRIENDLY ENVIRONMENTS



THE SUDDEN CAREGIVER: A ROADMAP FOR RESILIENT CAREGIVING

Book by Karen Warner

Written by a family caregiver for family caregivers. Karen Warner Schueler became a sudden caregiver when her late husband was diagnosed out of the blue with stage IV cancer.

In this book, she enters the complicated world of the informal, unpaid, sudden caregiver, offering guidance, resilience, and, yes, a roadmap - a rational approach for planning what is, essentially, unplannable.



LOCAL UPDATES:

The Area Agencies on Aging Association of Michigan (4AMI) launched the statewide caregiver website - Mi Caregiver Connection - on October 14th

Mi Caregiver Connection is a new statewide website powered by 4AMI to raise awareness about caregiver support and connection Michigan's 1.7 million caregivers to resources through their local AAAs. It is a virtual one-stop hub that minimizes the overwhelming frustration and confusion a caregiver can experience. Instead of sifting through endless Google searches, caregivers get a personalized guide to their own customized resources, support, and community.

Take a look at the website and share feedback on your local resources: www.micaregiverconnection.com/



NATIONAL CAREGIVER MONTH

November is National Caregiver Month!

Today, in America, more than 53 million family caregivers provide unpaid care. November is a time to recognize and honor family caregivers, raise awareness around caregiver concerns, and educate our communities.

To learn more about how you can celebrate family caregivers in November, visit www.ncoa.org/page/national-family-caregivers-month/



**FOR MORE INFORMATION CONTACT
989.358.4667 OR FUNNELLS@NEMCSA.ORG**