



MARCH 2026

# REGION 9 AREA AGENCY ON AGING CAREGIVER NEWSLETTER

Serving the Counties of: Alcona, Alpena, Arenac, Cheboygan, Crawford, Iosco, Montmorency, Ogemaw, Oscoda, Otsego, Presque Isle and Roscommon



## WE SUPPORT YOU, SO YOU CAN SUPPORT THEM.

This month's Caregiver Newsletter is filled with resources, programs, and services available throughout the Region 9 Area Agency on Aging service area. Whether you are looking for practical tools to support your care recipient at home, education to better understand dementia or other health challenges, or simply a reminder to care for yourself too, we hope you'll find something helpful inside.

From caregiver workshops and webinars to local supports like Caregiver Corners at your library, our goal is to connect you with information and services that make caregiving a little easier and a little less stressful. We believe that taking time for yourself is vital, and our workshops and webinars aim to provide moments for you to focus on your needs.

If you are in need of resources, support, or connection, call 989.358.4667 or email [HealthyAging@nemcsa.org](mailto:HealthyAging@nemcsa.org) to be connected with our Special Projects Coordinator who can provide help and answer questions you may have.

Every caregiver's journey looks different, and wherever you are right now, we are glad you are here. Thank you for being part of our caring community. Your dedication does not go unnoticed, and we are here to ensure you have the support you need.

Please know that Region 9 AAA is here to support you, today and every step of the way.

**SYDNEY FUNNELL**  
**SPECIAL PROJECTS COORDINATOR**  
**989.358.4667**





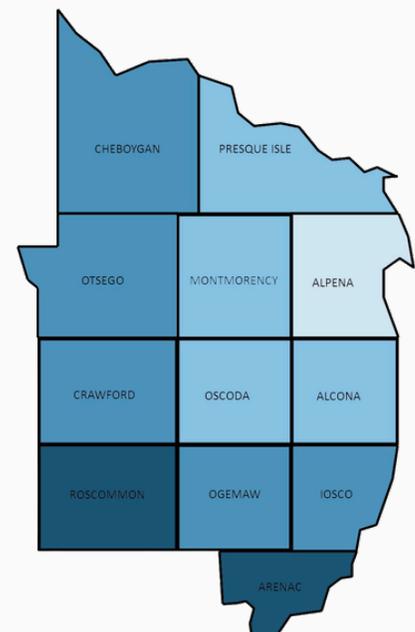
# REGION 9 AREA AGENCY ON AGING SERVICES

Region 9 Area Agency on Aging is a nonprofit agency that manages a wide variety of services to help seniors and adults with disabilities remain living in their own home or with family caregivers. Region 9 can guide and connect you to a wide variety of services and resources available in your area including:

- **In-Home Services:** In-home services include homemaking, personal care, home-delivered meals, and respite care.
- **Nutrition Programs:** Congregate Meals, Home Delivered Meals, and MI Cafe (Bridge Card).
- **Adult Day Care Centers:** Are designed to provide care and companionship for older adults who need assistance or supervision during the day.
- **Care Management:** Is a program that offers supports to help you live in a community setting rather than moving to a nursing home or other institutional setting.
- **MI Choice Waiver Program:** Is a program that provides an array of Medicaid-covered nursing home services to anyone age 18 or older so that they can remain in their home with the same level of service.
- **State Health Information and Assistance Program (SHIP):** Free, confidential counseling and assistance is available for people with Medicare.
- **Long-Term Care Ombudsman Program:** This program provides information and education to families and individuals about licensed long-term care facilities and services. The Ombudsman investigates concerns and helps residents, families, and friends resolve problems such as quality of care, residents' rights, and state-regulated services.
- **Legal Services:** Region 9 AAA contracts with Legal Services of Northern Michigan (LSNM) to provide legal assistance to adults aged 60 or older.

**Contact Region 9 Intake Specialists to help connect you to programs and services.**

- **Alpena Intake Specialist:** 800-219-2273, Ext. 231  
Service Area: Alpena, Alpena, Montmorency and Presque Isle Counties, Lewiston, and City of Oscoda
- **West Branch Intake Specialist:** 877-345-1975, Ext. 200  
Service Area: Arenac, Crawford, Iosco, Ogemaw, Oscoda, and Roscommon Counties
- **Cheboygan Intake Specialist:** 800-219-2273, Ext. 330  
Service Area: Cheboygan and Otsego Counties





# REGION 9 AAA CAREGIVER PROGRAMS

Caregiving looks different for everyone, we have workshops to help no matter where you are on your journey.

- ✓ Powerful Tools for Caregivers
- ✓ Dementia Caregiver Series
- ✓ Caregiver Webinars
- ✓ Caregiver Wellness Workshop
- ✓ Newsletters and Guidebooks
- ✓ Trualta
- ✓ Kinship Care Program
- ✓ In-Person Conferences



## DEMENTIA CAREGIVER SERIES

The Dementia Caregiving series is a three-session webinar series, for those caring for a person with dementia. It assists with reducing caregiving stress by providing useful tools and information.

### DEMENTIA INFORMATION FOR EVERYONE

Monday, March 30, 2026  
from 1:00 p.m. - 3:00 p.m.

OR

Wednesday, June 17, 2026  
from 1:00 p.m. - 3:00 p.m.

This session will examine dementia basics, explore impacts to the brain, and demonstrate how to communicate more effectively with someone who has dementia.

1

### ACTIVITIES FOR PERSONS WITH DEMENTIA

Monday, April 6, 2026  
from 1:00 p.m. - 3:00 p.m.

OR

Wednesday, June 24, 2026  
from 1:00 p.m. - 3:00 p.m.

This session will discuss the stages, explore the benefits of activities, and examine ways to involve your care recipient in daily living.

2

### DEMENTIA BEHAVIORS AND SELF-CARE

Monday, April 13, 2026  
from 1:00 p.m. - 3:00 p.m.

OR

Wednesday, July 1, 2026  
from 1:00 p.m. - 3:00 p.m.

This session will examine address dementia-related behaviors, teach the benefits of self-care, and explore how to build your network of support.

3

**“THIS WAS EXCELLENT. I AM NOT AS FAR ALONG IN THIS JOURNEY AS OTHERS, BUT I LEARNED WHAT I SHOULD EXPECT AND WILL KEEP THESE SUGGESTIONS IN MIND WHEN THE TIME COMES.”**





# CAREGIVER WELLNESS WORKSHOP

A free four-week workshop, designed to provide caregivers with strategies to improve their well-being and self-care, allowing them to become better caregivers.

Many caregivers struggle to see the importance of caring for themselves until it is too late. The workshop series meets once a week for four-weeks, each session is ninety minutes long.

The interactive workshops, discussions, and brainstorming will help you choose what resources and strategies you would like to use daily. Participants will receive a participant handbook with all the documents.

**Upcoming Caregiver Wellness workshop:**

**Virtual: April 7, 2026, through April 28, 2026, runs for 4-weeks on every Tuesday.**



## MODULE 1: IMPORTANCE OF SELF-CARE

Self-care is essential for a family caregiver's survival. Learn why self-care matters, the warning signs of stress, five types of self-care, and information for taking care of yourself.



## MODULE 2: SUPPORT AND LOCAL RESOURCES

You are only as strong as your support, learn to build your network of support, signs of caregiver burnout, practical steps to reduce the effects of stress, and communication strategies.



## MODULE 3: DEALING WITH DIFFICULT EMOTIONS

Not paying attention to your emotions can lead to poor sleep, illness, trouble coping, stress eating, and substance abuse. Learn about how to deal with your emotions in a healthy way through coping techniques.



## MODULE 4: MANAGING STRESS

Create an emergency stress plan, while you build skills to be more assertive, use "I" statements, and set boundaries.



# POWERFUL TOOLS FOR CAREGIVERS

Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend and provide you with tools and strategies to better handle the unique caregiver challenges you face. This class series meets once a week for six weeks. Class size is limited and registration is required.

**Upcoming Powerful Tools for Caregivers Workshops:**

**Virtual: April 6, 2026 - May 11, 2026, on every Monday, from 10:00 a.m. - 11:30 a.m.**

**For more information or to register, contact 989.358.4667**

**or go to [www.nemcsa.org](http://www.nemcsa.org) or click here.**

**"I AM MORE INFORMED ABOUT THE IMPORTANCE OF SELF-CARE, IT IS NOT SELFISH IT IS A NECESSITY."**

**"THIS CLASS GAVE ME THE TOOLS TO MAKE LIFE BRIGHTER FOR ALL AT HOME."**

**"COMPLETING MY ACTION PLANS FELT GOOD. VERY INFORMATIVE WORKSHOP."**



# CAREGIVER CORNERS

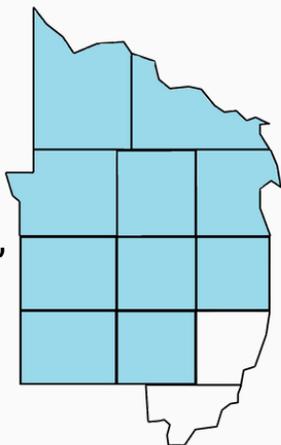
## PROJECT INITIATIVE:

Region 9 Area Agency on Aging partnered with 29 local libraries (see partnering counties below) to provide family caregivers with resources, tools, and information.

Each partnering library has available for checkout caregiver books, dementia toolkits, iPads, and dementia DVD sets.

## PARTNERING LIBRARIES BY COUNTY:

Alpena, Alcona, Cheboygan, Crawford, Ogemaw, Oscoda, Otsego, Montmorency, Presque Isle, and Roscommon.



## DEMENTIA TOOLKITS:



Aqua Painting



Lacing Cards



Tactile Fabric Swatch



Reminiscing Games



Busy Board



Fidget Blanket

## CAREGIVER BOOKS:



Dementia Home Care



Caregiver Self-Care



Kinship Caregivers



Living with Parkinson's Disease



Caring for Aging Parents



Coping with Change, Loss, & Grief

## DEMENTIA TOOLKITS: –

Dementia toolkits are available to help caregivers and the care recipient. These kits contain tools that stimulate conversations, encourage engagement, and trigger memories.

## OTHER ITEMS:



Teepa Snow DVDs



Caregiver Ipad

**“THE CAREGIVER CORNER LETS ME CHECK OUT TOOLS I CAN ACTUALLY USE AT HOME WITH MY LOVED ONE. IT’S COMFORTING TO KNOW SUPPORT IS RIGHT HERE IN MY OWN COMMUNITY AT MY LOCAL LIBRARY WHEN I NEED IT.”**





# MI OPTIONS: PERSON-CENTERED OPTIONS COUNSELING

Free one-on-one options counseling that provides interactive, unbiased choices about long-term services to adults aged 18 and over.

Services are available to any adult, their family members, and caregivers who support them, regardless of income, assets or disability status.



989-358-4611



nwdne@nemcsa.org



**Kristen Evans**  
Options Counselor



**Ann Kochanski**  
Options Counselor

## PROGRAM BENEFITS:



Supports navigating complex care options.



Provides reliable information and resources.



Simplifies program services, eligibility, and paperwork.



Offers unbiased guidance so you can make informed decisions.



## PACE (PROGRAM OF ALL-INCLUSIVE CARE FOR THE ELDERLY) NORTHEAST MICHIGAN

PACE Northeast Michigan empowers seniors to live happily within their own community, safely within their own home, by fulfilling all health, wellness, and social needs.

PACE is an alternative to nursing home care - through an interdisciplinary care team of physicians, nurses, social workers, therapists, and aides, coordinates and provides preventive, primary, acute, and long-term care services, so older individuals can continue living in the community.

The team of health professionals will work closely with families, providing customized care to seniors facing challenging health conditions. This unique initiative offers a welcome alternative to residing in a nursing facility, preserving dignity and enhancing the quality of life for individuals.

Services will be delivered in homes, at the PACE Adult Day Health Center, and across the community. The PACE Center will house a medical clinic, therapy gym, and a day center, fostering wellness and socialization opportunities. Transportation will be provided to ensure seamless access to the PACE Center and essential appointments.

PACE focuses on preventive care in a person's home and at day health and community centers. People who join a PACE program must receive their primary medical care through PACE and will need to see a PACE doctor.

### OTHER REQUIREMENTS INCLUDE:

- Aged 55 years or older.
- Live in the county of Alcona, Alpena, Presque Isle, or Montmorency or 48737, 48745, 48750 in Iosco.
- Certified by the state as meeting the need for the nursing home level of care.
- Able to live safely in the community with the help of PACE Northeast Michigan upon enrollment.
- While there are no financial eligibility requirements, PACE Northeast Michigan is covered by Medicare and Medicaid for eligible individuals.
- PACE Northeast Michigan is also available on a private pay basis.

**PACE NORTHEAST MICHIGAN OFFERS A VARIETY OF SERVICES, WITH MANY OF THEM PROVIDED ONSITE AT OUR ALPENA-BASED PACE CENTER.**



**Adult Day Health Center**

On-Site Physician/Medical Supervision  
Nursing Care  
Physical Therapy  
Occupational Therapy  
Recreational Therapy  
Activities and Exercise  
Lunch  
Nutritional Counseling  
Social Services



**Medical Specialists**

Women's Services  
Dentistry and Dentures  
Optometry and Eye Glasses  
Audiology and Hearing Aids  
Podiatry, Diabetic Shoes and Orthotics  
Cardiology  
and others



**Outpatient Care**

Lab Tests  
Radiology  
X-Rays  
Outpatient Surgery



**Inpatient Primary Care**

On-call 24/7  
Emergency Room Visits  
Hospitalizations  
Inpatient Specialist  
Skilled Inpatient Rehabilitation



**Home Health and Home Care**

Skilled Nursing  
Physical and Occupational Therapy  
Personal Care  
Chore Services  
Meal Preparation



**Rehab and Durable Medical Equipment**

Wheelchairs  
Walkers  
Oxygen  
Hospital Beds  
Diabetic Testing Supplies



**Transportation**

If your care recipient needs transportation, PACE Northeast Michigan is here to help!



**Prescriptions and Over the Counter Medications**

On-site and home-delivered prescription filling.



**Family and Caregiver Support**

Respite Care  
Caregiver Education

**CONTACT PACE NORTHEAST MICHIGAN AT:**



**989.358.4833**



**INFO@PACENEMI.ORG**



# COMMUNITY RESOURCES

## Helpful Websites for Caregivers:

- [Alzheimer's Association](#)
- [American Cancer Society](#)
- [American Diabetes Association](#)
- [Region 9 AAA Caregiver Resource Center](#)
- [Family Caregiver Alliance](#)
- [Eldercare Locator](#)
- [Michigan Dementia Coalition](#)
- [National Alliance for Caregiving](#)
- [Caregiver Wellness Solution Center](#)
- [Caregiver Action Network](#)
- [AARP Caregiver Page](#)
- [Administration for Community Living](#)
- [Caregiver Action Network Resource Toolbox](#)
- [Michigan's Aging Website Caregiver Page](#)
- [Medicare.gov](#)
- [Elder Law of Michigan](#)
- [Michigan Legal Help](#)
- [Trualta](#)
- [Disability Network of Northern Michigan](#)
- [988 Suicide and Crisis Line](#)

## Library Resources:

- [American Library Association](#)
- [Rails Libraries](#)
- [Tales and Travel Memories](#)
- [Library Services for Dementia/Alzheimer's](#)
- [Library Memory Project](#)

- Support Groups
- Health and Wellness Workshops
- Commissions/Councils on Agings or Senior Citizen Centers
- Area Agencies on Aging
- Community Action Agencies
- Respite care
- In-Home Services
- Person-Centered Options Counseling
- Adult Day Centers
- Legal Services
- Veteran Resources
- Supplemental Nutrition Assistance Program (SNAP)
- [National Institute on Aging](#)
- Financial Assistive Programs
- Disease Foundations/Organizations

[211](#) is a comprehensive source of information about local resources and services in the country.

**84%**

OF FAMILY CAREGIVERS REPORT THEY WANT MORE INFORMATION AND HELP ON CAREGIVING TOPICS ESPECIALLY RELATED TO SAFETY AT HOME AND DEALING WITH STRESS.



# IMPORTANT DATES

## Dementia Caregiver Series

VIRTUAL  
MARCH 30, APRIL 6, APRIL 13  
FROM 1:00 PM - 3:00 PM

## Powerful Tools for Caregivers

VIRTUAL  
APRIL 6, 2026- MAY 11, 2026  
FROM 10:00 AM - 11:30 AM

## Caregiver Wellness Workshop

VIRTUAL  
APRIL 7, 2026 - APRIL 28, 2026  
FROM 1:00 PM - 2:30 PM

## Healthy Living Webinar: Creating Healthy Meals

VIRTUAL  
MARCH 12, 2026  
FROM 1:00 PM - 2:00 PM

## Caregiver Webinar: Hospice vs. Palliative Care

VIRTUAL  
MARCH 13, 2026  
FROM 1:00 PM - 2:00 PM

## Caregiver Empowerment and Wellness Conference

ALCONA COUNTY COMMISSION  
ON AGING  
April 23, 2026  
9:30 AM - 3:00 PM

## Dementia Caregiver Series

VIRTUAL  
JUNE 17, JUNE 24, AND JULY 1, 2026  
FROM 1:00 PM - 3:00 PM

[CLICK HERE TO REGISTER](#)



## CAREGIVER CONNECTION

Mi Caregiver Connection is your starting point for finding real, local support. Whether you're helping a parent, partner, or friend, we're here to help you. We are the 16 Area Agencies on Aging across the state of Michigan, your local source of trusted information to assist older adults and persons with disabilities – helping you connect with critical resources.



## COUNCILS/COMMISSIONS ON AGING

Alcona County .....	989.736.8879
Alpena County .....	989.356.3585
Arenac County .....	989.653.2692
Cheboygan County .....	231.627.7234
Crawford County .....	989.348.7123
Iosco County .....	989.728.6484
Montmorency County .....	989.785.2580
Ogemaw County .....	989.345.3010
Oscoda County .....	989.826.3025
Otsego County .....	989.732.1122
Presque Isle County .....	989.766.8191
Roscommon County .....	989.366.0205



## ADULT DAY CARE CENTERS

Pleasant Days (Arenac) .....	989.653.2692
Sand Castles (Cheboygan) .....	231.597.8317
Otsego Haus (Otsego) .....	989.732.1122
The Cottage (Ogemaw) .....	989.345.3010
Serenity Day Lodge (Roscommon) .....	989.366.0205



## WHERE CAN I FIND MORE HELPFUL INFORMATION?

Region 9 Area Agency on Aging Special Projects Coordinator is available weekdays, 8:30 a.m. to 4:30 p.m. to answer your questions, register you for caregiver workshops, provide resources, and to support you and the person you are caring for.

Contact **989.358.4667** or [healthyaging@nemcsa.org](mailto:healthyaging@nemcsa.org)