



ADULT DAY SERVICE PROVIDER QUARTERLY NEWSLETTER

ARENAC, CHEBOYGAN, OGEMAW, OTSEGO AND ROSCOMMON



Hello Adult Day Service Providers! Region 9 AAA has exciting news: we have hired Sydney Funnell as the new Special Projects Coordinator! After graduating, she moved to Cheboygan to work as a Family Services Manager for the Early Childhood Services division at NEMCSA. She lives with her husband and two dogs. She enjoys reading, painting, and spending time with my siblings and in-laws. Please give her a warm welcome when you meet her. I will be on Maternity leave from July 2-October 6, so please direct any questions to Sydney well I am away. Keep up the great work!



SELF-CARE TECHNIQUE: EIGHT PILLARS OF WELLNESS

Here are some questions about the pillars of wellness that can help you identify your health goals and values. If you neglect any of these dimensions over time, it can adversely affect your health, well-being, and quality of life.

Professional

- How does your career get you closer to your goals and/or the person you want to be?
- Are you doing what you love or what you must?
- Can you elevate your authentic self where you are, or do you have to hide it?
- Are you able to use your strengths and talents in your career right now?
- Do the people you work with energize or drain you?

Physical

- How could you improve your level of physical fitness and well-being?
- I maintain a healthy eating pattern and habits?

Financial

- How do you live within your means?
- How do you plan for the future?
- How do you understand financial processes related to savings, income, and debt?

Emotional

- Are healthy boundaries absent in your life?
- Do you often do you dwell on things outside of your control?
- Are you hard on yourself or do you like yourself?
- How do you cope with stressful situations?
- How do you maintain healthy relationships?
- How do you get through hardships and struggles without turning to substances?



Spiritual

- How do you define your essence apart from your physical body?
- How do you look at the energy that surrounds your body?

Relationships

- How does your career get you closer to your goals and/or the person you want to be?
- Are you doing what you love or what you must?
- Can you elevate your authentic self where you are, or do you have to hide it?
- Are you able to use your strengths and talents in your career right now?
- Do the people you work with energize or drain you?

Environmental

- How do you value the relationship between yourself, your community, and the environment?
- What can you do to support a pleasant and stimulating environment?

Intellectual

- Do I enjoy learning new things?
- Do I keep up on current affairs - locally, nationally, and internationally?
- Do I like creative and stimulating mental activities/games?

Life Impact

- Where to start and what to focus on?
- When we run into the inevitable hurdle, pitfalls, or struggle how do you handle it?
- Do you need to learn something new?
- Do we need to ask for help?



MAY IS ...

- Older Americans Month
- Mental Health Awareness Month
- Jewish American Heritage Month
- National Nurses Week
- Teacher Appreciation Week
- World Bee Day: May 20
- ALS Awareness Month
- International Drum Month
- National Dental Care Month
- National Water Safety Month
- National Strawberry Month
- National Salsa Month
- National Photography Month

WORLD BEE DAY

Crafts:

Make dog treats, Toilet Paper Bees, or Noodle Bee Nest

Reminiscing:

First Bee Sting, or about favorite flowers.

Low-Functioning:

Taste Honey, or smell flowers

Speaker:

Bee Keeper, or Honey Farmer

NATIONAL STRAWBERRY MONTH

Crafts:

Strawberry heart, tissue paper strawberry, or paint rocks

Reminiscing:

Picking strawberries, Jam

Low-Functioning:

Eat Strawberry snacks

Physical:

Go Pick Strawberries, or Strawberry Scavenger Hunt

NATIONAL PHOTOGRAPHY MONTH

Crafts:

Scrapbooking, Collage, or take photos

Reminiscing:

Bring photos in, photos from around the world, or historic event.

Low-Functioning:

Flip through photos

Physical:

Photo walk through





PREVENTING URINARY TRACT INFECTIONS: SIGNS, CAUSES, AND TIPS TO PREVENT UTI'S IN OLDER ADULTS

Urinary tract infections, (UTIs) are common. Nearly 60% of women and 12% of men contract at least one UTI in their lifetime according to the Urology Care Foundation. But that does not mean they are harmless. UTIs come with a higher risk of developing serious, and/or life-threatening complications.

Symptoms to Look For:

- A fever over 100°F
- Cloudy, bloody, or smelly urine
- Pain when urinating
- Worsened urinary frequency or urgency
- Tenderness in the pubic region
- Night sweats
- Pain or tenderness in the lower stomach, back, or ribs

Risk Factors:

- Those with a weak immune system
- People with comorbid conditions
- Those with a suppressed immune system, including patients currently under treatment for other illnesses or diseases
- Those with an enlarged prostate
- People who have frequent sexual intercourse
- Those who use spermicide
- Genetics (i.e., a predisposition)
- Vaginal atrophy, which is more common and postmenopausal women
- Or those who struggle to completely empty their bladder, whether caused by medications, prolapse, etc.

Things You Can Do to Reduce the Risk:

- Practice good genital hygiene
- Ask their doctor about a hormonal vaginal cream
- Limit alcohol and caffeine intake
- Wear clean and fresh cotton underwear daily
- Drink plenty of water
- Avoid any instance of "holding it" when they need to pee
- Peeing after sex
- Wipe from front to back
- Avoid scented products touching sensitive areas
- Avoid douches and powders
- Shower instead of bathe, if possible



ADVOCATE DURING OLDER AMERICANS MONTH

Advocating for older adults and caregivers means speaking out on their behalf to ensure their needs are met and their rights are protected. This can involve contacting elected officials, participating in community initiatives, and working with organizations dedicated to issues.

HOW TO ADVOCATE:

- Contact your legislators: Let them know how you feel about specific issues.
- Join advocacy groups: Get involved with organizations that share your values and interests.
- Donate to advocacy organizations: Support their work through financial contributions.
- Attend meetings and events: Participate in advocacy activities and connect with other advocates.
- Write and speak out: Use your voice to share your perspectives and advocate for change.
- Volunteer: Offer your time and skills to support advocacy efforts.
- Educate yourself: Learn about the issues you want to advocate for and the people they affect.
- Use social media: Share information and engage in discussions about advocacy issues.

[Click Here for a list of Michigan Representative's Serving Region 9 AAA](#)

[CLICK HERE FOR:](#)

[TIPS FOR WRITING](#)

[TIPS FOR CALLING](#)



HOW TO PREPARE FOR A DOCTOR'S VISIT

As a caregiver, your company during these visits is invaluable. Here is how to prepare for a doctor's visit and make the most of that time.

BEFORE THE VISIT: TALK WITH YOUR FAMILY

By taking the time to prepare for your visit together, you can ensure you're on the same page about what's to come and how to best use the time with the medical professional.

BEFORE THE VISIT: PREPARE DOCUMENTS & SUPPLIES

To get the most out of the few precious minutes you have with the doctor, make sure you're organized. Here are some of the documents you should prepare:

- **Insurance cards**
- **Medical history**
- **Prescriptions.** Make a list of the prescription names, prescribed dosages, vitamins, herbal remedies, supplements, and over-the-counter drugs your loved one takes.
- **Medical aids.** Don't forget any medical aid devices (glasses, hearing aid or cane) they use and make note of any recent changes in vision, hearing, breathing, or mobility.

BEFORE THE VISIT: MAKE A LIST OF QUESTIONS

- **Symptoms you have noticed or tracked.** Is there anything your care recipient has complained about more frequently? Has anything worried you lately? Are you noticing changes in their social skills, driving, or eating habits?
- **Questions you might have.** As a caregiver, are you managing tasks or expected to start managing tasks on your care recipients behalf that you feel unprepared to handle? These are great topics to bring up with the doctor, as they can help to train you or point you in the right direction for proper training on the topic.

AT THE APPOINTMENT: PREPARE TO TAKE NOTES

- **Take notes.** As a rule of thumb, it is always a good idea to take notes. If everything is moving quickly, ask if you can record so you can come back to their advice at a later date. Or ask for printed directions.
- **Ask your questions.** Bring the list of questions you prepared, starting with the most important ones just in case you run out of time. Write down as much as you can (as we mentioned in the previous bullet point). No matter how much you think you'll remember, it's very likely you won't be able to recall everything in a few days – writing it down helps both you and your loved one remember what the doctor said. It also gives you a record you can use to share with future caregivers, nurses, or doctors.

Click below to watch the video.



AT THE APPOINTMENT: ADVOCATE

Your care recipient needs an advocate. Someone willing to fill the doctor in, correct missing information, be persistent about the severity of certain symptoms, and remember to get answers to all the questions you had.

Nearly three-quarters (72%) of family caregivers report not going to the doctor as often as they should and 55% say they skip doctor appointments for themselves.



IMPORTANT DATES

Dementia Webinar: Communicating Effectively

June 13, 2025
1:00 PM - 2:00 PM
VIA ZOOM

Alzheimer's Longest Day June 20, 2025

Dementia Webinar: Common Dementia Challenges

July 11, 2025
1:00 PM - 2:00 PM
VIA ZOOM

Dementia Webinar: LGBTQ+ Caregivers

August 8, 2025
1:00 PM - 2:00 PM
VIA ZOOM



LIVING WITH DYING: A COMPLETE GUIDE FOR CAREGIVERS BY KATIE ORTLIP

This easy-to-use guide for caregiving instructs you how to:

- Have the conversation
- Navigate the emotional and spiritual journey
- Control pain
- Address symptoms
- Work with hospice
- Care for yourself
- Get your loved one's affairs in order



LOCAL UPDATES:

Region 9 Area Agency on Aging partnered with twenty-nine Northeast Libraries to provide family caregivers with resources, tools, and information.

Items purchased for the libraries included caregiver books, dementia toolkits, touchscreen computers, literature stands, and dementia DVD sets.

Items are being distributed to the local libraries and will be available soon at the libraries listed below:

- Alpena County George N. Fletcher Public Library
- Alcona County Library - Harrisville Branch
- Alcona County Library - Lincoln Branch
- Alcona County Library- Mikado Branch
- Alcona County Library - Caledonia Branch
- Alcona County Library - Glennie Branch
- Mary Johnston Memorial Library
- Cheboygan Public Library
- Crawford County Library - Devereaux Memorial Library
- Frederic Community Crawford County Library
- Atlanta Branch – Headquarters
- Lewiston Branch
- Hillman-Wright Branch
- Ogemaw District Library - Rose City, Skidway and Prescott
- Skidway Lake Branch Library
- Ogemaw East Branch Library - Prescott
- Oscoda County District Library
- Fairview Branch
- Otsego County Library
- Otsego County Library - Johannesburg Branch
- Otsego County Library - Vanderbilt Branch
- Grand Lake County Library
- Millersburg County Library
- Onaway County Library
- Posen County Library
- Presque Isle District Library: Rogers City
- Roscommon Area District Library
- Lyon Branch
- Richfield Township Public Library



**FOR MORE INFORMATION CONTACT
989.358.4616 OR MAINVILLEB@NEMCSA.ORG**