



REGION 9 AREA AGENCY ON AGING CAREGIVER NEWSLETTER

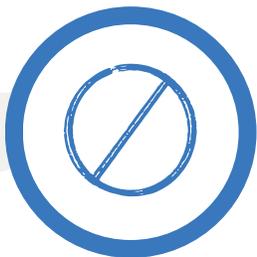
Serving the Counties of: Alcona, Alpena, Arenac, Cheboygan, Crawford, Iosco, Montmorency, Ogemaw, Oscoda, Otsego, Presque Isle and Roscommon



LEGAL AND FINANCIAL PLANNING

It is pivotal to get your financial and health care arrangements in place before an illness or a health care crisis. 9 out of 10 adults are open to discussing end-of-life preferences with family and friends.

1. Start discussions early.
2. Gather important papers.
3. Take inventory of your belongings.
4. Get your assets in order.
5. Review your plans and documents periodically over time.



Do Not Resuscitate (DNR) Order

Instructs health care professionals not to perform cardiopulmonary resuscitation (CPR) if a person's heart stops or if they stop breathing. A DNR order is signed by a doctor and put in a person's medical chart.



Financial Power of Attorney

Authorizes someone to act on your behalf to conduct financial business. Copies should be filed with any organization you conduct financial business with.



Durable Power of Attorney for Health Care

Lists medical steps you want your doctor or hospitals to take if you are too sick or injured. Also, designates a person to make health care decisions when the person can no longer do so.

46% OF ADULTS AGED 50–80 HAVE DOCUMENTED THEIR ADVANCE HEALTH CARE PREFERENCES, ALSO KNOWN AS LIVING WILLS.





HOME MODIFICATIONS

Modifying or adapting spaces in your home can increase safety, mobility, autonomy, and, overall well-being during home activities for you and your care recipient. This, in turn, improves your quality of life at home. Before any changes are made to the home, evaluate your current and future needs room by room. Go through your home room by room to identify potential problems and safety issues that need to be fixed, like poor lighting or tripping hazards.



Maximize safety.



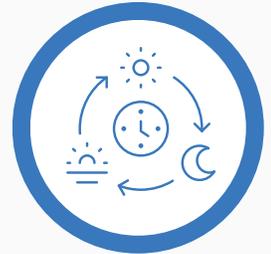
Facilitate movement.



Improve accessibility.



Maximize autonomy.



Increase routine and daily living.

- Use Technology to increase safety.
- Declutter.
- Create a better contrast between floors, walls, and furniture.
- Maintain floors free of tripping hazards, such as wires, cords, and loose mats and rugs.
- Ensure all doors and entryways are at least 32-36 inches wide.
- Ensure floor is free of tripping hazards.
- Consider installing:
 - Lever-style door handles
 - Video doorbells
 - Grab-bars
 - Easy to open windows
 - Flexible shower heads
 - Walk in shower

Questions to Consider:

- What modifications can improve your home?
- Are all appliances conveniently and safely located?
- Can you get into and out of the bathtub or shower easily?
- Is the lighting in each room sufficient for the use of the room?
- Do you have handrails on both sides of the stairway?
- Is the water temperature regulated to prevent scalding or burning?

For more information on home modifications, click here: [ACL Home Modifications](#)

30% to 50% of all home accidents among Older Adults, include falls that take place in homes.

83% of older Americans want to stay in their current homes for the rest of their lives, but most homes are not designed to accommodate the needs of people over age 65.





WAYS TO CURB SUGAR CRAVINGS

If you are constantly craving sweets, these tips can help you outsmart your sweet tooth.



Eat a protein-packed breakfast.



Improve your sleep.



Pinpoint your triggers of sugar.



Remove temptations from the house.



Eat a small portion and savor each bite.



Consider a healthy substitute like fruit.



Build in an at least 25-second delay.



"Urge Surf" do not give into your craving.



Combine unhealthy foods with healthy foods.



Try chewing a stick of gum.

THE AVERAGE AMERICAN CONSUMES 17 TABLESPOONS OF SUGAR A DAY. ABOUT TWO TO THREE TIMES THE AMOUNT THE AMERICAN HEART ASSOCIATION RECOMMENDS.



SUGAR IN THESE FOODS

The American Heart Association recommends limiting calories from added sugars from granulated sugar, corn syrup, even honey. Consuming too many added sugars can contribute to health problems such as weight gain and obesity, type 2 diabetes, and heart disease.



Women do not need more than 100 calories per day, or about 6 teaspoons of sugar.



For men, it's 150 calories per day, or about 9 teaspoons.



Starbucks 16-ounce Peppermint Mocha: 13 teaspoons



20-ounce Cool Blue Raspberry Gatorade: 7 teaspoons



Chocolate chip Cliff Bar: 4 teaspoons



Ben & Jerry's Cherry Garcia Ice Cream: 9 teaspoons



200 CALORIES EQUAL ABOUT 12 TEASPOONS OF ADDED SUGAR FROM BOTH FOOD AND BEVERAGES.

ON AVERAGE EACH DAY, ADULT MEN CONSUME 19 TEASPOONS OF ADDED SUGARS, AND ADULT WOMEN CONSUME 15 TEASPOONS OF ADDED SUGARS.





PAIN MANAGEMENT

Chronic pain is complex, and it can take a person some time to find the best pain relief methods that work for them. There are many options to try, such as hot and cold therapy, yoga, or drug treatments.



ARTHRITIS



BACK PAIN



NECK PAIN



CANCER PAIN



MIGRAINES



MUSCLE PAIN



ENDOMETRIOSIS



OSTEOARTHRITIS



FIBROMYALGIA



IRRITABLE BOWEL SYNDROME

THERE IS NO SINGLE CURE FOR CHRONIC PAIN. THERE ARE A VARIETY OF WAYS TO MANAGE CHRONIC PAIN.



HOT AND COLD THERAPY



MASSAGE



PHYSICAL THERAPY



ACUPUNCTURE



YOGA



RELAXATION TECHNIQUES



EATING ANTI-INFLAMMATORY FOODS



MEDICATION



EXERCISE



PRACTICE MINDFULNESS



USE MODERATION AND PACING.



PRACTICE GOOD SLEEP HABITS



ELIMINATE UNHELPFUL SUBSTANCES (SMOKING AND ALCOHOL)



TREAT OTHER MENTAL AND PHYSICAL HEALTH CONCERNS



STAY CONNECTED TO YOUR SUPPORT SYSTEM



FACTORS THAT CAN MAGNIFY PAIN, INCLUDE:



STRESSFUL LIFE EXPERIENCES



MENTAL HEALTH ISSUES, INCLUDING DEPRESSION, ANXIETY AND SOCIAL ISOLATION



DECREASED ABILITY TO DO THE THINGS YOU ENJOY DOING



OVEREXERTION OR UNDEREXERTION

SELF
♥
CARE

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.

THE MAXIMUM AMOUNT OF AIR HEALTHY ADULT LUNGS CAN HOLD IS ABOUT 6 LITERS.

DID YOU KNOW MOST AMERICANS ARE SHALLOW BREATHERS WHO TEND TO BREATHE WITH APPROXIMATELY THE TOP 10 PERCENT OF THEIR LUNGS?



IMPORTANT DATES

Dementia Webinar: Communicating Effectively

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

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

Elder Abuse, Neglect, and Exploitation Conference

AUGUST 15, 2025
10:00 AM - 3:00 PM
PLAINFIELD TOWNSHIP HALL
415 EAST MAIN STREET
HALE, MI 48739

Dementia Caregiver Support Group

JUNE 4, 2025
JULY 2, 2025
AUGUST 6, 2025
5:00 PM - 6:30 PM
VIA ZOOM

General Caregiver Support Group

JUNE 2, 2025
JULY 7, 2025
AUGUST 4, 2025
5:30 PM - 7:00 PM
VIA ZOOM

Kinship Caregiver Support Group

JUNE 12, 2025
JULY 10, 2025
AUGUST 14, 2025
10:00 AM - 11:30 AM
VIA ZOOM



SIGNS OF MONEY PROBLEMS

Research shows that money problems may be one of the first noticeable signs of dementia.

- Unopened and unpaid bills.
- Lots of new purchases on a credit card bill.
- Unexpected new merchandise in the home.
- Money missing from the person's bank account.
- Trouble counting change.
- Trouble paying for a purchase.
- Trouble calculating a tip.
- Cannot balance a checkbook.
- Unable to unstand a bank statement.

Someone should check bank statements and other financial records each month this protects the person from becoming a victim of financial abuse or fraud.



PREVENTING DEMENTIA

There is no proven way to prevent Dementia. However, there are steps you can take to help reduce your risk for this disease. In general, leading a healthy lifestyle may help reduce risk factors that have been associated with Dementia. These include:

- Controlling high blood pressure.
- Maintaining a healthy weight.
- Staying mentally and physically active.
- Preventing head injury.
- Sleeping seven to nine hours each night.
- Wearing hearing restorative devices (hearing aids), if needed.
- Practicing cognitive training to enhance memory, and reasoning.



WHERE CAN I FIND MORE HELPFUL INFORMATION?

Region 9 Area Agency on Aging Community Supports Manager 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 Brooke at 989.358.4616 or mainvilleb@nemcsa.org