

# Macon County Health Department

## January-February 2019

### Caregiver Advisory Newsletter

#### Caregiver Brunch Bunch

The Caregiver Brunch Bunch will meet on the fourth Tuesday of the month at 10:00 a.m. Join your fellow caregivers for a cup of coffee, a snack and some fellowship. We will meet in the Main Conference Room at the Macon County Health Department at 1221 E. Condit (Decatur). RSVPs are appreciated so we have plenty of food and coffee. For information or to RSVP call Sally or Carol at 423-6550.

#### Memory Café Activities January and February 2019

At our January 14th meeting, we will look to the past and talk about historical events that happened on January 14th.

At our meeting on January 28th, we will celebrate Bubble Wrap Appreciation Day.

On February 11th, we will have our Valentine's Day Party.

On February 25th, we will talk about historical events that occurred on February 25th.

We hope you will all be able to join us for fun and fellowship.

For more information, call Sally or Carol at 423-6550.

#### Is Wandering a Concern?

The City of Decatur Police Department offers the free CareTrak program. CareTrak was designed to assist in locating missing persons who suffer from a disorder that limits them in providing personal information, such as name and address. The caregiver must submit an application documenting the need for the program and have a referral from their physician. Applicants must be residing with their care providers in residential settings. The program is available to those residing in Decatur city limits. If you are interested in the program, we have applications in our office.



## A New Year, A New You

The New Year brings a fresh start. Many people find that the New Year is the perfect time to set goals and to put yourself on the priority list by getting the self-care you need and deserve as a caregiver.

It is natural for caregivers to put themselves last, but this is a habit that is harmful to you, and ultimately harmful for the people you care for. When caregiver stress goes unaddressed, consequences can be serious. Ongoing stress can negatively affect mood and relationships, as well as cause serious chronic illnesses and higher rates of early death.


Here are 3 self-care goals to help you protect your health and well-being along with suggestions on how to make them happen. Make it a personal goal to rest and recharge so you can sustain caregiving over the long course without damaging your own health.

1. Get help so you are not doing everything by yourself.
  - \* Put together a caregiving team of family, friends, and local resources.
  - \* Ask family or friends to help with hands-on care, providing companionship, running errands, doing chores, etc.
  - \* Consult a geriatric care manager to help solve tough caregiving challenges.
  - \* Get help or relax your standards for time-consuming chores like cleaning and cooking.
2. Take time for yourself every day.
  - \* Take microbreaks throughout the day; it's an effective way to reduce stress.
  - \* Do a 2 minute meditation, breathing exercise, or calming exercise.
  - \* Escape reality with a great book, magazine, or audiobook.
  - \* Connect with friends.
  - \* Do something (anything) just for you. Everyone needs regular me time.
3. Schedule regular breaks.
  - \* Ask someone to sit with your loved one while you go out (or take a nap); consider family, friends, volunteers or religious organizations.
  - \* Hire an in-home caregiver for a few hours each week.
  - \* Ask family members to take over on a regular basis.
  - \* Consider enrolling your loved one in an Adult Day Program.
  - \* Use local respite care programs.

These goals and suggestions are meant to inspire creative thinking to help you find solutions that will give you time for self-care. As the saying goes, "you can't pour from an empty cup." The more your own needs are met, the better caregiver you will be to your loved one.

## January-February Support Groups

Alzheimer's Association Caregiver Support Group	3rd Thursday 7:00 p.m.	January 17th February 21st	First Christian Church 3350 N. MacArthur Rd., Decatur, IL (217) 875-9436
Alzheimer's/Dementia Caregiver Support Group	3rd Tuesday 1:30 p.m.	January 15th February 19th	Macon County Health Department Main Conference Room 1221 E. Condit St., Decatur, IL (217) 423-6550
Stroke Support Group	1st Thursday 12:00-1:00 pm	January 3rd February 7th	St. Mary's Hospital, Decatur, IL G18 Ground Floor
Macon Memories Memory Cafe	2nd & 4th Monday 1:00 pm	January 14th January 28th February 11th February 25th	Eagle Ridge of Decatur (lower level) 875 W McKinley Ave, Decatur, IL
Parkinson's Disease Support Group	3rd Thursday 1:30 p.m.	January 17th February 21st	Westminster Presbyterian Church 1360 W. Main St., Decatur, IL Contact John Kileen (217) 423-0691
Prostate Cancer Support Group	4th Tuesday 4:30 p.m.	January 22nd February 26th	Cancer Care Specialists (upper level) 2884 N. Monroe, Decatur, IL
<b>Caregiver Brunch Bunch</b>	4th Tuesday 10:00 a.m.	January 22nd February 26th	Macon County Health Department Main Conference Room 1221 E. Condit St., Decatur, IL (217) 423-6550
Grandparents Raising Grandchildren (or other relative caregivers)	2nd Wednesday 1:00 p.m.	January 9th February 13th	Macon County Health Department Main Conference Room 1221 E. Condit St., Decatur, IL (217) 423-6550
Life Builders Church of God Memory Cafe	2nd Tuesday 10:00-11:30 a.m.	January 8th February 12th	Life Builders Church of God 833 W Pershing Road, Decatur, IL For further information call: Pastor Diane at (630) 440-6573



**With the new day comes new  
strength and new thoughts.**

Eleanor Roosevelt

BrainyQuote



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***Macon County Health Department***

***Starting Point***

***Caregiver Advisory Services***

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