

## **Announcement**

You may be one of the more than 50 million Americans providing care (medical assistance, personal care, day to day tasks) to a family member or loved one. Please click on the link to view the Proclamation on National Family Caregivers Month, 2022, signed by President Biden.

<https://www.whitehouse.gov/briefing-room/presidential-actions/2022/10/31/a-proclamation-on-national-family-caregivers-month-2022/>

## **Thank You Caregivers**

November, is the month that we, in America, celebrate the Holiday of Thanksgiving. It is a time when many of us turn inward to think about the many things we are grateful for in our lives. We can be certain that those who receive all of the love and care that you provide them daily are grateful for you. This is true even when they cannot express their gratitude. We, the members of **The Capital Region Caregivers Coalition**, want to extend our **heartfelt gratitude to each of you**. We **recognize** that **you** may be caring for a member of your own family, or someone else's. We **thank you** for all that you contribute to the community by keeping safe and healthy our frail or vulnerable citizens. We **hope that you** take the time to **care for yourselves** and that this issue provides you with some helpful tips on how to do that during the upcoming holiday season when life can seem even more hectic.



## **Did you Know?**

- \*\*that there are 2.5 million New Yorkers who provide unpaid care to family members and other loved ones?**
- \*\*that there are many NY Legislators who are or have been family caregivers?**

**\*\*that 80% of registered NY voters 50 and over think their elected representatives should increase funding for respite programs?**

**\*\*you are not alone? 75% of New York's unpaid family caregivers are feeling stressed by having to balance their job and family. (AARP New York) \*\*You can view videos of NY Legislators sharing their caregiving experiences here:**

<https://local.aarp.org/news/ny-legislators-share-their-experiences-to-mark-national-family-caregivers-month-n-y-2022-11-10.html>

## **Daily Self Care Tips for Caregivers**

We smile politely when someone tells us to “take care of ourselves too.” Easier said than done, right? “Do some yoga”, “get a massage”, “take the day off”, are all meant as helpful suggestions. But you know you best! And if you have never done those things, now may not be the time to start. These are great ideas, and they really can work wonders but here are some simple daily tips that I have encouraged people to try. Their response? It worked. Try to remember that taking care of yourself is one of the most important things you can do as a caregiver.

- 1) Start your day 15-20 minutes before the other people in your house – use the time for a quiet cup of coffee, a luxurious bath or shower, journaling, praying, or whatever gives you calm.
- 2) Stretch every morning. There are some stretches you can even do while still laying in bed. This gets the blood flowing and can begin to energize you. I do mine while waiting for the coffee to brew. Get a simple guide here:  
<https://www.mayoclinic.org/healthy-lifestyle/fitness/multimedia/stretching/sls-20076840>
- 3) Change your routine to de-stress. This could be driving home a different way, not watching the morning or evening news, listening to a classical music radio station.
- 4) Breathe.... Give yourself renewed focus and calm by simply paying attention to your breathing. Count your inhale or exhale. Listen to your breath. This can be done for 30 seconds at a time. Even you can give yourself that much time.
- 5) Smile/Laugh.... Read the joke of the day on a calendar page, play a recording of babies laughing, close your eyes and visualize a happy memory. A stressful day can be diffused if you see the humor in a situation.

**\*\*Additional Helpful Caregiver Resources from AARP NY**

<https://states.aarp.org/new-york/caregiver-resources?&intcmp=CSN-LNK-AARPLOCAL-LRMCGR-20190712-NEWYORK-NY>

**\*\*Additional Helpful Caregiver Resources from National Institute on Aging**

<https://www.nia.nih.gov/health/taking-care-yourself-tips-caregivers>

**Check back next month for caregiver tips on getting through the Holiday Season.**