

November 2021

Monthly Wellness Message

Take Courage, Friend

The way is often hard, the path is never clear,
And the stakes are very high.
Take courage.
For deep down, there is another truth.
You are not alone.

~ Wayne Arnason

November is National Family Caregivers Month, and appropriately so, as gratitude and sharing culminates in the Thanksgiving holiday. So, dear caregivers and care partners, *thanks-for-giving!* Please allow us to honor you, to thank you and to remind you how important your health and happiness is for all who are supported and enriched by your care.



How are you planning for your own care and thanks-for-giving?

What do you hope to experience this month and how might this support what you need now? Where are you in the range from ambivalence to enthusiasm as the holidays approach? There may be the return of beloved traditions and greater ease as many experience the first Thanksgiving in two years to safely gather with loved ones. For some, this may include some sadness, as grieving losses become more pronounced during the holiday season. How might you create space in your holiday plans to accommodate for tender days and give yourself the room you may need to grieve and breathe; to bring a bit of the quiet, low-key-ness that Thanksgiving 2020 delivered alongside any rituals you have missed? With only nine weeks left in 2021, where might it be possible to say *yes* to offers of support or connection?

For many family caregivers, social distancing certainly created additional isolation and strain, though it also provided some protection from potentially draining seasonal expectations and previously maintained obligations. It was simply understood and respected, and we were all in the same boat. And how about now? We are certainly not on the other side of the pandemic, though we had the opportunity to learn more about our limits, our boundaries, needs and wishes over the past 20 months. Whether you are a care partner or provide support to another human in your life (or if you are presently the primary human in your life who needs the most support!), what do you need *most* in the remaining weeks of 2021? What do you know about yourself now and how might you take a step toward securing what you need as an act of self-thankfulness?

Accepting help is hard. If you need another reason to prioritize yourself, remember how good it feels to give and consider offering this opportunity to someone in your life - to serve *you*. Consider the intrinsic thankfulness at the core of prioritizing your wellbeing, happiness and health and the precious preservation of what has allowed you to be of service and provide support to others. Care partnering is often described as a thankless job, though it doesn't have to be. You are not alone. *Thank you* for giving and please include yourself in your list of things to be thankful for this year.

If you are seeking additional resources and support, and feeling encouraged this month to follow through, I hope you will reach out to take the next best step. Please check out our programs and resources, and also visit these sites for National Caregiving Month information and events.

- [Michigan Alzheimer's Disease Center Wellness Initiative](#)
- [17 TOP Resources for Family Caregiver / Family Caregiver Alliance](#)
- [AARP](#)
- [Alzheimer's Association](#)

—Laura Rice-Oeschger, LMSW
Wellness Initiative Managing Director



Wellness Program Registration

Catching Your Breath

November 8, 10:00 - 11:30am

Catching Your Breath is a monthly wellbeing and mindfulness program for *family caregivers of adults living with a dementia*.

Register

Mitten Minds Support Group

November 16, 3:00 - 4:00pm

The Mitten Minds Support Group is a monthly support group for *individuals with mild cognitive impairment or early stage dementia*. The support group provides a space for individuals living with memory loss to meet and learn from others going through similar experiences.

Register

Have a Seat

Thursdays from 12:00 - 12:30pm

Have a Seat is a weekly guided meditation program. Would you like to receive weekly email reminders to join the program? Subscribe [here](#) to receive.

Join by Zoom

Soothing Word of the Month



Apnapan

Hindi, noun: having a quality where you accept people, think of them as your own, take care of the ones you love, not for anything in return.

Upcoming Virtual Events

A Meaningful Life with Alzheimer's Disease Conference

November 5, 8:45am - 12:35pm

This virtual conference for healthcare professionals and caregivers, hosted by the Wayne State University Institute of Gerontology and the Alzheimer's Association - Michigan Chapter, features a keynote presentation "Alzheimer's Disease.. Diabetes of the Brain?" by Scherrie Keating, RN, BSN, CDCES, CDC, NDPP, Life Coach, CDP. Other presentations include "Impactful Caregiving - Step by Step" by Jill Gafner

The Latest in Dementia Research

November 12, 4:30 - 6:00pm

In partnership with the Alzheimer's Association - Michigan Chapter, Dr. Bruno Giordani, Associate Director of our Center and long time board member of the Alzheimer's Association will present about the latest research that came out of the 2021 Alzheimer's Association International Conference. Members of the Alzheimer's Association team will also present a brief overview about the difference between Alzheimer's disease and dementia, including stages and risk factors,

Livingston, BSBM, CDP, CADDCT and "From Lonesome Traveler to Awareness Activist: A Care Partner's Journey" by Jim Mangi.

Register

Creating a Purposeful, Accessible Volunteer Opportunity for People with MCI: SPEAK!

Seniors Promoting English Acquisition and Knowledge

November 16, 12:00 - 1:00pm

John Piette, PhD Professor, Health Behavior & Health Education at the University of Michigan, School of Public Health will present as part of our monthly Speaker Series.

Register

current medications available for symptoms, and resources available through the Alzheimer's Association. For more information and to register, visit the link below.

Register

Caregiving for People with Dementia: Respite, Support and Resources

November 16, 1:00 - 2:30pm

In partnership with the U-M Turner Senior Wellness Program, our Wellness Initiative Director, Laura Rice-Oeschger, LMSW will present alongside TSWP's Silver Club Memory Program Director, Shannon Etcheverry, LMSW. More information to come. To register, visit the link below.

Register

Research Looking for Caregivers

COVID-19 Coping and Resilience Care Partners Study (CARE)

This study investigates experiences among couples living with dementia during the COVID-19 (coronavirus) pandemic to learn more about ways to help both partners live well together. The study is looking for couples (married or living together) residing in Michigan in which one partner has received a diagnosis of dementia within about 5 years or has early symptoms of dementia. For more information, contact the study team at C19carepartners@umich.edu or 734-232-4565.

Read
More

Identifying Factors Predicting Accurately End-of-Life in Dementia with Lewy Bodies and Promoting Quality End-of Life Experiences (PACE-DLB)

This study aims to understand what changes might predict the end of life in people living with dementia with Lewy bodies (DLB). This information will help patients, caregivers, families, and health care professionals know what to expect in later stages of DLB. Study is enrolling individuals with at least moderate stage DLB and their main caregiver, and the caregiver must be able to answer questionnaires related to the DLB and caregiver experience. Study is conducted via Zoom or by phone. Contact Kelly Mattingly at matinke@med.umich.edu or 734-223-9297 for more information.

Read
More

WeCareAdvisor: A Web-Based Tool to Improve Quality of Life for Military Veterans with Dementia and their Caregivers (WeCareAdvisor):

This study is seeking caregivers to test the WeCareAdvisor, a web-based tool that aims to help users learn more about and manage behavioral and psychological symptoms of dementia like wandering, repeated questioning, anger, depression or apathy. This study is looking for participants who have access to a computer or mobile device with internet and are also the primary in-home caregivers for a military Veteran who is living with dementia. This study does not require any in-person visits; it will be completely virtual. Contact Barbara Stanislawski at bstanisl@med.umich.edu or 734-232-0323.

Read

More

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