

## CAREGIVER NEWS



1-800-798-0988

[www.alternativesforyou.org](http://www.alternativesforyou.org)

Alternatives has served ten counties in Midwestern Illinois for more than thirty-five years.

Designated by the State of Illinois, Alternatives is the lead advocate for adults over 60 and their caregivers throughout ten counties including Rock Island, Henry, Mercer, LaSalle, Putnam, Knox, Henderson, Warren, Bureau, and McDonough

Alternatives' Ombudsmen also serve Brown, Hancock, Schuyler, Adams, Pike and Calhoun County.

It is our mission to promote the independence and quality of life for older adults, adults with disabilities, and their families.

### SELF CARE SUMMER

This summer we're focusing on ways we can reclaim a positive state of well being through dedicated practices of mindfulness, calm, and stillness. Each new day brings about its own variety of twists and turns that can leave us feeling lost and overwhelmed, but you don't have to submit to the inevitable highs and lows thrown your way throughout your week. While caregiving this week try to focus on the ways in which you can engage your five senses (touch, taste, smell, sight, and hearing) to further strengthen your mind-body connection and relieve your stress. This Monday, try a holistic approach to achieving wellness.

#### Why Monday?

Starting the week with a renewed commitment to healthy behaviors is an important step to reaching or maintaining personal wellness goals.

#### Touch

The sensation of touch is a powerful way to decompress. This Monday, take special notice of the materials around you that make up your life. The clothes on your back, the fabric of your favorite blanket, the texture of your surroundings. Allow your tension to melt away as you focus on the physical world around you. A few activities you could use to incorporate touch into your week could involve brushing your care recipient's hair, playtime with a pet, or collecting various items like rocks, pinecones, and leaves while taking a walk.

#### Taste

Eating is a great pleasure, and your daily breakfast, lunch, or dinner can also be a source of self-care. Prepare your favorite meal or treat for yourself and indulge. Try being mindful of all the different tastes you experience throughout your day to further help distract you from any tensions that may be present. As an activity you may want to try to learn a new recipe with your loved one. Allow them to pick out different sauces and ingredients to taste and make a list of all your favorites.

#### SMELL

The natural world around us is a great provider of calming aromas that can help to alleviate tension and relax us during stressful moments. Try breathing in your favorite scent or aroma when you need a bit of relief. This week you could try your hand at decorating using florals or perhaps taking your loved one candle shopping and allow them to smell each scent until you find the perfect fit. Taking note of scents while baking or cooking is also a method of incorporating your sense of smell this week.

#### SIGHT

Using your sense of sight is a simple and effective way to practice self care. Observe the world around you as you walk to your mailbox in the morning, or as you run your daily errands. The grass below your feet, the sky above you. Notice the colors and shapes of life in all its forms. Reflect on how they make you feel. This week try sitting near a window while chatting with your care recipient to engage your sense of sight to the world outside. Looking through photographs, newspapers, or old magazines can be a fun exercise as well.

#### HEARING

Sounds, whether a trickling stream or the light pitter-patter of raindrops, have magical properties that can create a moment of true inner peace. On Monday, identify the sounds that bring you joy and peace and pay close attention. Carve out a moment of your day dedicated to being still, calm, and allow yourself to relax as you simply listen. This week try doing your daily tasks such as cleaning, exercising, or cooking while listening to music or a playlist of soothing sounds. You could also plan something fun during the day like watching your favorite musical.

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**Care Coordination**— consultation with professionally certified care coordinators providing free, in-home assessments to identify and set up supports for individuals living independently or for nursing home residents wanting to move back into the community.

**Ombudsman**— providing a listening ear, Ombudsmen meet with nursing home residents to help resolve concerns or complaints. For individuals in the community, the ombudsman is the advocate for concerns with services provided through managed care.

**Adult Protective Services**— investigating and resolving reported cases of abuse, neglect or financial exploitation for older adults, (over age 60) or adults with disabilities, (age 18-59).

**Assistance with Money Management**— assisting individuals with bill paying, writing checks, budgeting and balancing their checkbook.

**Bridges Community Program**— Aging and Disability Resource Center for the lower two thirds of LaSalle County. Offering options counseling and assistance with benefits registration including Medicare, Medicaid, state supported programs or other available benefits. Bridges offers a full calendar of events for older adults.

## Summer Senior & Veteran's Health Fairs

### Sen. Sue Rezin

Please join State Senator Sue Rezin for a Senior Health Fair in Oglesby. Free admission, free refreshments and a variety of free screenings will be available. A number of local vendors will also be on hand to discuss programs and services that benefit seniors, veterans and their caregivers.

**When: August 31, 2022 at 9:00am - 11am**

**Where: Illinois Valley Community College Peter Miller Community Technology Center, Ralph Scriba Conference Center (CTC 124) (815 N Orlando Smith St Oglesby, IL 61348)**

### Sen. Dan Swanson

Please join State Senator Dan Swanson for a Senior & Veteran's Health Fair in Mercer, Bureau, Knox, and Henry Counties. Free admission with lunch provided. Local providers and vendors will be available to discuss local services and programs available in the community.

**When: August 2, 2022 at 10:00am—1:30pm**

**Where: Veterans of Foreign Wars (106 SW 3rd Ave, Aledo, IL 61231)**

**When: August 3, 2022 at 10:00am-1:30pm**

**Where: Moose Lodge Princeton 1339 (1339 N Euclid Ave, Princeton, IL 61356)**

**When: August 4, 2022 at 12:00pm-3:00pm**

**Where: Knights Of Columbus (1556 E Fremont St, Galesburg, IL 61401)**

**When: August 5, 2022 at 10:00am-1:30pm**

**Where: Flemish American Club (313 N Burr Blvd, Kewanee, IL 61443)**

### Quad Cities Senior Expo

The Expo is a fun and informative event for older adults, their families and caregivers.

**When: September 8, 2022 at 10:00am-4:00pm**

**Where: Tax Slayer Center (1201 River Drive, Moline IL 61265)**

## Save-The-Date

This year's event will take place on Saturday, November 12, from 8a.m. to Noon at the Golden Leaf Banquet Center in Davenport, Iowa. This event will once again feature guest speakers and vendor tables for local service providers. Attendees will also enjoy refreshments, caregiver book give away, and the chance to win door prizes from our vendors and sponsors.



## 11th Annual Quad Cities Caregiver Conference

November 12, 2022 | Golden Leaf Center | Davenport, IA

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