

THE CAREGIVER UPDATE

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VALLEYAREAAGING.ORG

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UPCOMING EVENTS

**Dementia Friendly
Movie**
**showing “Seven Brides
for Seven Brothers”**
November 9, 2026
1:00pm - 3:00pm
NCG Trillium,
Grand Blanc, MI 48439
30 FREE Tickets
available **Email:**
joynerj@valleyaaa.org
to reserve a FREE ticket!

**Dementia Friendly
America 2nd Annual
Friendsgiving**
November 10th from
12:30pm - 3:30pm (ET)
Register here:
[https://dfamerica.org/
friendsgiving/](https://dfamerica.org/friendsgiving/)



A Season of Change, Comfort & Connection



As the leaves begin to change and the days become shorter, fall is a wonderful time to slow down, reconnect, and prepare for the months ahead. Take a fresh look around the home and identify potential safety hazards by checking for:

- Leaves, clutter, or loose rugs that could cause a fall
- Poor lighting inside and outside on stairs, hallways and walkways
- Slippery porches, sidewalks, and steps
- Working smoke and carbon monoxide detectors
- Safe heating equipment and new furnace filters before cold weather arrives



A note to caregivers

This fall, give yourself permission to take a break. Set aside 10-15min each day for something that helps you recharge. Take a walk, enjoy a cup of coffee or tea, accept help, listen to music, enjoy silence.



VAAA Department Spotlight: **Community Transition Services**

How do we choose where Long- Term care happens?



Long-term care location is a personal choice based on an individual's goals, preferences, health needs, daily routines, and desired quality of life.

Care can be provided in different settings, including:

- Nursing facilities
- Private homes
- Apartments
- Other community-based settings with supportive services

Person-centered planning ensures the individual:

- Has a meaningful voice in decisions about where to live
- Identifies the support they need
- Chooses who should be involved in the planning
- Explores services that may support community living

Caregivers play an important role by:

- Listening to the individual's preferences
- Asking what matters most to them
- Helping keep individual's wishes at the center of the decisions

Community Transition Services (CTS) Program helps eligible individuals:

- Explore options for moving from a nursing facility to a community setting
- Plan and coordinate each step in the transition

Start the Conversation by:

- Ask the nursing home social worker to submit a referral directly to VAAA
- Individuals, caregivers, and family members may also contact the VAAA Information and Assistance department by telephone or through the VAAA website
- Reaching out does not commit anyone to moving out of the nursing home. It opens the door to a caring conversation about possible options



Remember Time Change is November 1, 2026!

When autumn changes the day, it can change how someone feels, too. The mornings are darker. The evenings draw in earlier. The weather changes, and our familiar routines can start to look a little different.

For someone living with dementia, these changes can sometimes bring extra confusion, restlessness or anxiety. As daylight fades, shadows and uneven lighting can also make familiar surroundings feel less clear.

And for the person caring for them? It can mean more reassurance, more patience and more energy on days when you might already be running on empty.

So, as we move further into autumn, here are a few little things that might help:

1. Keep familiar routines wherever possible
2. Put the lights on before it gets dark and close the curtains to reduce confusing shadows
3. Offer something comforting — a favorite drink, familiar music or a quiet chat
4. Make the most of daylight with a short walk or a little time outside, if it feels right for the person

And please, remember yourself, too!! You don't have to get everything right. You don't have to be endlessly patient. And you don't have to manage everything alone. If you're feeling overwhelmed, it's okay to say so. Ask someone to help, accept a little breathing space, or speak to someone who understands.

Community Resources

Flint Institute of Arts
MUSEUM + ART SCHOOL

CREATIVE AGING 55+ SETTER
Workshops + Events

Sketching in the Galleries
1:30p | Lobby | Free

Take inspiration from artworks around you and enjoy supportive feedback from a local artist. All materials provided, no experience necessary! Pre-registration is preferred.

Nov 19 - Mt. Ink Temporary Exhibition Space
Dec 17 - The Hot Shop

Art Chat
No Art Chat in November or December. Art Chats will resume in January 2026.

Register at

FlintArts.org

1001 E. Keating St., Flint, MI

Tiny House Workshop

November 5th
1:30p - 3p | \$20 per person

Clay workshop where we will explore textures of everyday items pressed into the clay to design tiny houses. All clay and tools will be provided to make 2-3 houses, and instruction on making other accessories such as trees as well. Firing included. Registration is required. Class is limited to 12 participants.

Jennifer Ciddings, Eisenacher | jennifer@flintarts.org | (810) 439-4022

Valley Area Agency on Aging
Answers, Action & Advocacy for All Things Senior

Powerful Tools for Caregivers

Managing Stress Workshop

This one-day workshop will help you:

- ✓ To recognize the signs and sources of caregiver stress and burnout
- ✓ To understand the results of neglecting stress
- ✓ To learn how to take action to reduce stress

Eastside Senior Center 3065 N Genesee Rd Flint, MI 48906 Thursday, October 15, 2026 1:00PM - 2:00pm Please contact Eastside Senior Center to register at (810) 250-5000	Mundy Township Senior & Enrichment Center 1286 West Hill Rd Flint, MI 48907 Thursday, November 5, 2026 1:30PM - 2:30PM Please contact Mundy Township Senior & Enrichment Center to register at (810) 922-4557
Curman Almsworth Senior Center 2071 S Graham Rd Flint, MI 48932 Wednesday, November 4, 2026 12:30pm - 1:30pm Please contact Curman Almsworth Senior Center to register at (810) 732-4290	Grand Blanc Senior Center 12632 Pagels Drive Grand Blanc, MI 48439 Monday, February 8, 2027 1:00pm - 2:30pm Please contact Grand Blanc Senior Center to register at (810) 953-0726.

This workshop is made available in whole or part with funding from the Federal Older Americans Act and Michigan Department of Health and Human Services/The Bureau of Aging, Community Living, and Supports through Valley Area Agency on Aging. If you would like additional information, please call Abbie Mars at Valley Area Agency on Aging at 810-600-0633 or omars@valleyaaa.org



**November is
National Caregivers Month!
Thank you superheroes!!**

Take Care of Yourself as a Caregiver



A Member of the
Dementia Friendly
America Network

With a brand new fiscal year ahead of us, we invite caregivers, persons with early stage dementia, restaurant owners, healthcare professionals, and those with a passion for improving the lives of persons living with dementia.

For more information about Genesee and Shiawassee County's Dementia Friendly Task Forces, reach out to Jennifer Joyner at JoynerJ@valleyaaa.org.

Information for this newsletter came from Alzheimer.org, Dementia Caregiving Series and the National Institute on Aging. If you have additional questions, please reach out to Abbie Mars, Health and Wellness Program Manager at marsa@valleyaaa.org or 810-239-7671.

Reading Corner



In *Take Back your Life: A Caregiver's Guide to Finding Freedom in the Midst of Overwhelm*, psychotherapist, hypnotherapist, and experienced family caregiver Loren Gelberg-Goff shows you exactly how to get back to having a life, feel that loving connection you thought was gone, stop arguing and get cooperation from your siblings and others, and discover other resources you can call upon to guarantee that much-needed "you time."



Follow us on Social Media & Join our Caregiver Corner Facebook Group!

