Caregivers:
Have you helped carry groceries for someone else? Have you called insurance companies on behalf of a loved one? Have you missed work to provide care? Helping those who cannot fully take care of themselves is caregiving.

Did you know...?

- Almost 44 million Americans provide over 37 billion hours of unpaid care each year for adult family members and friends with chronic illnesses or conditions. **TRIANGLE**
- These care activities can include bathing, managing medications, preparing meals, grocery shopping, and so much more. **CDC**
- It is normal to feel angry, frustrated, exhausted, alone, or sad. Caregiver stress – the emotional and physical stress of caregiving - is common. **MAYO CLINIC**

Strategies for dealing with Caregiver Stress

- Accept help
- Focus on what you are able to provide
- Set realistic goals, and prioritize them
- Connect with others in similar situations
- Join a support group
- Seek social support from family & friends
- Set personal health goals
- See your doctor to stay healthy and well

Resources for additional support:
Guidinglightscn.org  Dukefamilysupport.org
Durham.va.gov/services/caregiver

Take care of yourself!
Get moving with Silver Sneakers – a free exercise program. Many people over the age of 65 and on Medicare qualify. Check your eligibility on their website and get registered at silversneakers.com/Eligibility

If you do not qualify for Silver Sneakers, contact your insurance provider. Many of them offer benefits to help stay active and healthy.

Have your cake & Eat it too?
Sure you can! Choose a healthy treat to enjoy.

- Ricotta cheese and berries
- Greek yogurt topped with fruit and granola
- Unsalted, dark chocolate drizzled popcorn

Words of Wisdom
“Every day is another chance to get stronger, to eat heather, & to be the best version of you”
- anonymous