

THE CAREGIVER SPACE

A HELPFUL NEWSLETTER FOR THE FAMILY CAREGIVER



WELCOME

This year is flying by, lets hope for a lot of sunny days and fun this summer! The High Country Area Agency on Aging is wishing you a joyful summer season! This issue has some fun/easy ways for you and your loved one to enjoy summer! There are also some fun things happening at the senior center that are listed at the end!

QUOTE OF THE MONTH

“Like a welcome summer rain, humor may suddenly cleanse and cool the earth, the air and you.” — Langston Hughes

SOME EASY WAYS TO ENJOY SUMMER

BY AMBER CHAPMAN, FAMILY CAREGIVER AND HEALTH PROMOTION SPECIALIST

Since it's Summer, here are some ideas for you and your caregiver to enjoy this summer.

1. **Sit outside**, even if its a short period of time. Sunshine will do the heart and soul good!
2. **Go for Ice Cream**; nothing is better than a nice ice cream cone on a hot day.
3. **Music**; if your care-recipient loves music, sit outside and listen to some good songs that will make the both of you smile.
4. **Catch a sunset**; Nothing is more beautiful than a clear sunset in the Appalachian Region.

Also here are some tips for caregivers throughout the Summer!

1. **HYDRATE**; Make sure you and your loved one are drinking enough water. We don't want to risk
2. **SUNSCREEN**; Sunscreen is vital in the summer and large hats are good too!
3. Enjoy the sunshine- but not too much. The sun is its strongest between 10 a.m. - 3 p.m. so its good to schedule activities after or before those times.

[Click here for our website!](#)

EXCITING EVENTS HAPPENING AROUND THE REGION FOR YOU AND YOUR LOVED ONE

- **Appalachian State University is offering Aging Well Assessments for free at the Leon Levine Hall. To make an appointment call: 828-262-8658 or email ipcc@appstate.edu**
- **The Lois H. Harrill Senior Center is having a field day on July 16th, 2021 from 9-11 a.m. There will be activities and fun for all. Bring your care-recipient and have some fun!**
- **Generations Ashe is hosting a Matter of Balance Class starting on July 6, 2021 and Powerful Tools for Caregivers starting on July 19, 2021. You can sign up here: [Healthy Aging NC](#)**
- **Wilkes Senior Resources is hosting an advance directive workshop to help older adults and their caregivers learn about a living will. Every third Thursday of the month at 1:00 p.m. Call 336-667-5271 to register.**
- **There are lots of other fun events happening at a senior center near you! You can google your county name and senior center and check it out!**

Trualta; This new online caregiver education platform has hundreds of classes for you ranging from coping mechanisms, relaxation techniques, how to properly lift and move your loved one, and more! Best part? It's FREE To enroll; Contact Amber Chapman achapman@hccog.org 828-278-7406