

THE CAREGIVER SPACE

A HELPFUL NEWSLETTER FOR THE FAMILY CAREGIVER
CURATED BY THE HIGH COUNTRY AREA AGENCY ON
AGING FAMILY CAREGIVER SUPPORT PROGRAM.



WELCOME

It's August! A cool breeze, football season, and apple cider are approaching our way! We hope you all have had a great summer and got a chance to relax (even for just a moment). In this issue, we will talk about Fall Prevention Awareness, how to stay safe from Covid-19, and ways to calm your mind from anxieties. As always, we are here to help with any information and resources you may need.

QUOTE OF THE MONTH

"It is not the load that breaks you down, it's the way you carry it." - Lou Holtz

COVID-19 Updates

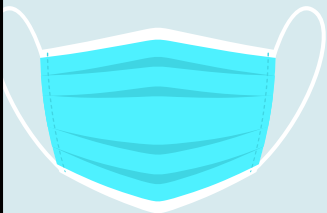
New Mandates:

- The Town of Boone has issued a "State of Emergency" requiring all people (vaccinated or not) to wear masks in public spaces such as retail stores, restaurants, doctors offices, etc.

The Delta Variant:

- The Delta Variant is highly contagious, nearly twice as contagious as previous variants.
- Unvaccinated people remain the greatest concern.
- Some data suggests the delta variant might cause more severe illness than previous strains in unvaccinated persons.

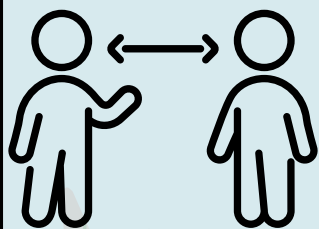
The most effective ways to protect yourself are:



Mask Up!



Get your vaccine!
[Click this link to find your vaccine location](#)



Social Distance

Do you have a loved one or family member who is hesitant about getting the vaccine?

Use this guide to help you with that conversation!

[Vaccine Conversation](#)

Fall Prevention Awareness Day!

Fall Prevention Awareness Day is on the first day of Fall, September 22, 2021.

North Carolina and the High Country will be celebrating Fall Prevention Awareness Week September 21-24th!

There will be events all across the High Country for you and your loved one to take part in!

Check

www.healthyagingnc.com for events in the High Country for the week of September 21-24th.

To find out more about Fall Prevention Awareness Week visit the [National Council on Aging](http://www.nationalcouncilonaging.org).

If you need support, information, and resources please visit:

www.highcountryaging.org or contact

Amber Chapman

Family Caregiver and Health Promotion Specialist

Email: achapman@hccog.org

Phone: 828-265-5434 ext. 113

Visit our website:

**www.highcountryaging.org
for more resources**

Mental Health Matters

With everything happening in our lives, we need to make time for ourselves. Mental health is directly related to our physical health. Boosting our mental health can increase our immunity, which means mental health is something we have to pay attention to!

Here are some resources to help you understand and cope with stress and anxiety.

The CDC has put together a list of mental health resources ranging from how to overcome anxiety caused by COVID-19 to how to cope with a family member who passed from COVID-19.

[Mental Health Resources](#)

These are tough topics to think about, always remember **YOU ARE NOT ALONE.**