

CAREGIVER CONNECTION

EMBRACE ~ EDUCATE~ENGAGE~EMPOWER

Honoring the 7 Types of Rest

As a caregiver you are probably following the hustle culture where working and or caregiving turns into 18-hour days and is seen as the norm and rest is seen as lazy. But the truth is you can't continue to show up for yourself with zero rest as you will hit burnout.

Sometimes we still feel exhausted, even when we've gotten great sleep. When this happens, it's possible that we're experiencing a different type of exhaustion, which in turn requires a different type of rest. Pinpointing what your body needs when it is feeling exhausted allows us to go straight to choosing a restful activity that will benefit us, rather than exhaust us further.

According to Dr. Saundra Dalton-Smith, author of *Sacred Rest*, rest can come in many shapes and forms and there are seven types to choose from.

She explains that rest goes well beyond the need for good quality sleep and that when we are resting all parts of ourselves properly we will also sleep better, and therefore be more fully replenished and energized as a whole being.

How much of each kind of

rest you need is very individual and depends on a lot of who you are and how you live, work and experience life. Don't be surprised if there's a rest that you didn't realize you needed.

Some daily rest practices to try include: meditation, walk in nature, yoga or

stretching, breathing exercises, quiet time to yourself, music, journaling, therapy, self-care, turn off devices, putting beauty around you and spending time with supportive people.

I hope you will spend the last few days of the year unwinding and recharging.

THE 7 TYPES OF REST

PHYSICAL	<i>Physical rest is any activity that improves your physical well-being and restores the body</i>
MENTAL	<i>Mental rest allows you to detach from cognitive demands and allow your brain to repair</i>
SOCIAL	<i>Social rest gives you a break from socialising or being around people in general so you can recuperate</i>
SENSORY	<i>Sensory rest is essential in helping you to disconnect from "the noise" and keep your well-being in check</i>
SPIRITUAL	<i>Spiritual rest provides you with a sense of purpose and meaning which are essential factors for life</i>
EMOTIONAL	<i>Emotional rest is integral to reducing stress, overwhelm and anxious thoughts</i>
CREATIVE	<i>Creative rest helps to protect your creative energy so you can always feel inspired</i>

Protect Yourself from Financial Scams This Holiday Season

Scams targeting people aged 60 and older resulted in over \$3.4 billion in losses in 2023 alone, according to the FBI. The Eldercare Locator can help you stay safe this holiday season. Get tips and resources with this year's **Home for the Holidays** campaign. Visit <http://www.usaging.org/h4h2024> To get a copy of the brochure, **Protect Your Wallet: A Guide to Avoiding Financial Scams**, which highlights common scams that target older adults, tips for avoiding scams and resources for reporting scams.

Special Points of Interest:

- **Honoring the 7 Types of Rest**
- **Community Resource Spotlight**
- **National Family Caregivers Month**
- **Grandparents Raising Grandchildren Corner**
- **Recipe Corner—Sweet Potato & Apple Bake**

A Note from Tracy...

Fall is a season change and full of opportunities to slow down and enjoy meaningful moments with your loved ones.

I hope you will take time to focus on getting the real rest you need by learning more about the 7 types of rest and understanding that sleep alone cannot fully restore us to the point where we feel truly rested.

Take care of yourself as well as your loved one during the holiday season! Don't wait until you are exhausted or your own health begins to fail. Start now to become more aware of your personal stressors, to practice stress-relieving strategies and to ask for help!

I hope the resources and information in this newsletter will help you with reducing the stress and strain that can come from caregiving. Please contact myself or our I&A line at anytime. We're here to help!

Wishing you a blessed day and a wonderful Holiday Season!

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Family Caregiving...Don't Try It Alone

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Thought for the Day...

“The most important things in life are the connections you make with others.”

~Tom Ford

Treat yourself with a Pumpkin Spiced Latte or a Pumpkin Smoothie during the holidays. Go to <https://extension.umaine.edu/food-health/recipes> for



Three Steps to Reduce Feelings of Guilt:



What Triggers Your Guilt?

Take a moment to identify and write down what emotion or events trigger a guilt response.



Re-frame Your Guilt.

What can you say to yourself when you feel guilty? For instance, if you find it hard to leave the person you're car-

ing

for, you might say: “I recognize this is a challenging situation and it's okay for me to prioritize my own needs.”



What's One Thing That Helps You Feel Less Guilty?

Maybe it's as simple as giving yourself permission to reach out to a friend, attend a support group, or arrange

Community Resources Spotlight

Coming Soon to the Caregiver Programs at the FTAAAD...

Trualta, an online learning portal designed for families. With articles, videos, tip-sheets, and professional level training, Trualta helps family caregivers reduce stress, build confidence and provide better care for their loved ones.

Learning on the go—It is easy to use, convenient, and available 24/7. Lessons range from 5 minutes to 2 hours, so it is easy to fit care giving training in whenever it works for you. Learn from trusted sources—no apps and nothing to download.

Stay tuned to learn more and sign up!

November is National Family Caregiver Month!

Celebrated every November, **National Family Caregivers Month** (NFCM) is a time to recognize and honor family caregivers across the country. It offers an opportunity to raise awareness of caregiving issues, educate communities, and increase support for caregivers. The national observance is led by *Caregiver Action Network (CAN)*, a non-profit that provides free education, peer support, and resources to family caregivers.

This year, during **2024 National Family Caregivers Month**, we highlight the importance of self-recognition and self-identity—key factors in caregivers' access to essential support. Identifying as a caregiver opens the door to the family caregiver support needed throughout their journey. According to *CAN*, more than half of those providing care in the U.S. don't recognize themselves as caregivers. As a result, many do not connect with supports that can make a difference throughout their caregiving journeys.

Self-Identification is critical in various settings to ensure the care recipient and the caregiver receive appropriate support. These can include:

- ◆ At your loved one's doctor's office
- ◆ At your own healthcare provider
- ◆ At your mental healthcare provider or therapist
- ◆ When talking with your loved one's insurance company
- ◆ In the emergency room
- ◆ At the pharmacy
- ◆ At work
- ◆ At long-term care facilities
- ◆ With friends
- ◆ With faith leaders



During **2024 National Family Caregivers Month**, we focus on empowering caregivers to self-identify and access the resources they need to succeed. Remember, you are not alone in this journey. With the proper support and tools, you can continue to provide care while taking care of yourself.

Visit [Celebrate National Family Caregivers Month](https://www.caregiveraction.org/nfc-month) or www.caregiveraction.org/nfc-month to learn more about the **2024 National Family Caregivers Month** and see all that the Caregiver Action Network offers to family caregivers.

Grandfamilies Corner: Grandparents Raising Grandchildren

Working with School & Community

Today's educational system is vastly different from the system even a generation ago. When you are suddenly thrust into the world of school, you may be unsure of where to go to get questions answered.

Let's look at how you can help children achieve in school, how to create positive study habits and how to have good homework & study habits.

Helping Children Achieve in School:

School schedules can vary greatly from district to district and state to state. Don't be afraid to ask questions about the timing of the school day, what happens in school on a particular day, weather-related cancellation policies, and vacation days!

Schools do offer an extensive variety of resources to assist all types of learners in achieving school success. Many districts provide tutoring assistance, after school programs and more. There are also mentoring programs to encourage supportive one-on-one relationships with a child.

Things are very different from years gone by. *What challenges have you come across not that you are having*

to deal with a child in school and learning the new ways of the educational system your grandchild or relative child is in?

Now let's look some of the ways to create good habits for homework and study time.

Homework & Study Habits:

- ⇒ Sometimes children may find themselves "behind" their classmates in terms of learning achievement, and study habits.
- ⇒ They may be unfamiliar with goals that hold school success in high regard, or they may not have experience with household rules that are made to encourage good study habits.
- ⇒ Even very young children can learn the importance of taking pride in one's schoolwork and will benefit from established home routines.

What are some routines you currently have in the household?

Creating good positive study habits can help with school work and achieving success in school.

Positive study habits include:

Establish Routines:

It's pivotal to maintain consistent

routines that make sense for each child. Some children benefit from getting their homework done right away, others need a "break" before completing work. There are no right or wrong answers.

Remove Distractions:

It's important to have a place that is relatively free from distractions (away from TV's or phones) and adequate lighting. Younger children may need an adult nearby to help while older children may benefit from distance.

Use Special Services (if needed):

Children may have difficulty in certain subjects, and can benefit from special tutoring and other school-related services.

Communicate with the teacher...they are often happy to provide support!

A final note, today's schools form the core of a young person's social lives. The great variety of after school and extracurricular activities available to even the youngest necessitates caregivers' awareness. It's important to recognize the need for these activities while balancing their safety and knowing their whereabouts.

Support for Grandfamilies...you are not alone!!!

Monthly gatherings for relative caregivers to provide encouragement, connection, and resources.

Coffee & Conversation Group - Johnson City - starting again January 2025, 10:00am, Memorial Park Community Center, 510 Bert Street. Call 423-434-5750 to let the center know you are coming. For more information contact Elizabeth Renfro at 423-753-1680 or eelizondo@utk.edu

Building Bonds - Erwin - 1st Thursday each month, 4:00pm, Clinchfield Senior Center, 220 Union Street, Erwin. For more information contact Tracy Chandler at 423-735-1637.

Grandparents and Guardians: The Unexpected Journey - starting again January 2025, Location to be announced. For more information contact the Elizabethton Senior Center at 423-543-4362 or visit the following Facebook page for more details,

[Grandparents & Guardians - "The Unexpected Journey" | Facebook](#)

Grandparents Education Program - 3rd Thursday of each month, 10:00am, Bluff City Impact Center, 337 Carter St, Bluff City. For more information contact Jolie Scalf at jolie.scalf@sullivank12.net



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Recipe Corner

Spinach Salad with Apples and Raisins

Enjoy this tasty, sweet fall salad with a savory and seasonal entrée. Use Granny Smith or your favorite kind of apples. Try leaving out the sugar for a more tart flavor.

Ingredients

2/3 package baby spinach (10 ounces, washed).

Could also use Kale or other greens)

1-1/2 apples (chopped, can use 1-2 apples)

1 cup raisins

1/4 cup canola oil (or other oil you have)

1/4 cup apple cider vinegar

1/4 cup sugar

1/16 teaspoon garlic powder (pinch)



Directions

1. Combine spinach, apples and raisins.
2. Mix all dressing ingredients and pour over salad just prior to serving.

Serves 6 servings

Source: USDA's MyPlate Kitchen recipes. For more delicious recipes please visit [Recipes | MyPlate](http://www.myplate.gov/myplate-kitchen/recipes) (www.myplate.gov/myplate-kitchen/recipes)

**Connecting People with the
Assistance They Need:**

Contact us at:

Information & Assistance Line

(423) 928-3258

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We hope you find the newsletter informative.

Please let us know if:

- You are willing to receive the newsletter via email
- You are no longer interested in receiving the newsletter
- If you have ideas/suggestions for future editions.

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