



**NEWS COLUMN – Area Agency on Aging District 7, Inc.**

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**Caregiver Month Observed in November**

**Pamela K. Matura, Executive Director, Area Agency on Aging District 7  
November 2015 Monthly Column**



National Family Caregiver Month is celebrated each year in November. What better month could we express our gratitude for the 90 million family caregivers nationwide that provide countless hours of care to their loved ones?

Family caregivers often provide complex medical care, keep commitments of working a full-time job, and maintain relationships with other family members while providing excellent care for their loved ones. They often sacrifice their own physical, financial and emotional well-being. They dedicate themselves to helping others without expecting recognition or thanks, but that makes them all the more deserving of both. Caregivers are the unsung heroes of our nation.

Our Agency would like to thank all family caregivers for the selfless acts you do each day. We encourage you to make caregiving for yourself a priority as a caregiver.

We are happy to have available a workshop designed just for family caregivers. “Powerful Tools for Caregivers” is a free educational series presented by the Area Agency on Aging District 7 (AAA7) that is designed to provide you with the tools to take care of yourself while caring for a relative or friend. It is available to help family caregivers reduce stress, improve self-confidence, communicate feelings better, balance their lives, increase their ability to make tough decisions, and locate helpful resources.

Classes consist of six sessions held once a week for 90 minutes. Two experienced class leaders conduct the classes and provide interactive lessons, discussions and brainstorming to help caregivers take the tools presented and place them in action. Attendees will receive a free book, “*The Caregiver Helpbook*,” developed specifically for the class that covers topics such as hiring in-home help, helping those with memory issues, making legal and financial decisions, and understanding depression.

“Powerful Tools for Caregivers” will help family caregivers with ways to: reduce stress; communicate effectively with other family members, physicians, and paid help; take care of yourself; reduce guilt, anger and depression; help you relax; make tough decisions; and set goals and problem-solve.

For more information about caregiver support services and programs through the Area Agency on Aging District 7, please call us at 1-800-582-7277 or [info@aaa7.org](mailto:info@aaa7.org). We are ready to answer any questions or concerns you may have and help you find resources in your community to help you in your caregiving role.

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