



# Caregiver Corner

City of Alexandria  
Division of Aging and Adult Services

Caring for persons, the more able and the less able serving each other, is the rock upon which good society is built. ~ Robert Greenleaf

## Caregiver Tip for February

Caregivers who make time for themselves are more able to handle stress and have increased energy. Here are some tips for managing stress.

- Create a retreat – Set aside a personal space in your home that is just for you. This can be a place for you to take a few deep breaths and rejuvenate.
- It's ok to say no – Don't commit to things that will overburden you. Be honest with others about what you are able to take on.
- Accept Help – Review tasks that family and friends are able to help you with and accept their help. Allow your loved one to continue to do things they are capable of doing.
- Schedule personal time – Carve “you” time into your day and stick to it. Even 10 minutes can help.

**Caregiver Support Group**

**Wednesday, Feb. 5, 2014**

**4 p.m. - 5:30 p.m.**

**Alexandria Adult Day  
Services Center**

## Resources

The **Insight Memory Care Center** in Fairfax VA is offering classes to caregivers, family members and friends caring for someone with dementia. Classes are third Wednesday of each month from 1:30 - 3:00 pm. The classes are free and respite care is available. For more information on call 703.204.4664 or visit <http://insightmcc.org/documents/CaregiverClasses2014.pdf>.

**Home Care, What You Need to Know** is the first in a series of information sessions sponsored by At Home in Alexandria. The session will be held at the Charles Beatley Library, Wednesday, January 29 from 1-3 p.m. For more information call 703.231.0824 or visit [www.athomeinalexandria.org](http://www.athomeinalexandria.org).

To remove your name from our mailing list, please email [Terah.Chamberlin@alexandriava.gov](mailto:Terah.Chamberlin@alexandriava.gov)

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