



Caregiver Corner

City of Alexandria
Division of Aging and Adult Services

“Caregiving often calls us to lean into love we didn’t know possible” - Tia Walker

Caregiver Tip

The benefits of participation in physical activity and exercise include improved cognition, delayed physical decline and disease, reduced stress, and improved mood. In spite of these benefits only 40 percent of older adults participate in regular exercise and physical activity due to mobility, medical problems or cognitive problems. Older adults can incorporate physical activities into their lifestyles by regularly walking, adapting exercises so they can be done in a seated position, and regularly exercising for shorter periods of time.

Caregiver Support Group
Wednesday, February 4, 2015
4 p.m. - 5:30 p.m.
Alexandria Adult Day Services Center

Resources: <http://alexandriava.gov/Aging>

Go For Life is a website designed by the National Institutes of Aging to help you incorporate physical activity and exercise into your daily schedule. Visit <http://go4life.nia.nih.gov/>

The Mindful Caregiver: Why Self-Care Really Matters: February 25, 2015, 1 p.m.-2 p.m. PST. This webinar by the Family Caregiver Alliance will help participants to identify how unrealistic caregiver beliefs, difficulty with saying no and holding onto guilt, can fuel stress. Participants will learn how the "spirit-side of caring" can transform the caregiving experience. The webinar costs \$15 and participants can sign up at <https://www.caregiver.org/caregiving-webinars>.

To remove your name from our mailing list, please email Jennifer.Sarisky@alexandriava.gov
Questions or comments? Email Jennifer.Sarisky@alexandriava.gov or call 703.746.5999, Option 1



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