



# Caregiver Corner

City of Alexandria  
Division of Aging and Adult Services

*"Givers have to set limits because takers rarely do." ~ Irma Kurtz*

## Caregiver Tip: Creating a Healthy Mindset

In May we celebrate Older Americans Month. This year's theme is "Age Out Loud". This theme recognizes older Americans are exploring new things and striving for wellness. One way to Age Out Loud is to create a healthy mindset. This spring season we encourage caregivers towards a ritual of renewal. Designate one hour to worry and then leave it. Renew yourselves by pursuing an interest that you've been putting off.

The Happy Healthy Caregiver website describes living a mindset of abundance. In abundance an individual is open-minded and attracts people with similar mindsets. Learn how to create balance and live a happy life by practicing six behaviors to cultivate a mindset of abundance while caregiving at <http://www.happyhealthycaregiver.com/caregiver-mindset/>

Find out more information about Age Out Loud at <https://oam.acl.gov/>

**Caregiver Support Group**  
**Wednesday, May 3, 2017**  
**4-5:30 p.m. at the**  
**Alexandria Adult Day**  
**Services Center**

## Resources:

**Medicare Education:** Counselors from the Division of Aging and Adult Services will be discussing the basics of Medicare coverage and choices. If you are new to Medicare or a caregiver for a Medicare beneficiary come get your questions answered Thursday, May 11, 2017, 1:30-3:30 p.m., 4701 Seminary Road, Alexandria. To register call 703.746.5999 or email [DAAS@alexandriava.gov](mailto:DAAS@alexandriava.gov)

**Senior Health & Wellness Fair:** Come out and gain some great information on how to develop a healthier you at The Successful Aging Committee's wellness fair, Wednesday, May 24, 2017, 9:30 a.m.-12:00 p.m., 1108 Jefferson Street, Alexandria.

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For questions, comments or to remove your name from our mailing list, please email [pamela.austin@alexandriava.gov](mailto:pamela.austin@alexandriava.gov) or call 703.746.5738.



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