



Caregiver Corner

City of Alexandria
Division of Aging and Adult Services

*Each Alzheimer's caregiver needs to come to a simple understanding —
your accomplishment is wonderful and amazing ~ Bob DeMarco*

Caregiver Tip:

Caregiving and Forgiving

Forgiving and letting go can be difficult to do when someone has hurt you. Forgiving yourself for your mistakes can also keep us stuck in the past.

According to MayoClinic.org, forgiveness can improve mental health, create a stronger immune system, and decrease stress.

Caregiving.com offers these following reasons to put you on the path to forgiveness:

1. Not forgiving yourself keeps you in the past.
2. Holding on to what happened feels like it can change what happened.
3. When we forgive ourselves, we keep our heart warm.

[Read all 12 Reasons Why You Can Forgive Yourself.](#)

Caregiver Support Group

Wednesday,

February 7, 2018

4-5:30 p.m. at the

Alexandria Adult Day
Services Center

Resources:

Caring for You, Caring For Me workshop: Monday, February 26, 2018, 1-3 p.m., 3955 Pender Drive, Suite 100, Fairfax, VA 22030. This is a five-week program sponsored by Insight Memory Care Center to offer education and support for caregivers.

Medicare General Enrollment: Medicare Part B General Enrollment begins January 1, 2018-March 31, 2018. You can sign up for Medicare Part B if you missed your initial enrollment period. For more information call VICAP at 703.746.5999.

For questions, comments or to remove your name from our mailing list, please email
DAAS@alexandriava.gov or call 703.746.5999.



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