



# Caregiver Corner

City of Alexandria  
Division of Aging and Adult Services

*Life is not merely to be alive, but to be well. ~ Marcus Valerius Martial*

## Caregiver Tip: Embrace the New Year

A new year is a time to start again, make new goals, and implement new expectations. However it can also be a time of uncertainty and unpredictable changes that cause anxiety.

Psychologist, Jerry Kennard recommends strategies to decrease uncertainty and anxiety and truly create a new year. He suggests asking questions about your concerns, trying a to do an old task a new way and coping by exercising and eating healthy. Practicing gratitude is another strategy to relieve stress, give perspective on our blessings and help us make room for welcoming new experiences.

Read more on coping with uncertainty at [healthcentral.com/article/coping-with-uncertainty](http://healthcentral.com/article/coping-with-uncertainty) and ways to practice gratitude at [unstuck.com/gratitude](http://unstuck.com/gratitude).

### Caregiver Support Group

Wednesday,

January 3, 2018

4-5:30 p.m. at the

Alexandria Adult Day  
Services Center

## Resources:

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

**AARP Caregiver Summit:** Saturday, January 20, 2018, at 10 a.m., Immanuel Church on the Hill 3606 Seminary Road, Alexandria, VA. Participants will learn about the importance of planning, and obtain options for health care and long-term support.

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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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