



# Caregiver Corner

City of Alexandria  
Division of Aging and Adult Services

*“Take care of your body. It’s the only place you have to live.”*  
– Jim Rohn

## Caregiver Tip:

Caregivers need to maintain their emotional and physical health or they may not be able to continue caring for their loved one.

Here are some healthy habits for caregivers.

- **Healthy Eating:** Eat nutrient rich foods, healthy snacks and drink plenty of water.
- **Healthy Sleep Habits:** Rise early to take care of yourself first, increase physical activity and establish a night-time routine.
- **Emotional Wellness:** Remember to laugh and enjoy yourself, have a hobby or an activity you enjoy, deal positively with frustration
- **Physical Wellness:** Keep physically active by walking, swimming, dancing or doing a physical activity you enjoy. Remember, even short workouts are helpful.

**Caregiver Support Group**  
**Wednesday, October 7, 2015**  
**4—5:30 p.m.**  
**Alexandria Adult Day**  
**Services Center**

## Resources:

**Senior Law Day: Saturday, October 17, 2015. First Baptist Church of Alexandria, 2932 King Street, Alexandria**

This annual, free event which runs from 8:30 a.m.-12:30 p.m., is co-sponsored by Senior Services of Alexandria and the Alexandria Bar Association. Information on later-in-life legal and financial planning; how seniors may be affected by divorce, remarriage and child custody issues and the importance of communication will be presented. Resources and information on services available to seniors is also available. For information or to register, go to <http://seniorservicesalex.org/>.

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