

# CAREGIVER NEWS

*Region IV Area Agency on Aging Caregiver Newsletter*

## Good Night, Sleep Tight!

Uninterrupted quality sleep is a crucial part of memory formation. If an elder is having trouble sleeping through the night, minor symptoms like fatigue and mood swings can worsen and begin causing lapses in memory. Sleep patterns have been shown to have a direct link to the formation of Alzheimer's disease.

A prolonged sleep deficit led to an increase in beta-amyloid plaques—a principal biomarker of Alzheimer's disease.

If you or a loved one is experiencing symptoms of insomnia or another type of sleep disorder, it's important to see a doctor right away. Difficulty sleeping is not a normal part of aging and there are treatments to help ensure quality rest at night.

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- Insomnia and Dementia
- Caregivers Can Be Each Other's Best Friends
- Local classes for caregivers
- Travel with Precious Metals

... and more!



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# Caregivers Can Be Each Other's Best Friend

One of the best Christmas presents I received last holiday season was a phone conversation with my childhood friend. After 40 years, we reconnected thanks to modern technology, and were amazed to find that we fell back into step after all those years.

She shares the same concerns for her elderly father as I do for my parents. Through social media and my blogs, she is well aware of the challenges I face. Shari respects my desire to keep my parents at home. Knowing my personality and reading between the lines, she told me: "If you have to resort to caring for your parents outside of your home, don't feel like you've failed. Don't be hard on yourself. You've done everything you can to keep them with you."

Shari's timing couldn't have been more on target. How did she sense the stress and uncertainty I was now wrestling with daily? How could she know I was pushing myself to be the perfect daughter who wouldn't disappoint her parents?

My dear friend Shari brought me to my senses. The stress I had been feeling—like a cloudy veil—faded away as I digested her words. I posted her wisdom where I can see it daily. I am grateful to Shari, and hope that every caregiver finds their own "Shari."

Like so many good gifts, this present wasn't wrapped in pretty paper. This was a gift from the heart of a priceless friend who helped me through one of life's most challenging—and most rewarding—times.

**Happy Holidays to you and your loved ones from all of us at Region IV Area Agency on Aging!**  
**As a person providing care for an older adult or a person with dementia, Parkinson's, or other medical diagnosis' you are faced with an enormous amount of responsibility and work often with out time to take care of your own needs. We can help find resources and support services such as respite care, adult daycare, caregiver support groups, classes and more. Call or email us:**

**(800) 654-2810**

**[info@areaagencyonaging.org](mailto:info@areaagencyonaging.org)**



## Free Zoom Classes Through RIV AAA

**Musical Mondays with Brandon Pierce**, Mondays starting December 6, 12:00-1:00 p.m.

**Can It!** Healthy Cooking with Bronson. Wednesday, December 8, 2:00-3:00 p.m.

**Innovations in Aging Annual Meeting & Celebration** of Lynn Kellogg's 45 Years of Service, December 13, 2:00-4:00 p.m. via Zoom (\$10) or in person at The Inn at Harbor Shores (\$25). See page 2 for details.

**Caregiver Support Group Hosted in Conjunction with Caring Circle**, every third Tuesday, December 21, 1:00-2:00 p.m. via Zoom.

**Musical Mondays with Brandon Pierce**, Mondays starting January 3, 12:00-1:00 p.m.

**Caregiver Support Group Hosted in Conjunction with Caring Circle**, every third Tuesday, January 18, 1:00-2:00 p.m. via Zoom.

**Two Soups to Ward off the Cold!** Healthy Cooking with Bronson. Wednesday, January 19, 2:00-3:00 p.m.

To register today, call Amy Nichols at 269-982-7748 or email [AmyNichols@AreaAgencyonAging.org](mailto:AmyNichols@AreaAgencyonAging.org).

For a complete, up-to-date listing, visit <https://campusforcreativeaging.org/classes/>



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## Travel with Precious Metals

Passengers with pacemakers and defibrillators should not go through the metal detector, according to the TSA. Other surgically implanted devices, such as artificial joints and aneurysm clips, may set off metal detectors.

The TSA recommends that passengers or their caregivers advise security officers of the location of any such devices. Airport security personnel may opt for an alternative screening method rather than sending the person through the metal detector.

Your doctor can provide a medical card to present at the airport. This card will not prevent you from being screened, but it professionally communicates information about medical conditions.

Contact us at:

**Info-Line  
for  
Aging and Disability  
(800) 654-2810**

**Region IV  
Area Agency on Aging  
2900 Lakeview Avenue  
St. Joseph, MI 49085**

Region IV Area Agency on Aging supports your caregiving and aging needs

[AreaAgencyonAging.org](http://AreaAgencyonAging.org)