

# Macon County Health Department Caregiver Advisory Newsletter

*July/Aug*  
**2025**

## **August is National Wellness Month**

We often put our health and wellness on the back burner due to work deadlines, family obligations and other stressors. Research has shown self-care can help increase happiness by up to 71%. National Wellness Month was born out of the idea that if we are going to do big things in the world— build our careers, raise a family, further our education, create new ideas, and nurture our bodies — we need to take care of ourselves.

### **5 Habits for Self Care**

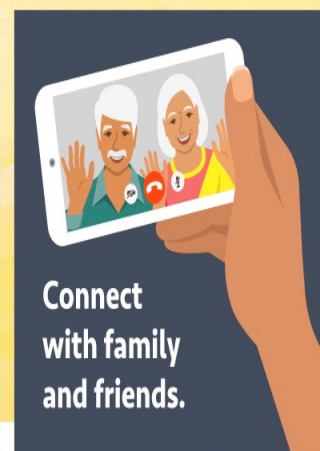
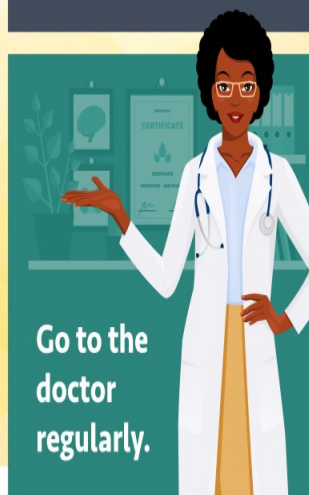
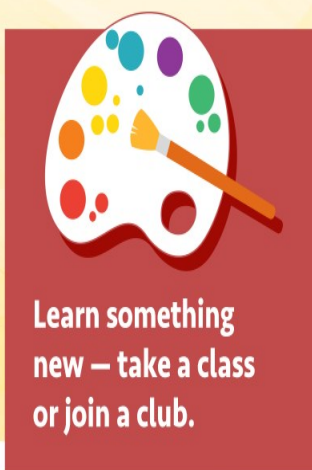
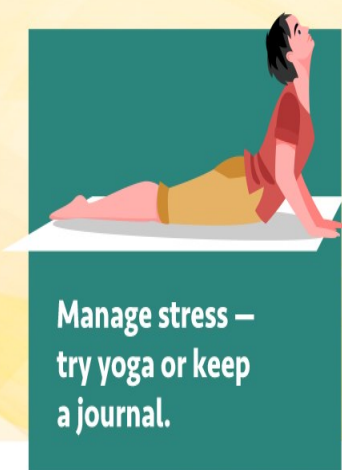
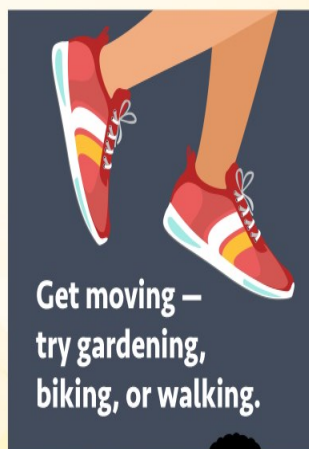
- 1. Drinking lots of water** -The smallest act of self-care that can make a great impact is drinking plenty of water every day. Stay hydrated and your body will feel better.
- 2. Get Your Sleep-** Lack of sleep can lead to a decline in mental and physical health. Commit to getting a full 8 hours of sleep every night as part of self-care.
- 3. Exercise-** Just 30 minutes of walking every day can help boost your mood and improve your health. Commit to exercising everyday for better wellness.
- 4. Try a relaxing activity-** Activities like yoga, hiking, reading books, listening to music or painting can improve your mood and are a great commitment to improving your health and wellness.
- 5. Practice gratitude and positivity-** You are what you think. Take time to practice gratitude and positivity when reflecting on life.

# Healthy Aging Tips for the Older Adults in Your Life

Aging increases the risk of chronic diseases such as heart disease, type 2 diabetes, arthritis, cancer, and dementia. The good news is that adopting and maintaining a few key behaviors can help older adults live longer, healthier lives. Healthy behavior changes can help older adults live more independently later in life. That's important both for their quality of life and for yours. If a family member loses independence — whether it's due to disability or chronic disease — you may find yourself in a caregiving role earlier than expected, which can affect family dynamics as well as finances.

## Tips To **BOOST** Your Health as You Age

Did you know that making lifestyle changes can help you live longer and better? Try these tips to get started.



Learn more about steps you can take to promote healthy aging at [www.nia.nih.gov/healthy-aging](http://www.nia.nih.gov/healthy-aging).

# DIABETES: SIGNS & SYMPTOMS



Fatigue &  
Exhaustion



Weight  
Loss



Excessive  
Thirst



Increased  
Urination



Blurred  
Vision



Nausea &  
Vomiting



Headache



Increased  
Heart Rate



- Frequent infections in the skin
- Delayed healing of wounds, bruises and cuts
- Tingling or numb sensation in the feet and hands
- A sensation of pins and needles in the legs

# Healthier (More Nutritious) Snacks With Diabetes

When you have diabetes, you may need to snack between meals or after an early dinner to keep your blood sugar up.

## On-the-Go Snacks for Diabetes

| Fruit   | Non-Starchy Vegetables | Proteins            | Other Healthy Ideas   |
|---------|------------------------|---------------------|-----------------------|
| Bananas | Carrots                | Hummus              | A sugar free popsicle |
| Peaches | Celery Sticks          | One stick of cheese | Plain or light yogurt |
| Pears   | Pepper Slices          | One hard boiled egg | Rice or oat cakes     |



## Foods to Avoid

- \*Cookies, cakes, candy bars, doughnuts
- \*Fries, potato chips, corn chips, some types of crackers
- \*Soda, flavored/sweetened coffees, sports drinks, & fruit juices.



# SUMMER WORD SEARCH

S B W K I S U N W M K W V  
Y E K Q H X A E S K O V P  
N A D A O B D N J I N A M  
G C L C T B W M D T U C O  
N H I P L Q N T H E F A R  
I I C E C R E A M A R T M  
W D R P O P S I C L E I C  
S W I M N I E J T A M O A  
B A O E T C G U L D M N M  
R T A N E N S M H A U T P  
I H C A E I O P S V S L I  
S A Y E U C P O O L N O N  
V R S E S S A L G N U S G

**WORD BANK:**

BBQ

BEACH

CAMPING

FUN

HOT

ICE CREAM

JUMP

KITE

PICNIC

PLAY

POOL

POPSICLE

SAND

SUMMER

SUN

SUNGLASSES

SWIM

SWING

VACATION

## Memory Café Celebrated 10 years on June 23rd at Eagle Ridge

Thank you to everyone that has made this wonderful support group such a success.







## Common Grounds CAREGIVER SUPPORT GROUP

**10:00 AM ~ Every 4th Thursday of the Month**

This support group provides a place to connect with other caregivers of older adults who truly understand what you are going through and to get resources for your questions and needs. It is a safe place for caregivers, family and friends, or persons in need of care. Everyone is welcome. Light refreshments will be served.

**PRESENTED BY:**

Caregiver Advisory Team  
Starting Point; Macon County Health Department



For more information, call Becky Stewart at  
Starting Point - 217-423-6550 ext. 1520.

Randall Residence of Decatur - Independent Living  
1455 W. Mound Rd, Decatur, IL 62526  
www.RandallResidence.com/Decatur  
217-877-7885

# MEMORY CAFÉ

A safe space for caregivers and  
loved ones to socialize.

## JOIN US!

- HOSTED BY CAREGIVER ADVISORY SERVICES THROUGH STARTING POINT; HELD AT EAGLE RIDGE SENIOR LIVING CENTER.
- EVERY 2ND AND 4TH MONDAY OF THE MONTH, 1:00-2:30 P.M.



For more  
information,  
contact Tami or  
Becky at  
Starting Point  
217-423-6550  
opt 4.



**StartingPoint**

Your Aging and Disability Resource Center



Public Health  
Prevent. Promote. Protect.  
Macon County Health Department  
Decatur, Illinois

Funding by the East Central Illinois Area Agency on Aging.



Program for Family Caregivers of People with  
Alzheimer's Disease or Dementia

**Do you provide care for a loved one with  
Alzheimer's disease or dementia?**

**YOU ARE NOT ALONE!**

- We know caregiving can be stressful.
- This program will teach:
  - stress management techniques.
  - relaxation and coping strategies.
- Program available at no cost.

"The program was a turning  
point in my being able to cope."  
-Participant

### Information

**Who:** Family caregivers of a loved one with  
dementia

**What:** Multi-component program meets  

- 90 minutes/week for 9 weeks
- Groups of up to 8 people

**Where:** Macon County Health Department  
1221 E. Condit St.  
Decatur, IL 62521

**When:** To Be Determined

For more information or to register,  
please call 217-423-6550 option 4.



Public Health  
Prevent. Promote. Protect.  
Macon County Health Department  
Decatur, Illinois



**StartingPoint**

Your Aging and Disability Resource Center

## Diabetes Self-Management Program

Classes will be held at the Macon County  
Health Department. Please call  
217-423-6550 option 5 to learn  
more or to register for a class.



Public Health  
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Macon County Health Department  
Decatur, Illinois

## UPCOMING EVENTS:

### July

7 Dementia Friendly Zoo Day @ Scovill Zoo 1:00-3:00 p.m.  
14 Memory Café at Eagle Ridge 1:00-2:30 p.m.  
22 Virtual Caregiver Support Group 10:00-11:00 a.m.  
24 Caregiver Support Group at Randall 10:00-11:00 a.m.  
28 Memory Café at Eagle Ridge 1:00-2:30 p.m.

### August

4 Dementia Friendly Zoo Day @ Scovill Zoo 1:00-3:00 p.m.  
11 Memory Café at Eagle Ridge 1:00-2:30 p.m.  
25 Memory Café at Eagle Ridge 1:00-2:30 p.m.  
26 Virtual Caregiver Support Group 10:00-11:00 a.m.  
28 Caregiver Support Group at Randall 10:00-11:00 a.m.



**Macon County Health  
Department (Decatur, IL)**

**[www.maconchd.org](http://www.maconchd.org)**

Macon County Health Department  
Starting Point  
Caregiver Advisory Services  
1221 E. Condit Street  
Decatur, IL 62521-1405  
(217) 423-6550

