



Caring Together Newsletter

This Issue: The Heart of Caregiving

Spring 2021 Edition - Volume 1

Welcome to the first 2021 edition of *Caring Together*! In honor of American Heart Month and Caregiver Appreciation Day (February 19th), the theme of this newsletter is The Heart of Caregiving.

Mother Theresa once said, "It is not how much you do, but how much love you put in the doing." As a caregiver, you selflessly give of your time, energy, and abilities to show kindness and compassion in a way that truly matters. **That is the heart of caregiving.** Don't forget, you deserve kindness and compassion, too. We cannot care for others without first caring for ourselves. When you make time for self-care, remember that daily physical activity, eating healthy and nutritious meals, a good night's rest, and stress management are all heart-healthy habits that support your physical, mental, and emotional health.

As the year flies by, I hope you find time to rest, take a breath, and do something you love. Not everyone has the heart for caregiving; remember to take care of yours.

Kandise Chrestensen
Coalition Coordinator

Become a Member of the Caregiver Coalition of Northeast Florida for FREE



With a brand new year ahead of us, we invite caregivers, healthcare professionals, and those with a passion for improving the lives of caregivers to consider joining the Caregiver Coalition.

To learn more about FREE membership for 2021, contact info@caregivercoalition.org or call 904-391-6603.

[Why Join the Caregiver Coalition?](#)

Keep Your Heart Healthy!



Caregiver Stress and Heart Disease Risk

By VITAS Healthcare

Not only can stress make you sick, it can affect how you care for others, how you react to routine situations, and how you live your life. Read more: [Tips for Caregiver Success.](#)



Top 10 Cooking Tips for Caregivers

By The American Heart Association

Maintaining healthy nutrition habits aren't always easy, especially for caregivers. Learn how you can watch what you eat with these quick, easy and healthy tips! [Read more.](#)



First Coast YMCA: Blood Pressure Self-Monitoring

Take action to improve your heart health! This program helps adults to lower blood pressure through regular monitoring and increased awareness of triggers that elevate it.

[Learn More and Sign Up](#)



**American
Heart
Association®**

American Heart Association: Caregiver Support

You hold it all together, but caregivers like you also need support. Find tools and resources to help you on your journey.

[View Caregiver Support Resources](#)

Share the Love Challenge

ElderSource invites you to share a message of love, unity and respect. The “Share the Love Challenge,” to be launched on February 12 in



#Sharethelovechallenge



time for Valentine’s Day, is a campaign designed to encourage people to exchange kindness in the form of **words, gestures and deeds.**

For more information and suggestions on how you can share the love, visit the [ElderSource website.](#)



Quick Care Tips!

Active Daily Living: A Powerful Tool for Caregivers

Active Daily Living is a feature on the ElderSource website that contains a sizable library of practical resources for caregivers and seniors to use in their daily lives. Check out these helpful tips and sign up to receive tips, articles, and resources via email!

- [Add Rubber Band Grips](#) for hard-to-open door knobs or faucet handles.
- [DIY Sock Aid](#) that promotes independence.
- [DIY Button Hook](#) for small hard to manage buttons.

[Sign Up for Active Daily Living](#)

Upcoming Virtual Events

Every Friday in February

**Every Friday in February at 10:00am
Memory Connections: Supporting You Through the Journey**

This series covers home safety, difficult conversations, legal planning and financial planning. [View Flyer](#) for more information or [click here to register.](#)

11 February

**5:00pm
Because I Love You, Caregiving**

Caregiving panelists will share their experiences and provide helpful tips for your caregiver journey. [View flyer](#) for more information or [click here to register.](#)

18 February

**12:30pm
Let's Do Lunch! Benefits of Robotic Therapy Pets**

“Let’s Do Lunch” is a monthly 30-minute program hosted by ElderSource and AARP Florida and airs at 12:30 pm the third Thursday of each month on Facebook. [Click here for more information.](#)

26 February

**1:00pm
Tips for Heart-Healthy Eating with First Coast YMCA**

A First Coast YMCA dietitian explores different ways to make heart-healthy food choices. [Register for free.](#)

[View Full Event Calendar](#)

For more information,
or if you're interested in
volunteering or joining
the Caregiver Coalition, please contact:
info@caregivercoalition.org
904-391-6603



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