It's National Family Caregivers Month

Caregiving is a public health issue and has a significant impact not only on individual caregivers but a significant systematic and economic impact on society.

A 2021 AARP study reports that in the United States, about 48 million individuals provide unpaid care to an adult family member or friend. Nearly eight in 10 caregivers report having routine out-of-pocket expenses. The typical annual total is around $7,424, with family caregivers spending 26% of their income on caregiving. About half of caregivers say they use their own money for household-related expenses, including rent/mortgage, home modifications, medical costs, and in-home care.

Read the full report here.

It's National Diabetes Month

Information from the National Institute of Diabetes and Digestive and Kidney Disease (NIH).

November is National Diabetes Month, a time when communities across the country team up to bring attention to diabetes. This year’s focus is on managing diabetes by building your healthcare team.

Diabetes is a serious disease where your blood sugar levels are too high. It affects about 37 million Americans, including adults and youth. Diabetes can damage the eyes, kidneys, nerves, and heart and is linked to some forms of cancer.

While the healthcare team is an essential factor in care, you are the most important participant in your diabetes care. Here are some tips to help you manage diabetes:

- You are the center of your care. Learn as much as you can
Florida's Long-Term Care Ombudsman Program Needs Volunteers

Volunteers with the Florida Long-Term Ombudsman Program are community members from all walks of life who are passionate about improving the lives of residents living in long-term care facilities. They are trained to work with residents and their family members to communicate concerns and resolve problems by providing advocacy, support, education, and empowerment. These volunteers simply want their time and talents to make a difference in improving the lives of people who may be older and/or disabled.

Sarasota County has a total of 120 facilities, including 29 nursing homes, 3 adult family care homes, and 88 assisted living facilities with an estimated total of 8,826 beds. Nearly 60 percent of long-term care residents in Florida do not receive visits from family members and friends. They may feel alone, isolated, and that they have no voice in the daily care they receive. Unfortunately, many do not have anyone to look out for their best interests regarding their personal rights, health, safety, and welfare.

Florida's Long-Term Care Ombudsman Program needs volunteers to join its corps of dedicated advocates who protect elders' rights in nursing homes, assisted living facilities, and adult family care homes. They seek

- Develop a regular exercise routine. Regular activity, such as walking, dancing, and swimming, can help improve blood sugar levels and reduce the risk of diabetes.
- Eat a healthy, balanced diet. Focus on fruits, vegetables, whole grains, lean protein, and low-fat dairy products. Avoid processed and high-sugar foods.
- Manage stress. Chronic stress can increase blood sugar levels and may contribute to the development of type 2 diabetes. Practice stress-reduction techniques such as deep breathing, meditation, or yoga.
- Get your blood sugar tested regularly. If you have diabetes, regular monitoring of your blood sugar levels can help you stay on track with your treatment and prevent complications.

Click here to take the 60-second Type 2 Diabetes Risk Test from the American Diabetes Association.

Holiday Fun!

There are tons of free or low-cost events for the entire family to enjoy this holiday season!

**Holiday Movies Under the Stars**
*When:* Every Friday and Saturday starting November 18. Bring a lawn chair and settle in for one of these holiday classics. [Find the schedule of movies here.]
*Where:* UTC Mall

**Light up Siesta Key Village Holiday Parade**
*When:* Saturday, November 26
*Time:* 5p-9p.
*Where:* Free public transportation
additional volunteers to identify, investigate, and resolve residents' concerns. Special training and certification are provided.

All interested individuals who care about protecting long-term residents' health, safety, welfare, and rights are encouraged to call toll-free 1-888-831-0404 or visit the program's website at ombudsman.elderaffairs.org.

You can find more information here.

Venice Holiday Parade
When: Saturday, November 26
Time: 6:30p
Pre-parade entertainment and food vendors begin at 5p.
Where: Downtown Venice.

Venice Christmas Walk
When: Thursday, December 1
Time: 5p-8p
Where: Historic Downtown Venice.

Sarasota Holiday Parade
When: Saturday, December 3
Time: 7p
Where: Main Street in Downtown Sarasota.

Venice Christmas Boat Parade
When: Saturday, December 3
Time: 6p
Where: The boat parade begins above the Albee Farm Bridge and will head south, with the turn around before the Circus Bridge.

3rd Annual Christmas Bazaar
When: Saturday, December 10
Time: 10a-3p
Where: North Port City Hall Center Green. 4970 City Hall Blvd.

Sarasota Holiday Boat Parade
When: Saturday, December 10
Time: 6p
Where: Beginning at Centennial Park to Bayfront Park.

Festival of Lights at Fisherman's Village
When: Sunday, November 13 through Saturday, December 31
Where: 1200 W. Retta Esplanade Punta Gorda

Englewood Holiday Arts and Crafts Show
When: Saturday, December 17
Time: 10a-5p
and

Flu Season is Back :-(

CALL TODAY: 1-888-831-0404
The Centers for Disease Control (CDC) and Florida Department of Health (DOH) are already reporting significant numbers of respiratory illnesses and flu. Federal health officials say the U.S. is officially in a flu epidemic. They’re preparing to deploy troops and ventilators if necessary (msn.com). Young children, pregnant women, older adults, and those with chronic illnesses are at higher risk. Please get your flu vaccine to help prevent outbreaks and hospitalizations.

Click here to find out local information for flu vaccines.

To share news or information, contact the editor at sssternberg@thepattersonfoundation.org.