



# *In Care of You*

A NEWSLETTER FOR CAREGIVERS FROM GREENE COUNTY COUNCIL ON AGING

NOVEMBER • DECEMBER 2025

## NOVEMBER IS NATIONAL FAMILY CAREGIVERS MONTH: HONORING EVERYDAY HEROES

Each November, the United States observes National Family Caregivers Month—a time to recognize and honor the millions of family members who provide essential care to loved ones living with chronic illnesses, disabilities, or the challenges of aging.

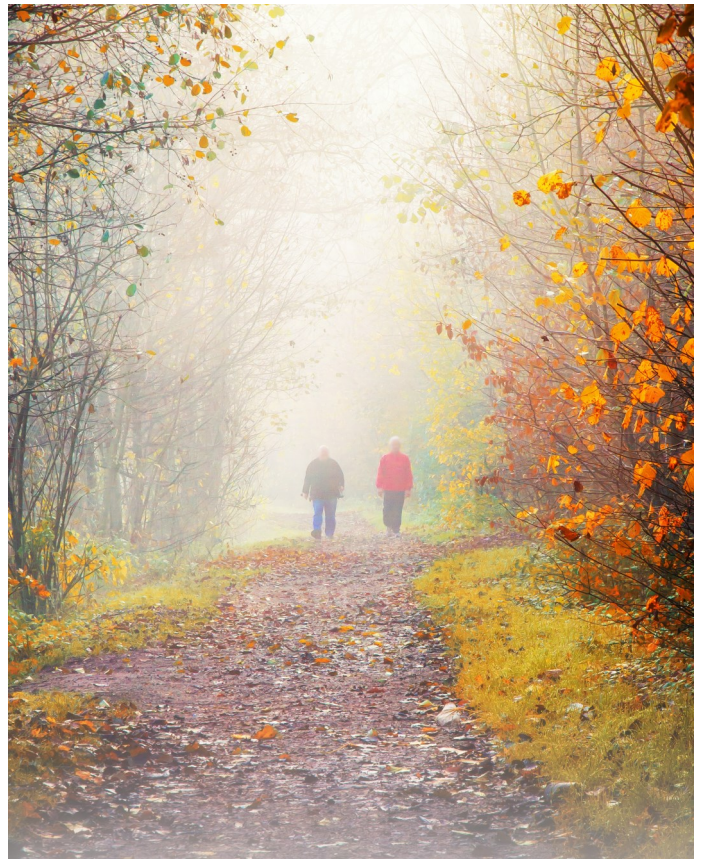
Family caregivers are often unsung heroes, dedicating their time, energy, and resources to ensure the well-being of others. They help with everything from managing medications and doctor appointments to providing emotional support and daily living assistance. Many do this while juggling jobs, raising children, and managing their own health.

This month is not only about recognition—it's also a time to offer assistance. Caregivers need support, resources, and respite. The emotional and physical toll of caregiving can be overwhelming, and November is a reminder for communities, employers, and policymakers to prioritize caregiver well-being.

Caregiving is often unplanned and unpredictable. It underscores the need for flexibility, understanding, and preparedness for both caregivers and those around them.

As we move through November, take a moment to thank a caregiver you know. Whether through a kind word, a helping hand, or advocating for supportive policies, small gestures can make a big difference for those who give so much of themselves.

*To all family caregivers: your compassion, strength, and selflessness do not go unnoticed. This month—and every month—we thank you.*

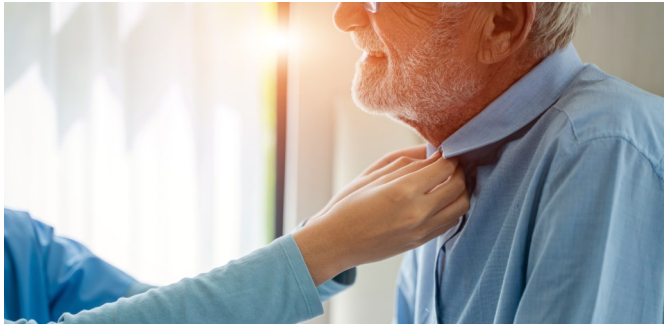




# *In Care of You*

*Providing support for those who support others*

## 6 FACTS ABOUT A PERSON WITH DEMENTIA



### **I can still smell the flowers.**

I don't garden anymore, but I can still smell the flowers. Bring me some roses. This will remind me of my past.

### **I can still communicate.**

I can't talk the way I used to, but I can still communicate. Be patient as I try. This will help me feel connected.

### **I can still make decisions.**

I don't have the judgment I used to, but I can still make decisions. Give me choices. This will make me feel like I'm a part of things.

### **I can still wash my face.**

I can't take a bath by myself anymore, but I can still wash my face. Assist me with direction. This will help me feel purpose.

### **I can still sing.**

I can't dance anymore, but I can still sing. Help me enjoy music. This will enrich my life.

### **I can still move my body.**

I can't walk unassisted anymore, but I can still move my body. Walk with me, and support me if I stumble. This will help me feel engaged.

You are my lifeline. I depend on you. But please don't do for me what I can do for myself. Recognize what I can do and help me to function as a person.

You are key to the quality of my life.

*By Dan Lonigro, CPI Global Professional Instructor*

Forgive yourself for not  
knowing what you didn't  
know before you learned it.

~ Maya Angelou



### **Support Groups**

- 1st Monday of the month at 4pm, First Presbyterian Church, 314 Xenia Ave, Yellow Springs
- 1st Wednesday of the month at 11:30 am, GCCOA Xenia office **NOTE:** Because of holiday events, meetings will be Tuesday Nov 11 and Tuesday Dec 9.
- 2nd & 4th Tuesdays at 9:30 am, Peace Lutheran Church, 3530 Dayton • Xenia Rd, Beavercreek

**Weekly Radio Segment:** Partners in Caregiving every Thursday soon after 6pm, WBZL—FM 100.3 AM 1500  
Also available online: [gcco.org/radio](http://gcco.org/radio)