

Dear New Caregiver: What I Wish Someone Had Told Me

Dear New Caregiver,

First, let me say this: you are doing something extraordinary. You may not feel like it right now, standing in the kitchen with dishes piled up, a list of phone calls to make, and someone you love calling your name from the other room. But you have stepped into a role that will challenge you, change you, and, with the right support, bring moments of deep connection you'll never forget...

[Finish reading our letter](#) to new caregivers, with self-care tips and resources to help you get started on your journey.



Announcing The Exhale Program

Through the support of ACCESS and in partnership with The Senior Alliance, Exhale is committed to increasing awareness and providing resources to diverse caregiving communities.

[Learn More](#)

The Senior Alliance Golf Outing

Got your foursome yet?

The Senior Alliance Golf Outing is coming up on September 22, and we'd love to see you on the green! Included this year are: Continental breakfast, lunch at the turn, any beverage all day and evening, golf swag bag, and dinner.

Now Available Direct Care Worker Needs Fund

This fund can assist with things like reliable transportation, gas cards, housing support, and other urgent needs. For a limited time, the program is open to direct care workers beyond those serving The Senior Alliance's participants.

Star of The Month

Brenda Mixon

"Thank you, Brenda, for always going above and beyond--both inside the office and behind the wheel. Your reliability, positive attitude, and team spirit make a big difference every day, and we're grateful to have you on our team." - Alicia

Services:

- Adult Day Services
- MI Choice Waiver Program
- Care Management
- Caregiver Support
- Nutritional Services and Home Delivered Meals
- Friendly Reassurance
- Long-term Care Ombudsman
- MMAP Assistance
- Information & Assistance
- Elder Abuse Prevention
- Outreach, Advocacy, and Education
- Transportation
- And Much More

**We're so proud of
our team! Thank you!**



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