DNMM Text-Only Newsletter – November 2024

**Article 1: National Family Caregivers Month**

November is National Family Caregivers Month (NFCM) – a time to recognize and honor family caregivers across the country. It offers an opportunity to raise awareness of caregiving issues, educate communities, and increase support for caregivers.

Family caregivers' support allows millions of people to continue living and participating in their communities. They are the backbone of our system of long-term care, and it’s estimated that it would cost $600 billion to replace the work they do with paid services.

The U.S. Department of Health and Human Services recently released a progress report on the 2022 National Strategy to Support Family Caregivers, which establishes goals and recommendations for ensuring that family caregivers have the support and resources they need. Nearly all of the actions have been completed or are in progress, and federal agencies have committed to almost 40 new actions since the strategy’s release. The plan also includes more than 150 actions that states, communities, and others can take – learn more at https://acl.gov/CaregiverStrategy

Disability Network Mid-Michigan would like to thank all the family caregivers who help support the people in our communities!

**Article 2: Veterans Day**

November 11th is Veterans Day, a time to thank those who have protected our country by serving in the armed forces.

It’s also a time to advocate for the crucial services needed to help veterans live independently. Many veterans face a new battle after they return home with post-traumatic stress disorder (PTSD), a complex mental health disorder triggered by experiencing or witnessing traumatic events, often seen in combat situations. Managing PTSD involves a combination of professional help, supportive tools, and understanding from loved ones.

As a small token of appreciation to veterans, restaurants and stores across the country are offering discounts or free services to them on Veterans Day. [Click here for a list of some of those offerings](https://www.military.com/veterans-day/veterans-day-military-discounts.html).

**Article 3: Season of Giving**

As we enter the holiday season, we encourage our staff and supporters to think of others who may be struggling. Donating your time to local non-profits like soup kitchens or food banks can make a huge difference in someone’s life.

In the spirit of giving, Disability Network Mid-Michigan will be an official collection point for Toys For Tots, whose objective is to help less fortunate children experience the joy of Christmas and unite all members of local communities in a common cause. We are collecting new, unwrapped toys at our Midland location until mid-December. Our office is located at 1705 S. Saginaw Road, and we are open Monday through Friday from 9am to 4:30pm

**Article 4: Conversation on Internet Savvy**

November 7 | 5 – 7pm

THE NORTHERN CENTER (FOX DEN)

7784 STONE SCHOOL RD, HOUGHTON LAKE, MI 48629

This will be a casual, strolling dinner where attendees move from station to station participating in activities designed to spark conversation about topics like accessing the internet, what digital skills exist in the community today, and how to avoid being scammed online. Merit and MSU Extension will take the input from this event and use it (along with our resident survey to be mailed next month) to guide the design of an educational program that will be offered to the community in early 2025.

The event and the food are free, so invite your neighbor or a friend to join you!

**Article 5: World Diabetes Day**

November 14th is World Diabetes Day, and the focus is on well-being. With appropriate access to diabetes care and support for their well-being, everyone with diabetes has the chance to live well.

36% of people with diabetes experience diabetes distress.

63% of people with diabetes say the fear of developing diabetes-related complications affects their well-being.

28% of people with diabetes find it hard to remain positive in relation to their condition.

Millions of people with diabetes face daily challenges in managing their condition. They must be resilient, organized, and responsible, impacting their physical and mental well-being. Diabetes care often only focuses on blood sugar, but overall physical and mental health should be included. This November 14th, let’s put well-being at the heart of diabetes care.

How does living with diabetes affect your well-being? Share your experience to support the call for well-being to be put at the heart of diabetes care by taking this [2-minute survey](https://worlddiabetesday.org/well-being-survey/).

**Article 6: Family Volunteer Day**

Family Volunteer Day is on November 23rd. It’s a global day that recognizes the positive impact families can have on their communities when they work together to volunteer.

There are so many ways to give back to your community! You can choose from in-person or virtual volunteer opportunities. Take time out with your family to help others, and make a positive mark on the world. Here are 5 benefits of volunteering as a family:

1. Teaches children your values as a family.
2. Helps you spend quality time together.
3. Helps children learn empathy.
4. Teaches children that learning happens outside of school, too.
5. Helps children develop important skills – hard skills like carpentry or yard work, and soft skills like social interaction and communication.

[Find the right volunteer opportunity for your family](https://michiganvolunteers.org/?utm_source=google&utm_medium=cpc&utm_campaign=volunteer_2024&gad_source=1&gclid=Cj0KCQjwgrO4BhC2ARIsAKQ7zUm32VTt23rpl0qJ_5-FY87DeqIn7uEwNIL1Vqom8aGAo38TC4MXP2waAu6hEALw_wcB&_location=43.5932134%2C-84.3331694%2C25%2CMidland%252C%2520MI%252048640%252C%2520USA)!

**Article 7: Thank You & Farewell**

Thank you, Brad Gomoluch, Bart Maxon, and Jeff Dixon, for giving your time to serve six years on the Board of Directors for Disability Network Mid-Michigan (DNMM). Your dedication to our mission and willingness to share your disability perspectives helped guide and strengthen our agency's direction as we continue to move forward in our efforts to create accessible and inclusive communities. Your willingness to step into leadership roles of President, Vice President, and Treasurer ensured our governance processes remained strong. "I appreciate the openness, support, and guidance I received from all three members during the early months of my leadership," said Kelly PeLong, DNMM Executive Director. "They have truly made an impact on behalf of people with disabilities in our community and for that I am grateful."

**Article 8: Giving Tuesday is December 3rd**

A better future is being built by all of us through small acts of care, love, and understanding. Whether it's a smile, a helping hand, or your time, these acts ripple out, becoming part of something greater. That is the power of radical generosity.

Giving Tuesday is a global generosity movement based on a simple idea: encourage people to do good. Join the movement and give – whether it’s your time, a donation, or the power of your voice in your community. Every act of generosity counts, and everyone has something to contribute to making the world a better place.

If you’d like to give to DNMM, here are some ideas:

* Supplies to assist with personal and home maintenance:
	+ Laundry detergent
	+ Cleaning supplies
	+ Hygiene supplies
	+ Pet food
	+ Coffee

For more information and to donate, [visit our Giving Tuesday page](https://www.dnmm.org/giving-tuesday/).

**Article 9: Statement of Inclusion**

Inclusion is a universal human right for all people, regardless of race, age, gender, religion, disability, sexual orientation, or any other discernible quality. To be inclusive is to promote a sense of belonging, respect, and value for who you are as a person. It is about equal access and opportunities for everyone. Inclusion is an integral part of our Independent Living philosophy and of our agency's vision of accessible and inclusive communities.

DNMM offices have been, and continue to be, places of solace, understanding, and information for all. We are committed to promoting and protecting diversity and inclusion, within our offices, among our community partners, and throughout the 15 Centers for Independent Living in Michigan.

**Article 10: Accessibility Statement**

DNMM advocates for the removal of barriers to independence and full inclusion of people with disabilities throughout the Mid-Michigan area. DNMM pledges to ensure accessibility. Each year, DNMM conducts a review of its own architectural, environmental, attitudinal, employment, communication, transportation, and other barriers that may exist that prohibit full access to our services.

If you have any issues or concerns regarding the accessibility of DNMM services and facilities, we encourage you to share that information with us.

Please send your concerns or suggestions to:

Executive Director

Disability Network Mid-Michigan

1705 S. Saginaw Road

Midland, MI 48640

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Disability Network Mid-Michigan provides services in Alcona, Arenac, Bay, Clare, Gladwin, Gratiot, Iosco, Isabella, Midland, Ogemaw, Roscommon, and Saginaw counties.

989-835-4041

dnmm.org

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