

# ADVOCATES *for* Senior Issues

## Virtual Meeting!

November 20, 2020

In order to ensure the health and safety of Advocates for Senior Issues Members, Sponsors, and Presenters, AFSI will be holding its next membership meeting virtually. Please plan to join virtually on your smartphone, tablet, computer, laptop or by calling in on the number provided below.

Join Online: <https://us02web.zoom.us/j/82726510501>

Call in Option: 1 646 558 8656

Meeting ID: 827 2651 0501

Questions or Concerns? Contact Lacey at [lancey@aaawm.org](mailto:lancey@aaawm.org) or 616-222-7015



# ADVOCATES for Senior Issues



## Virtual Membership Meeting

Friday, October 16, 2020

10:00 am

Join Online: <https://us02web.zoom.us/j/82726510501>

Call in Option: 1 646 558 8656

Meeting ID: 827 2651 0501



The Source for Seniors

## AGENDA

Call to Order and Announcements: Lody Zwarenstejn, President



Donald  
Behrenwald

## Legislative Presentation

### 2020 Election Re-Cap

Rick Pluta

Rick Pluta has been covering Michigan's Capitol, government, and politics since 1987. His journalism background includes stints with UPI, The Elizabeth (NJ) Daily Journal, The (Pontiac, MI) Oakland Press, and WJR. He is also a lifelong public radio listener. He co-hosts the weekly segment "It's Just Politics" on Michigan Radio with Zoe Clark.



Rick will present a re-cap of the 2020 election results and discuss what they mean for older adults in West Michigan.



## Program Presentation

### Racism and West Michigan

Cle Jackson, President

Greater Grand Rapids NAACP

Join us for a discussion on structural and systematic racism - its effects on West Michigan as well as the nation as a whole.



HEATHER  
HILLS  
The Village of Heather Hills



## Next Meeting: January 15, 2021

Virtual: <https://us02web.zoom.us/j/82726510501>

Advocates for Senior Issues is a non-partisan organization, affiliated with the Area Agency on Aging of Western Michigan

[www.aaawm.org/afsi](http://www.aaawm.org/afsi)



# For Older Adults Recovering From the Emotional Toll of THE COVID-19 DISASTER

The COVID-19 pandemic has created a state of disaster in our communities, leaving lives changed and futures uncertain. Even if you have not suffered directly from the coronavirus, no one who experiences a disaster is untouched by it.

For many a disaster continues as a very real presence even long after it has passed. Feelings of sadness, depression, frustration, anger, and anxiety are common. It is not unusual for these feelings to last for many months. Learning to recognize the normal reactions and emotions that occur can help you better understand these

feelings and become more comfortable and effective in coping with them.

As an older adult, you probably have many of these reactions and feelings; however, some may be different or intensified. It is important to ask for support when you need it.

The following information explains the range of feelings and behaviors you can expect and how you, your friends, and neighbors can best help yourselves and each other during this time of recovery. Suggestions for coping with your feelings are offered throughout this document.



## WHY DO I FEEL THE WAY I DO?

It is very common for people to experience a wide range of emotional reactions to a disaster. These reactions are experienced through thoughts, feelings, and actions, and are often very upsetting to you and those around you.

However, it is extremely important to remember that they are **NORMAL REACTIONS TO AN ABNORMAL EVENT**. You have been through an exceptionally stressful situation and these emotional reactions may continue for many months following the disaster.

## COMMON FEELINGS

Current losses can trigger memories or feelings associated with prior losses. After a disaster you may experience the following:

Fear of contracting COVID-19 illness • Fear of dependency or lack of self-sufficiency • Worry about limited financial resources • Fear of institutionalization • Fear of a decline in health and mobility

## COMMON REACTIONS

Withdrawing and/or isolating yourself from family and friends  
• Concealing the full extent of the disaster's impact • No longer caring about participating in activities that were once enjoyable  
• No motivation to rebuild social connections or start over—apathy

## STAY WELL

[Michigan.gov/StayWell](https://Michigan.gov/StayWell)

If stress, anxiety, depression, or physical problems increase, persist, or interfere with your regular activities, consult a physician or a mental health professional, or call the telephone number listed below.

Stay Well Counseling available through COVID-19 hotline.

Dial 1-888-535-6136  
(Press "8")



*The Stay Well Crisis Counseling and Training Program is funded by a Federal Emergency Management Agency (FEMA) grant and directed by emergency behavioral health staff within the Michigan Department of Health and Human Services. Brochure content adapted from FEMA, the Center for Mental Health Services, and Victim Services of the Texas Department of Public Safety.*

## THINGS TO LOOK FOR

### YOUR BEHAVIORS

Having problems falling or staying asleep

- Isolating yourself or withdrawing from others
- Keeping excessively busy and preoccupied to avoid the unpleasant effects of the disaster
- At times, becoming overly alert or easily startled
- Avoiding activities, places, or even people that remind you of the disaster
- Experiencing more conflicts or tension with family members or other people/more anger
- Crying easily or becoming tearful for no apparent reason
- Experiencing an increase or decrease in your normal appetite
- Drinking more alcoholic beverages

### YOUR THOUGHTS

Trouble concentrating or remembering things

- Difficulty with making decisions
- Frequent replaying of the events and circumstances of the disaster in your mind
- Recurring dreams or nightmares about the disaster
- Questioning of your spiritual or religious beliefs

### YOUR FEELINGS

“Just not yourself,” out of balance, or easily upset

- Loss of interest in everyday activities
- A sense of despair, hopelessness, or emptiness about the future
- Anxiety or fear, especially when things remind you of the disaster
- Irritability, shortness of temper, or anger and resentment
- Depression, sadness, or feeling down much of the time

### YOUR HEALTH

As you endure long-term stress, your health can be adversely affected. It is common for people to have headaches, stomach or intestinal problems, colds, infections, and allergies more frequently. In addition, preexisting medical conditions such as heart problems and high blood pressure may be exacerbated by the prolonged stress.

## HOW TO COPE AND WHAT WORKS

Talk to others about how you are feeling; it is important to talk about your experiences. You need to express sadness, grief, anger, and fears over what has happened and what you face

- Don't overwork yourself; find time for recreation, relaxation, or a favorite hobby
- Do not let yourself become isolated; seek out and maintain connections with your community, friends, relatives, neighbors, coworkers, or people who attend your place of worship; talk about

your experiences with them

- Pay close attention to your physical health, as prolonged stress takes its toll on your body; maintain a good diet and make sure you are getting enough sleep; it is also helpful to be physically active or exercise
- Upsetting times can cause some people to use alcohol or drugs to cope with the stress; it does not help in the long run and will likely cause other problems



Stay Well Counseling available through COVID-19 hotline.

Dial 1-888-535-6136  
(Press “8”)

### WHAT CAN I EXPECT?

There are many concerns, adjustments, and ordeals that follow the experience of a disaster. Generally, within a short time there is the reality of financial setbacks and personal devastation from the loss of loved ones. The endless adjustments that you and your family must make will put additional stress on your relationships and daily living. You may also grow physically and mentally weary from continuing requirements to wear face coverings in public and to keep a safe distance from others. All of these factors can hinder your ability to move forward.

In the aftermath of a disaster, it is important to remember that it will take time to heal and recover from the emotional effects of the event. However, with the passing of time, your efforts to cope will begin to reduce the intensity and duration of these reactions and behaviors.



## SOURCES OF SUPPORT

### STAY WELL COUNSELING VIA THE COVID-19 HOTLINE

If you are experiencing emotional distress in the context of the COVID-19 crisis, get help from **Michigan Stay Well Counseling** via the COVID-19 Hotline. Call 1-888-535-6136 and press “8” to talk to a Michigan Stay Well counselor. Counselors available 24/7 – confidential and free. Foreign language interpreters available.

### MICHIGAN PEER WARMLINE

If you are living with serious mental illness or substance use challenges and feel it will help lower your stress if you talk with someone who understands these issues, get help from the **Michigan PEER Warmline**. Call 1-888-PEER-753 (888-733-7753). Available every day from 10 a.m. to 2 a.m.

### MICHIGAN CRISIS TEXT LINE

If you are experiencing emotional stress and anxiety but are more comfortable texting than talking, get help from the **Michigan Crisis Text Line**. Text the keyword “RESTORE” to 741741. Available 24/7.

### NATIONAL SUICIDE PREVENTION LIFELINE

If you are thinking of taking your life, get help from the **National Suicide Prevention Lifeline**. Call 1-800-273-8255 – available 24/7. You can also text the keyword “TALK” to 741741, or visit [suicidepreventionlifeline.org](https://suicidepreventionlifeline.org).

### NATIONAL SUICIDE PREVENTION DEAF AND HARD OF HEARING HOTLINE

Access 24/7 video relay service. Call 1-800-273-8255 (TTY 1-800-799-4889).

### HEADSPACE WEB SERVICE

If you would like to manage feelings of COVID-19 stress and anxiety through meditation, sleep, and movement exercises, get help from **Headspace Web Service**. Free to all Michiganders (normally a paid service). Visit [headspace.com/mi](https://headspace.com/mi).



# Simple Mindfulness Techniques

**Mindfulness is one way to lessen the effects of stress – emotionally and physically. These techniques promote being present, in the moment, and mindful.**



**Sit outside in the sun.** Feel the heat of the rays on you. Appreciate how far the rays have traveled just to reach you.



**Walk around.** Feel as much as you can - notice the grass, pebbles, or soft carpet under your feet.



**Deep breathing.** Take long, slow breaths at the top of the hour, or set a reminder on your phone throughout the day.



**Look at the night sky.** Appreciate how delicate the stars and moon appear. Admire the twinkling lights - maybe notice a satellite or shooting star.



**Sit quietly.** Feel the breath coming and going from your chest, through your nose. Feel how the breath is cool as you inhale and warm as you exhale.



**Write in a journal.** Write down happy moments you can look back on when you're feeling anxious or stressed. Acknowledge the appreciation you feel for the things around you.

## Grounding Technique

**A grounding technique can help decrease anxiety and anger when you are feeling overwhelmed.**

Think 5-4-3-2-1 as you notice:

- 5 things you see
- 4 things you feel
- 3 things you hear
- 2 things you smell
- 1 thing you taste

**Try the free app for meditation, sleep, and movement exercises.**

[Headspace.com/mi](https://www.headspace.com/mi)

# Stress Resilience Plan

## Think about how you overcame challenges in the past.

- How did you get started?
- How did you stay motivated to continue your recovery?
- Who was supportive during difficult times in the past? Reach out to them for support now.
- What useful advice did someone give you that can be shared with someone else in need of help?
- Keep using your resources - people, skills, and groups.
- Know your personal signs of stress - act to reduce stress before it spins out of control.

## Take care of your mental health.

- Keep in touch with family and friends. Reach out by text, calls, or video chats.
- Try humor to reduce stress - when appropriate.
- Give yourself permission to feel upset or scared.
- Schedule check-ins with supporters.
- Limit media exposure: take time daily to digitally unplug.

## Take care of your physical health.

- Eat healthy: Vegetables, protein and water while limiting sugar and caffeine to regulate mood and energy.
- Exercise: Try an online class or tutorial for yoga. Take a walk or hike to regulate stress and promote mindfulness.
- Sleep: Get adequate rest daily.
- Self-care: What do I do regularly for self-care? Can I add more activity to my routine?

## Create routine and structure.

- Keep a daily routine as much as possible. This helps curb stress.
- Maintain your sleep cycle - consistent times to wake up and go to sleep.
- What is the best time of day for you to exercise? Plan daily and weekly exercise.
- When is it easiest to get in touch with others? Schedule calls and virtual meetings.
- Plan time to get outside every day.



**AFSI Executive Committee****AFSI Legislative Committee**

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**Kent County Officials**[www.accesskent.com/Departments](http://www.accesskent.com/Departments)

# ADVOCATES *for* Senior Issues

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