



November is... Arizona Family Caregiver Month!!

Grandparent wellness tips for November:

- Seek out support and information: you are not alone!
- Don't spend all your savings: Ask a social worker what public benefits you may be eligible for
- Protect yourself and your grandchildren: is it time to look into guardianship?
- Encourage open and honest communication, talk about feelings
- Use positive discipline: rewards for good behavior instead of punishment for bad
- Remember gratitude this holiday season: Be grateful to have each other!
- *Holiday health tip:* eat slow, savor the flavor and don't skip the green stuff!



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