



May 20, 2021

## Press Release

Livingston County Catholic Charities (LCCC) is excited to share that through the generous grant funding from the Community Foundation for Southeast Michigan – Ralph C. Wilson Jr. Legacy Fund, we will begin offering special family caregiver educational programming and activities for caregivers of loved ones with dementia and other memory related diseases starting in July 2021 through April 2022. In addition, funding will also assist with providing stimulating programming at Be Our Guest Adult Day (BOGADS).

The 2019 Alzheimer's Disease Facts & Figures report by the Alzheimer's Association revealed that 60% of dementia caregivers report high or very high stress levels associated with the care of a family member with dementia, with an estimated 40% of caregivers experiencing clinical depression. Caregivers experience increased stress due to stress of leaving a loved one at home in order to work; increased isolation from activities and their community; the challenges of the individual's disruptive behavior and the need to often redirect, oversee, assist with activities; the realization that their loved one is no longer the person they have known; financial stress and more. With stress and depression comes a host of physical issues, such as increased cardiovascular health risks. This special grant funding will allow LCCC to help decrease stress and increase the caregiver's comfort with care, knowledge and abilities to care for their loved one at home for as long as possible.

Livingston County Catholic Charities is excited to partner with The Community Foundation Southeast Michigan to continue to enhance the safety and well-being of all county residents. LCCC's Be Our Guest team not only cares for our participants, Guests, but views the whole family and community caregivers as part of their mission to care for and serve. Therefore, the team continually looks for dynamic and educational programming and support to aid community family caregivers and the participants we serve in the program to aide families struck by these devastating diseases.

LCCC's Be Our Guest Adult Day Social Worker will be scheduling a variety of educational programming that will be available at no cost to both Be Our Guest participant's caregivers and community family caregivers of loved ones with memory related diseases. The goal of the programming will be to enhance the skillset of the family caregiver in self-care and caring for their loved one along with enhancing Be Our Guest programming for participants at the adult day. As programming and activities are scheduled, we will be sharing them through our website, social media, e-newsletter and through the media.

***The Community Foundation for Southeast Michigan is a full-service philanthropic organization leading the way to positive change in our region. As a permanent community endowment built by gifts from thousands of individuals and organizations, the Foundation supports a wide variety of activities benefiting education, arts and culture, health, human services, community development, and civic affairs in the seven counties of Southeast Michigan. The Ralph C. Wilson, Jr. Legacy Funds at the Community Foundation for Southeast Michigan honor Mr. Wilson's charitable legacy by supporting efforts across the region in caregiving, design & access, and youth sports, as well as for community assets in Mr. Wilson's home community of Grosse Pointe. For more information, please visit [www.cfsem.org](http://www.cfsem.org)***