

## **Deborah Valiton-Carnish**

When asked to share the most helpful thing someone did for her during her time as a caregiver, Beth's response was swift and to the point: "a friend visited me and told me the best thing I could do was be kind to myself... that I deserved it, for some reason that day, I heard it". Beth continued to share as she recalled the act of "being kind" to herself and what a foreign thought that was at the time. Her conversation with her friend prompted her to take a step and put into practice the act of kindness to herself. She started by attending a community support group and seeking assistance from friends and family. As the weeks went by, Beth found not only relief for herself but also energizing refreshment which led to her offering better care for her husband.

There are many positive stories like Beth's when caregivers find connection with others during their time as a caregiver. The Adult Center for Enrichment understands the need for caregivers to be kind to themselves and offers assistance in a diversity of ways. Seeking helpful connections in the community and offering ongoing caregiver support and education are a few ways ACE offers assistance. To learn more about how the Adult Center for Enrichment can benefit you or someone you love, please visit [www.ACEcare.org](http://www.ACEcare.org) or call 336-274-3559.