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Welcome to 2026!

As a new caregiver myself, I'm realizing that I need to include caregiving goals to my list of resolutions. Have you set goals for your caregiving this year?

Step 1, I need to get more organized. I thought I'd share some ideas in this month's newsletter to help you streamline your care and help you keep track of all the details we may end up having to manage. Detroit PBS will continue to highlight caregivers and their stories in our programming. Some recent examples are in the Caregiving Watch List below. Keep reading for information about an event we're planning next month in Ann Arbor, especially for caregivers.



**Ed Moore**  
VP of Content, Detroit PBS

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## STARTING POINTS TO ORGANIZE CAREGIVING

If you are a relatively new primary caregiver, or even one with long experience, there's a lot to keep track of. Caregivers tell us there are six important things you need to keep in mind:

1. Accept that you will need help. At some point, you'll need to slip away to get groceries, pick up medications, or just have a little "me" time. Are there friends or family members who can step in when you need to leave?
2. Keep a master calendar of medical appointments and important dates and keep it on display. A binder can help you keep test results, a list of medications, and contact information close at hand. A pharmacy can help you organize medications and perhaps recommend a mobile app to provide reminders on your phone.
3. Establish and stick to a routine each day. Try to cluster errands and appointments to one or two days a week.
4. Connect with a caregiver support group: Tap into the expertise and advice of those who have been caregivers for some time. Many groups meet virtually rather than in person. You can find a group through [MiCaregiverConnection.org](https://www.MiCaregiverConnection.org).
5. Practice good self-care, so you can maintain the care your loved one needs. Seek out ways to manage your stress, with mindfulness practices, exercise, and good nutrition.

6. You will feel stressed, especially if you have other responsibilities like work or young children to care for. Practice mindfulness, find ways to manage your stress, and above all, maintain your own health with exercise and good nutrition.

You can find free suggestions, organizing tools, and other resources at The Senior Alliance, the agency on aging that serves a large portion of Wayne County.

The Senior Alliance Resources

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## CAREGIVING WATCH LIST



### WHAT DOES YOUR LOVED ONE WANT?

There's no doubt caregiving takes a lot of human and financial resources, even when caregiving is taking place in a home environment rather than in a nursing home or a skilled care facility.

It's important to get a clear picture of the resources available to provide what your loved one wants, as well as to support you and other caregivers. That's where the people at your local Agency on Aging can offer navigation and support.

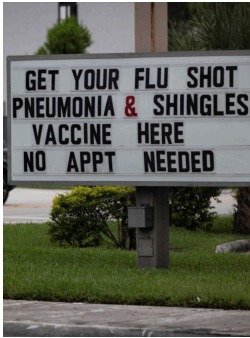
That's especially true as the end of life comes into view, as it has for Susan Major, who was diagnosed with pancreatic cancer four years ago. Recently, she sat down with "One Detroit" to discuss some of the crucial health-care decisions she has made and how she has ensured that her wishes are carried out. The segment also included a conversation with Dr. Jane Chargot, Major's palliative care physician at Michigan Medicine.

[Watch Now](#)



Discussing finances and legal documents are sensitive but important conversations that should take place between caregivers and their loved ones. "One Detroit" contributor and Detroit PBS Director of Community Engagement Marty Fischhoff discussed these crucial issues with attorney Antonia Harbin who helped Judy Page and her daughter and caregiver, Ericka Page, plan for the future.

[Watch Now](#)



**HEALTH NOTE:** Did you get a flu shot this fall? We are entering peak flu season, and a new variant known as subclade K is spreading quickly across the country, driving a sharp rise in illness and hospitalizations. Public health officials say this current wave may last for weeks to come. In this piece from the PBS NewsHour, William Brangham discusses the variant and what to look out for this flu season with Dr. Andrew Pekosz of Johns Hopkins Bloomberg School of Public Health.

[Watch Now](#)

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## A FREE CAREGIVING EVENT



Detroit PBS, in partnership with the Michigan Theater in Ann Arbor and Asian American Journalists Association – Michigan Chapter, The One Detroit team and the Detroit PBS Asian American-Pacific Islander advisory group invite you to an evening of film, conversation and community attend a free special event for caregivers on February 10th at the Michigan Theater in Ann Arbor. The event program will feature a special screening of the film *Wisdom Gone Wild* followed by a panel discussion. In this vibrant and tender documentary, a filmmaker collaborates with her Nisei mother as they confront the painful curious reality of wisdom 'gone wild' in the shadows of dementia. Filmmaker Rea Tajiri will attend the event to talk about her experience and about the film, which blends humor and sadness as she and her mother's relationship blooms into an affectionate portrait of love, care, and transformation. Additional panelists in the fields of caregiving and dementia health will also join the post-screening discussion.

When: February 10th at the Michigan Theater's screening room in Ann Arbor.

Doors open at 6:00 P.M., with the event starting at 6:30 P.M.

Admission is free. Space is limited. Please register here for tickets:

[Register for Tickets](#)

Information about the film is available online – along with a discussion guide and a reading list. Find all the resources are [available here](#).

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## PBS BOOKS CAREGIVING AUTHOR TALK



New York Times bestselling author Catherine Newman joins Heather-Marie Montilla, National Director of PBS Books, alongside Juliane Morian, Library Director at Rochester Hills Public Library, to explore Newman’s novels *Sandwich* and *Wreck*—two deeply resonant stories that reflect the humor, tenderness, and emotional complexity of caring for others and navigating family life.

Newman’s work is celebrated for its ability to illuminate the everyday moments that shape our lives, blending warmth, wit, and honesty. During this conversation, she will discuss how *Sandwich* and *Wreck* examine the evolving dynamics of family, responsibility, and love, and how storytelling can offer comfort, recognition, and connection for caregivers at every stage of life.

The conversation is available on-demand.

[Watch Now](#)

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