



# November is National Family Caregivers Month

In November we recognize those who lovingly give baths, clean houses, shop for and comfort loved ones who are elderly or ill. If you're a caregiver:

- Acknowledge and be proud of all you do.
- Arrange for respite care services so you get much-needed time off.
- Strive to maintain good diet, sleep and exercise habits.
- Join a caregiving support group to share information, support and encouragement.

Visit your member website to learn more.

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