

## **Montcalm Care Network**

Prior to the change in all of our daily lives, Montcalm Care Network began a unique venture with our Specialized Adult Foster Care Homes. Stacey Graham, Home Based Specialist and Certified Yoga Instructor, began weekly yoga and mindfulness sessions at AFC homes. The response from persons served and direct care staff was phenomenal. Stress levels in homes reduced, individuals were practicing on their own, and everyone was excited to see Stacey each week to learn new ways of moving and increasing self-awareness.

Then COVID-19 changed the way in which we interact with each other. What to do with restrictions on visiting homes, persons getting into the community less, and stress levels going up for everyone? Keep up with yoga practice of course! Stacey is producing yoga and mindfulness video sessions for distribution to all our AFC homes. Making sure persons served and staff are engaging in self-care and stress reduction is critical in this unprecedented time. Montcalm Care Network's dedicated staff looks for innovate ways to serve our community no matter what the challenge.