

Monthly Newsletter

April 2026

A Note From Coach Carla



You're receiving this newsletter because of your connection to Coach Carla. If you know a caregiver who could benefit, please feel free to share or forward it to them.

This season of life is asking more of you than you expected. More time. More energy. More heart. And yet... here you are.

Still showing up.
Still figuring it out.
Still loving your people well.

This month, we're not just naming the weight. We're also recognizing the strength you're already walking in.

Fireside Chat: Meet the Parents



On April 21st, hear firsthand from Carla's 90-year-old parents as they share their lived experiences, wisdom, and reflections in this intimate fireside chat, offering a rare and heartfelt perspective on caregiving, aging, and family. Happening April 21st at 8 pm EST. Join us!

[Register Today](#)

Your April Invitation



You are doing meaningful work. Not easy work. Not always visible work. But deeply meaningful work. And while you care for others, you are allowed to care for yourself, too. This month, choose one small act that is just for you. Not because everything else is done, but because you matter in the middle of it all.

Take the next step in your support and care:

- Save your spot for our upcoming Masterclass on **Thursday, April 23, 8:00 pm to 9:00 pm**. I need a Clone! Registration is now open.
- Join our membership for ongoing guidance, community, and encouragement designed just for caregivers like you. **[Join us here](#)**

Register for the Masterclass

The Sandwich Generation: Strength in the Middle

THE INVISIBLE LOAD of the SANDWICH GENERATION

— Love + logistics on both sides. —



And in the middle... it's **YOU**.

— Love + logistics on both sides. —

Coach Carla | Caregiver Coaching + Community

More adults than ever are caring for aging parents while still supporting children and working full-time.

This is the Sandwich Generation. But let's tell the full truth: You are the bridge. You are holding wisdom behind you and responsibility in front of you. That takes leadership, coordination, and emotional intelligence. The challenge is real. But so is your capacity.

Coach Carla's Insight: You are managing what most systems aren't even designed to handle.

This month, ask yourself: Where can I release just one thing?

Small Joys Matter: Hobbies That Bring You Back to You



Have you ever attended a 'Crop till you drop' party? Back in the day, I hosted these gatherings at my home. Friends would bring their printed pictures (not digital) and scrapbooking supplies and would cut out photos and place them in old-fashioned scrapbooks to preserve for the ages. This was a hobby that brought me joy. Hobbies are not a luxury; they're a gentle reminder that you still belong to yourself. You don't need hours of free time to reconnect with that part of you... You just need intention.

Whether it's journaling your thoughts to clear your mind, tending to a small plant, stepping outside for a quiet walk, sketching, or even listening to music

that lifts your spirit, these moments can be as short as 15 minutes or stretch longer when you have the space. Many of these activities require little to no setup or cleanup, making them easy to return to, even on your busiest caregiving days.

Think of hobbies as small pockets of joy woven into your routine not something extra to earn, but something you deserve to experience.

Try simple, low-lift options:

- Adult coloring: calming and grounding
- Calligraphy: focused and creative
- Scrapbooking: meaningful and reflective
- Word games: light and mentally engaging

These moments give a piece of you back.

Try 10 minutes. No guilt. No multitasking. Just you.

Caregiver Role Model: Rosalynn Carter



Rosalynn Carter helped the world see caregivers. She believed caregiving touched everyone, and she was right. Her work elevated caregivers from invisible to essential. But here's the next step, we don't just want to be seen. We

want to be supported. And that begins with how we care for ourselves, too. Do you have a favorite caregiver that you recommend I feature in a future issue of the newsletter? If so, reply to this email with your best recommendation.

Guest Contribution Looking for a Mother's Day Gift Idea? Consider a Family Portrait

Mom, There's a Season You're In...
Do You See It?



Life unfolds in seasons, some marked by new beginnings, others by caring for family, guiding the next generation, or rediscovering yourself after pouring into everyone else. Each one quietly shapes your story and the legacy you're building.

Take this quick 2-minute quiz to discover the season you're in, and what it might be inviting you into next. ***Click here.***

Interested in contributing?

There is something powerful about hearing me, too. This space has always been about support, honesty, and connection, and now, I'm opening the door for you to be part of that in a deeper way. If you're a caregiver with a story, reflection, lesson, or even a small moment that stayed with you, we invite you to share it with our community. Your voice could be the encouragement, clarity, or comfort someone else didn't know they needed. You don't need to have the perfect words, just a willingness to share from the heart.

Reply to this email or submit your idea to be featured in an upcoming edition.
Because caregiving may feel isolating at times, but together, we remind each other that we're never alone.

With you always,
Coach Carla

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