

Monthly Newsletter

June 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.

You may have noticed there was no May edition of Caregiver's Corner.

Sometimes life happens.

As many caregivers know, even the best plans occasionally give way to the realities of daily living, family responsibilities, and unexpected priorities.

Rather than rush out a newsletter, I chose to focus on what mattered most in the moment.

As a result, this June edition is a little more robust than usual. Think of it as a combined May and June issue filled with reflections, lessons, and encouragement for the summer season.

Beginning in July, we'll return to our regular shorter format.

Welcome Summer

Summer has officially arrived.

For many of us, summer brings longer days, sunshine, family gatherings, cookouts, vacations, and memories waiting to be made. It is a season that invites us to slow down, breathe a little deeper, and enjoy the simple pleasures around us.

Take a moment and think back to your favorite summer as a child.

What do you remember?

The smell of fresh-cut grass?

The sound of children playing outside until the streetlights came on? I know I better be in my front yard when I hear my mama call my name.

The taste of watermelon, popsicles, or homemade ice cream?

For me, some of my best childhood memories were the family road trips my parents took my younger brothers and me on. One summer, when I was about 13 years old, we drove all the way from Kansas City, Missouri, to Los Angeles, California, to visit family.

That trip included my very first visit to Disneyland and Knott's Berry Farm.

I can still remember the excitement of seeing those places.

And I can only imagine how many times my brothers and I asked the famous question while we were driving, and driving, and driving:

“Are we there yet?”

As caregivers, many of us are asking a similar question.

“Will things ever get easier?”

“Will I ever get a break?”

“Will we ever get through this stage?”

The caregiving journey is often longer than we expect. Sometimes the destination is unclear. Yet every day we keep moving forward.

This summer, I invite you to pause and notice the moments happening along the way. The laughter. The conversations. The ordinary moments that

someday become precious memories. Smell the fresh cut grass again. And the roses.

And it goes by faster than we think.



My treasured co-caregiver, Calvin, and me. At La Pedrera Casa Mila, Barcelona, Spain, November 2025

Caregiver Role Model: Michelle Obama

This month I found myself reflecting on the importance of family while watching coverage related to the opening of the Obama Presidential Center in Chicago.

One image stayed with me.

Michelle Obama appeared wearing a beautiful dress featuring images of her mother, Marian Robinson, who passed away in 2024.

What a powerful tribute.

Throughout her life, Michelle often spoke about the close relationship she shared with her mother. During interviews after her mother's passing, she reflected on the privilege of being present during her mother's final chapter of life.

One story especially touched me.

Reportedly, near the end of her life, Mrs. Robinson held Michelle's hand and said:

"It went fast."

Michelle asked, "What went fast?"

Her mother simply replied:

"Life."

Three words.

Yet they carry so much wisdom.

As family caregivers, we spend our days managing medications, coordinating appointments, doing laundry, preparing meals, handling finances, and solving problems.

There is always one more thing to do.

But Marian Robinson's words remind us not to miss the life happening in the middle of all those tasks.

The smile during breakfast.

The old story you've heard ten times.

The quiet moment sitting together.

The caregiving duties are important. But the relationship is what matters most.

One day, we may discover that life, indeed, went fast. Let's enjoy every moment we can.



Michelle Obama honors her mother, Marian Robinson, whose wisdom continues to inspire families everywhere.

"It went fast."
— Marian Robinson

Why Emotional Intelligence Matters for Family Caregivers

Family caregiving is not just a physical job.

It is an emotional job.

Every day, caregivers face situations that require patience, empathy, adaptability, communication, and resilience.

One moment, your loved one may be cooperative and cheerful.

The next moment, they may be frustrated, fearful, confused, or angry.

In my previous HR role in a large healthcare system, I taught leaders how to develop their emotional intelligence and practice as they managed projects and teams. You are a leader in your home. You may find yourself managing your own emotions while helping someone else manage theirs.

That is where emotional intelligence becomes so important.

Emotional intelligence is the ability to recognize, understand, and manage emotions—both your own and those of others.

For caregivers, emotional intelligence helps us:

- Stay calm during difficult situations
- Communicate more effectively
- Set healthy boundaries
- Handle stress in healthier ways
- Reduce conflict
- Show empathy without losing ourselves
- Recover more quickly after challenging days

The truth is this:

Many caregiving problems are not solved through medical or technical knowledge alone.

They are solved through emotional wisdom.

Knowing what to do matters.

Knowing how to be matters too.

When we strengthen our emotional intelligence, we become better equipped to navigate the everyday challenges of caregiving while protecting our own well-being.

Coming Soon Superpowers for Caregivers™

A practical card deck designed to help family caregivers use emotional intelligence in everyday situations.

Caregiver Challenge Box Your June Challenge

Who is part of your safety net?

Write down:

- One person who supports you emotionally
- One person who helps practically
- One person you could ask for help

Small action. Big difference.



The Balancing Act

Lessons We Can Learn from a Circus Tightrope Walker

When I was young, I looked forward to the circus coming to town.

The clowns made me laugh.

I wondered how so many people could fit into one tiny car.

The elephants wore the cutest hats and somehow danced on top of little stools.

There was cotton candy, popcorn, music, lights, and action happening in three rings all at the same time.

But the act that always captured my attention was the tightrope walker.

Who decides to walk, twirl, balance, and spin on a rope suspended high above the ground?

Even though I could see the safety net below, I still sat on the edge of my seat.

Heart pounding.

Hands sweating.

Holding my breath.

Waiting to see if she would make it safely to the other side.

These days, that tightrope walker reminds me of family caregiving.

Many mornings, I wake up not knowing what mood my parents will be in.

Will today be a good day?

Will there be confusion?

Will there be resistance?

Will there be a medical issue?

Will there be an unexpected crisis?

It can feel like stepping onto a tightrope without knowing what comes next.

Like the tightrope walker, caregivers are constantly adjusting.

One unexpected doctor's appointment pulls us slightly to the left.

A financial concern pulls us to the right.

A work responsibility appears.

A family disagreement surfaces.

A medication issue arises.

A spouse needs attention.

A grandchild needs support.

And somehow we keep trying to maintain our balance.

The tightrope walker doesn't stay balanced by standing perfectly still.

She stays balanced by making hundreds of tiny adjustments. Think about it, she sways and bends.

The same is true for caregivers.

Balance is not a destination.

Balance is a process.

Some days you lean toward caregiving.

Some days you lean toward work.

Some days you lean toward rest.

The goal isn't perfection.

The goal is staying on the rope.

The other lesson comes from the safety net.

Professional tightrope walkers don't perform without one.

Yet many caregivers try to.

Your safety net might be:

- A supportive friend
- A faith community
- A support group
- A counselor
- A trusted family member
- A respite care provider

No one should walk the caregiving tightrope alone.



Some days caregiving feels exactly like this—one careful step at a time while maintaining balance among competing priorities.

***"Balance is not a destination.
Balance is a process."***

Join Caregiver's Corner

If you are looking for encouragement, practical tools, resources, and a place to connect with people who understand the caregiving journey, I invite you to join our Caregivers' Corner community.

Inside you'll find:

- ✓ Support from fellow caregivers
- ✓ Practical caregiving tips and resources
- ✓ Emotional intelligence tools and strategies
- ✓ Monthly conversations and learning opportunities
- ✓ Encouragement for the days that feel heavy
- ✓ A reminder that you are not alone

Caregiving was never meant to be a solo journey.
Come join us. We'd love to welcome you.

With you always,
Coach Carla



Caregiver's Corner

Commemorating Juneteenth



On June 19th, we observe Juneteenth, recognizing the profound historical milestone of freedom and the enduring spirit of the Black community. In Caregiver's Corner, we honor the deep legacies of strength, resilience, and love that continue to inspire and sustain families across generations.

Reflecting on Father's Day

A Salute to Fatherhood and Caregiving

This month, we extend a heartfelt Happy Father's Day to all the fathers, grandfathers, and father figures in our community. We are especially thinking of the men who navigate the daily joys and challenges of caregiving with quiet strength.



Family Moments

This Father's Day, Coach Carla is celebrating the incredible father figures in her own life—her wonderful father enjoying a favorite breakfast, and her husband, holding down his favorite spot at the grill. To all the men who anchor our families, manage complex schedules, and provide unconditional love: your presence is a gift, and your dedication does not go unnoticed.

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