

St. Cloud VA Caregiver Support Newsletter



ISSUE NO 9 | November 2021 | VOLUME 9

Upcoming series partnership: Spirituality and Caregiver Support Services

Hello,

We are excited to share that the VA CSP Peer Support Mentoring Program and the National Chaplain Office will be hosting a 12-month series addressing spirituality and caregiving.

The themes for the calls listed below have been informed by caregiver feedback. These calls are open to enrolled Family and General Caregivers of Veterans of all eras.

Calls will be held on the first Friday of each month from 12:00 PM to 12:30 PM EST and will be hosted on WebEx with this reoccurring call information. There is **NO** registration required.

Meeting Call-in number: USA Toll-free Number
1-833-558-0712

Meeting number (access code): 2762 030 9378

Month	Topic
September	Spirituality and Dementia
October	Spirituality and Self Care
November	Remembrance Call
December	Spirituality and Holiday Stressors
January	Spirituality and Renew and Recharge
February	Spirituality and Lifestyle Change
March	Spirituality : Finding Meaning and Purpose
April	Spirituality and PTSD
May	Spirituality and Recycle
June	Spirituality and Summer Safety Tips
July	<i>To be announced</i>

Spirituality Series

Listen in as the National Chaplain Office and the VA Caregiver Support Mentoring Program host upcoming virtual sessions.

November is National Family Caregivers Month

Join us for virtual events like Connected Health Speakers, and a virtual Occupational Safety presentation from Caregiver Support's very own Rose Hansen!

Caregiver Support now has Secure Messaging!

Contact Alicia at 320-252-1670 Extension 7283 for more information!

August
September

Spirituality and Grief
Spirituality and Self Reflection

The call series will be posted on the www.caregiver.va.gov website. For further information, please contact Michelle.Stefanelli@va.gov.

Thank you for all that you do!

Respectfully,

MICHELLE STEFANELLI, DCSW/LCSW/C-ASWCM/DBA/VHA-CM
National Program Manager, VA Caregiver Peer Support Mentoring,
VACO
Caregiver Support Program

Happy National Family Caregivers Month 2021!

In November of each year, VA joins caregiver support agencies across the nation to celebrate National Family Caregivers Month (NFCM). The St. Cloud VA Caregiver Support Program is privileged to take this time to recognize and celebrate the unique contributions of caregivers.

Each year, the Caregiver Action Network determines a theme for the month. The NFCM theme for 2021 is “#CaregiverAnd”. This theme encourages everyone, particularly caregivers themselves, to remember that caregiving is only one part of who a person is. As a caregiver you are also defined by other important roles, such as being a parent or grandparent, a gardener, a crafter, a “pet parent”, a coach, an avid fisher or outdoorsperson, a church member, or perhaps a Veteran yourself. These roles are just as important as the caregiver role – perhaps even more so, because those roles and passions can help you as a caregiver take care of yourself and stay physically and emotionally healthy in all aspects of your life.

Being a caregiver is no doubt an important and possibly large part of your life. But it’s so important to not lose sight of the other things that make you who truly are. The concept of #CaregiverAnd helps you shift the focus away from one role and reminds you that you are a whole, complete person and it is important to honor all parts of who you are.

Do you feel like you might need some additional support in identifying ways to improve your investment in other roles in your life? St. Cloud VA offers one-on-one Caregiver Health & Wellbeing Coaching, which is intended to provide caregivers with a dedicated partner who will listen and assist you in making changes or improvements regarding health and well-being with the overall of improving health and well-being long term. Please see the flyer on the following page for more details on coaching and how to get started.

This month, we want to take some extra time to thank and honor caregivers of Veterans, who are heroes in their own right. Please know that the care you provide and the sacrifices you make are recognized and truly appreciated.

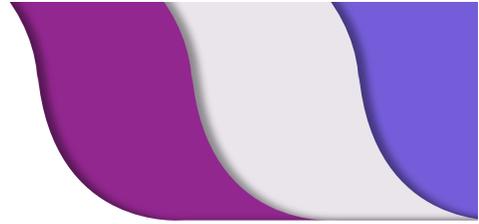
You are #CaregiversAnd so much more. Thank you!

See Below for St. Cloud VA presentations that we invite you to attend! Flyers with more information on each presentation are following. To sign up click on the hyperlinks in the text below and keep an eye out for more information at <http://www.facebook.com/StCloudVAHCS> or <https://www.va.gov/st-cloud-health-care/events>. We look forward to celebrating with you!

November 17 at 10:00 a.m. – S.A.V.E. Suicide Prevention Training for Caregivers – presented by VA Suicide Prevention Program staff. Register at <https://tinyurl.com/SAVEforCaregivers-Nov2021> or by calling 320-252-1670 ext. 7283.

November 29 at 2:00 p.m. – Embracing Challenges & Enhancing Lives: Addressing Adaptive Equipment, Transfer Safety and Fall Prevention – presented by Rose Hansen OTR. Register at <https://tinyurl.com/CSPHomeSafetyTips> or by calling 320-252-1670 ext. 7283.

CAREGIVERS HEALTH & WELLBEING COACHING



What is Health & Wellbeing Coaching?

Health coaching is intended to provide the caregiver with a dedicated partner who will listen and assist in identifying domains of health and wellbeing where opportunities for improvements or changes are present. The goal of health coaching is to make and sustain long term enhancements to the caregiver's health and wellbeing.

Coaching does not treat any specific physical conditions or mental disorders. It is therapeutic but not therapy, counseling, advice, mental healthcare or treatment for substance use disorders. Coaching does not replace licensed medical support by traditional medicine.

What can I expect in the sessions?

The coach and caregiver will maximize scheduled coaching time by maintaining focus on exploration of health and wellbeing domains, intent for change, and mutually agreed-upon health and wellbeing goals.

Coaching is a minimum series of 4 appointments approximately 60 minutes each. Appointments can be held in person, by video, or by telephone. Sessions will be documented by the coach in the caregiver's medical record.

Who is eligible for Caregiver Health & Wellbeing Coaching?

Coaching is available to any caregiver enrolled in the St. Cloud VA Caregiver Support Program. Please contact our office at 320-252-1670 ext. 7283 to learn more about eligibility requirements and enrollment in either the Program of General Caregiver Support Services (PGCSS) or Program of Comprehensive Assistance for Family Caregivers (PCAFC).



In honor of National Family Caregivers Month,
the St. Cloud VA Caregiver Support Program is proud to present:

Embracing Challenges & Enhancing Lives:

Addressing Adaptive Equipment, Transfer
Safety and Fall Prevention

with Rose Hansen, OTR
CSP Occupational Therapist &
PCAFC Clinical Assessor

Caregivers are critical partners in helping Veterans remain in their homes. This presentation by the Caregiver Support Program occupational therapist will provide caregivers and Veterans important information about strategies to help keep both Veterans and caregivers safe in their home environment, such as:

- ✓ Using adaptive equipment and tools to make activities safer and easier
- ✓ Helping Veterans with transitioning on/off surfaces due to movement challenges
- ✓ Preventing the risk of slips, trips and falls

November 29, 2021
2:00p.m. to 3:00p.m

Presented via WebEx

Register here:

<https://tinyurl.com/CSPHomeSafetyTips>

Or call (320) 252-1670 ext 7283 for assistance



Welcome to SAVE for Caregivers



You don't have to be a mental health expert to save someone from the tragedy of suicide

SAVE training for Caregivers will:

- help participants understand the scope of suicide in the US
- dispel myths
- dispenses facts
- provide resources

Classes are scheduled

10:00am-11:00am

- Monday, July 26, 2021

<https://tinyurl.com/SAVEforCaregivers-July2021>

- Wednesday, November 17, 2021

<https://tinyurl.com/SAVEforCaregivers-Nov2021>



SAVE participants will learn:

S

- Signs of suicidal behavior and giving you the skills for:

A

- Asking the question

V

- Validating the person's experience

E

- Encouraging treatment and
- Expediting getting help

Please contact St. Cloud VA Caregiver Support Program
320-252-1670 ext 7283 for assistance with registration





Join a BBC workshop to:

- Log in at your convenience
- Recharge with new tools and techniques
- Get support from other Caregivers
- Manage stress and emotions

To register for Building Better Caregivers contact our program line at 320-252-1670 Ext. 7283

Contact us!

If you have questions or are interested in getting more information about the St. Cloud VA Caregiver Support Program, please call our program line at **320-252-1670 Ext. 7283**

St. Cloud Caregiver Support Program Staff

Jess Behrends, LICSW	Program Supervisor
Tanya Greene, LICSW	Program of General Caregiver Support Services (PGCSS) Coordinator
Rose Hansen, OTR/L	Program of Comprehensive Assistance for Family Caregivers (PCAFC) Occupational Therapist
Stephanie Larson, LICSW	Case Manager
Leah Martin, LICSW	Program of Comprehensive Assistance for Family Caregivers (PCAFC) Coordinator
Mary Jo Pine, RN	Oversight Nurse
Jeremy Sarder, LICSW	Case Manager
Megan Schmitz, LICSW	Case Manager
Nicole Streff, LICSW	Case Manager
Leigh Van De Walker, LICSW	Mental Health Social Worker
Alicia Wawack, AMSA	Advanced Medical Support Assistant

Helpful Caregiver Support Links

[Caregiver Support FAQ](#)

[COVID Coach App](#)

[Annie Caregiver Text Information](#)



Are you a Caregiver looking
for information or support?
We're here to help.

VA Caregiver Support Line
1-855-260-3274

www.caregiver.va.gov