

FEBRUARY 2024

VA



U.S. Department
of Veterans Affairs

CAREGIVER SUPPORT NEWSLETTER

Mann-Grandstaff VAMC



Caregiver Support Staff

Teresa Bailey
Caregiver Support Program
Manager
509-434-7899
Teresa.Bailey2@va.gov

LauriAnn Hoffmann
Caregiver Support Coordinator-
PGCSS
509-304-2858
Lauriann.Hoffmann@va.gov

Tom McGinness
Caregiver Support Coordinator-
PCAFC
509-434-7542
Thomas.McGinness@va.gov

Crystal Harris
Social Worker PCAFC
509 434-7899
Crystal.Harris@va.gov

Rayanna Tensley
Social Worker PGCSS
(509) 901-3149
Rayanna.Tensley@va.gov

Annette Senelle
RN Clinical Assessor
509-987-8656
Annette.Senelle@va.gov

Cassandra Collings
RN Clinical Assessor
(509) 986-6297
Cassandra.Collings@va.gov

Wendy Bornstein
Occupational Therapist
(509) 741-6752
Wendy.Bornstein@va.gov

Katherine "Kaye" Slater
RN Clinical Assessor
(509)438-0194
Katherine.Slater@va.gov

John Velez
Program Support Assistant
(509)434-7755

IN THIS ISSUE

GROUPS/TRAININGS

UPCOMING EVENTS

TAKE 5

NATIONAL

RESOURCES

VA CAREGIVER

SUPPORT LINE

MONTHLY TELEPHONE

EDUCATION CALLS

SPECIAL

ANNOUNCEMENTS!



Upcoming Events

February 2024:

- **Feb. 14th- Caregiver Connections Group** (Support) from 2-3pm.
- **Feb. 20th- PTSD and WE-** from 2-3pm Group will discuss unique challenges facing family members caring for a Veteran with PTSD (partnered with the Alaska VAMC).
- **Feb. 21st - Vital Signs and Valentines** 1 pm-2:30pm. Join us as our Registered Nurse Kaye Slater teaches us about our hearts.
- **Building Better Caregivers**
 - **This 6 week course can be done at your own pace.**

Check out the last pages of this newsletter to plan ahead!

Contact your CSP team for additional information or referrals (509) 434-7755.

Groups/Trainings

Caregiver Connections Group-A

process group to share stressors and triumphs as a caregiver and build interpersonal connections with fellow caregivers. *open group

Resources for Enhancing All

Caregiver’s Health (REACH)-This individualized evidenced-based program can help with Caregiver stressors that result from caregiving. It involves 4 individual sessions with a REACH Social Worker focused on All Eras, PTSD, ALS, MS, and Dementia. *referral needed

Caregivers First-An evidenced-based program with 4 interactive and flexible trainings designed to optimize caregiver functioning by building coping, seeking support, and developing hands-on skills and strategies when caring for the Veteran. *referral needed

Suicide Awareness-SAVE-Training in partnership with Suicide Prevention on how to identify and support Veterans having thoughts, plans, and intent to follow through with suicide. *referral needed

· Signs of Suicidal Thinking

· Ask Questions

· Validate Experience

· Encourage Treatment

TAKE 5- WHOLE HEALTH

Lets take a look at whole health. As we each know, there are many elements to us as human beings. There is so much that goes into shaping us, so lets focus on those pieces.

Take some time to review the Wellness Wheel words and meditate on which aspects stand out to you.

Wellness Wheel

Emotional

Social

Physical

Spiritual

Environmental

Intellectual

Financial

Occupational

Join me for discussion in our Caregiver Connections Support Group!

FEBRUARY 2024



National Resources

VA Chaplain Services-

The Department of Veterans Affairs (VA) Chaplain Services offers support to both religious and non-religious people with consented holistic, spiritual care that aligns with their needs and desires. Available through all VA facilities, chaplains are trained clinicians who provide caring, competent and respectful spiritual care to Veterans, caregivers and their loved ones from all faith traditions and paths. Through these services, denominational-specific rites and rituals can be provided for Veterans, caregivers and their families as needed.



VA Caregiver Support Line Monthly Telephone Education Calls

Presentations provide tools that support Veteran caregiver self-care. Join by telephone and listen in the comfort of your own home. This is open to Family Caregivers of Veterans of all eras.

February 2024:

Leaning Into Love: Building Strong Relationship Bonds

- Tuesday, Feb. 6th at 7:00 a.m.
- Wednesday, Feb. 14th at 4:00 p.m.
- Wednesday, Feb. 21st at 12:00 p.m.

2024 Classes for YOU

This year your Caregiver Support team will be hosting classes taught by us!

For the month of March 2024 - *virtual*

Our Occupational Therapist Wendy Bornstein will bring you:

Safe transfers and injury prevention for Caregivers
Mar 13th at 1pm

National workgroup incorporating research, education information, and videos.

In April 2024 we'll have Cassandra & Kristina with Wound Care.

Z L B A S C Q G V N B H R A S
 I A M L P V C I C L Z U E W L
 F S U G A R T H S B V B T A A
 D D K E C A Z S N G I S A R E
 S J E C L A C I D E M R L E M
 L E I H A W I S D A U J S N H
 U E N S Y N T U I P D X H E B
 V C U I I D S W A T E R A S K
 X X N T T T R A L M M L V S I
 H H L Q R N U A A T T B J S P
 Q A D A I P E V T H D L U G R
 S T E K Z K I L Y I C N E B E
 A H N C J D E X A Z O U K B J
 X W I C M D W A X V F N U S V
 H F W K G D V G K C N O G V K

AWARENESS
HEART
SALT
SNACKS
VITAL

DEHYDRATION
MEALS
SIGNS
SUGAR
WATER

HEALTHY
MEDICAL
SLATER
VALENTINES

WORDS CAN BE BACKWARDS, FOWARDS, DIAGONAL, AND LETTERS CAN BE SHARED!



[HTTPS://WWW.SURVEYMONKEY.COM/R/DNX3SBZ](https://www.surveymonkey.com/r/dnx3sbz)

TAKE SOME TIME TO GIVE US YOUR INPUT WITH OUR GROUP INTEREST SURVEY!
(TYPE IN THE LINK ON YOUR COMPUTER OR SCAN THE QR CODE TO THE LEFT
WITH YOUR SMART PHONE CAMERA).