

# CAREGIVER SUPPORT NEWSLETTER

Mann-Grandstaff VAMC



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UPCOMING EVENTS
TAKE 5
NATIONAL
RESOURCES
VA CAREGIVER
SUPPORT LINE
MONTHLY TELEPHONE
EDUCATION CALLS
SPECIAL
ANNOUNCEMENTS!



# **Upcoming Events**

#### January 2024:

- Jan. 10th- Caregiver Connections Group (Support) from 2-3pm.
- Jan. 11th SAVE Training 2-3pm with Kristen Boviall
- Jan. 16th- 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).
- 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!

### **Groups/Trainings**

Caregiver Connections Group-A process group to share stressors and triumphs as a caregiver and build interpersonal connections with fellow caregivers.

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

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.

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.

- · Signs of Suicidal Thinking
- · Ask Questions
- · Validate Experience
- · Encourage Treatment

# **TAKE 5- SEASONAL AFFECTIVE DISORDER**

SAD or Seasonal Affective Disorder is a depressive disorder related to the season change. The holidays can be a strain on anyone and experiencing SAD throughout our chilly months in the PNW (pacific northwest), as beautiful as the snow may be, can bring about depressive related symptoms.

Treatmen

Take 5 and exercise

Bundle up and go for a walk. As the sun reflects off of the snow absorb some vitamin D. Your Veteran's doctor can also place a referral to prosthetics for a SAD-Light!

Make a healthy snack! - see ideas from our team below.

Come to our Caregiver Connections support group



#### **National Resources**

#### **REACH VA**

Resources for Enhancing All Caregivers Health (REACH) VA offers one-on-one coaching and group support to caregivers of Veterans. REACH VA primarily supports caregivers of Veterans with dementia, spinal cord injury/disorders, multiple sclerosis (MS), post-traumatic stress disorder (PTSD), or amyotrophic lateral sclerosis (ALS). There is also a unique program for spouses of post-9/11 Veterans. REACH VA is available for caregivers of Veterans enrolled in VA health care.

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



# VA Caregiver Support Line Monthly Telephone Education Calls

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.

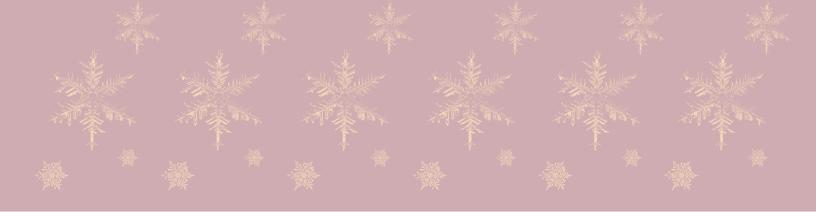
If you would like to participate, please contact the VA Caregiver

Support Line to register or learn

more at 1-855-260-3274

January 2024:
Focusing on the Forgotten Me

- Tuesday, Jan. 2nd at 7:00 a.m.
- Wednesday, Jan. 10th at 4:00 p.m.
- Wednesday, Jan. 17th at 12:00 p.m.



## Socio-Technology Resources - Outreach and Access to Evidence-Based Care

	ACT	ACT Coach to support management of distressing thoughts, feelings, and impulses	Winds ©	MH Checkup Care coordination tool to review results, coping resources, and other supports
	Ø	Mindfulness Coach teaches mindfulness to reduce stress and facilitate coping	<b>***</b>	Beyond MST provides support for the health and well-being of survivors of sexual assault or harassment
		<b>VetChange</b> – guidance and resources for developing healthier drinking habits		STAIR Coach Skills Training in Affective & Interpersonal Regulation for coping with trauma (self-care and resources)
		<b>AIMS</b> (Anger and Irritability Management Skills) to support coping and connections	O O	Live Whole Health teaches skills to help reach whole health goals
		Insomnia Coach provides training to help track and improve sleep		Video Connect provides secure connection to health care providers from anywhere
	PTSO	PTSD Coach & PTSD Family Coach for treating, supporting, and coping with PTSD	<b>P</b>	Annie – empowering resources that motivates by sending various automated self-care reminders
	<b>P</b>	MHA provides MH checkups and connections to resources and supports	Will mark	Virtual Care Manager care coordination app to create, edit, and join visits and / or emergency support info.
	PFA	Psychological First Aid resources for engaging adults, families, and children		Caring4Women to help caregivers serve the unique physical and mental health needs of women Veterans
	PE	Prolonged Exposure resources, supports, and care coordination tools	浬	Couples Coach encourages connections to improve partner communication, satisfaction, and strengthen protective factors

These apps are free to use and have been produced by or in partnership with the VA.

Do make sure the picture next to the app you download matches those above or it says its produced by the VA.....there's some questionable stuff out there!

# 2024 Classes for YOU

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

For the Month of February 2024 - *virtual*Our Registered Nurse Kaye Slater will bring you

Vital Signs and Valentines Feb 21st at 1:00pm

February is known for many things: Black History Month, Valentine's Day, President's Day, and in 2024 we will see a Leap Year! February is also Heart Awareness month, which kind of fits with Valentines Day! Join us for information about all Vital Signs, including those that tell us about the heart. How do vitals change when we are dehydrated? When we stand too quickly? When we eat a lot of salt? When we take certain medications? Join us for that and more!

In March 2024 we'll have our Occupational Therapist Wendy Bornstein with tips on safe transfers!

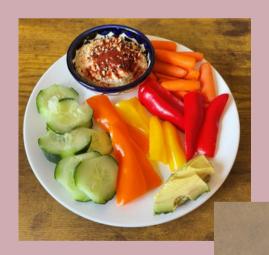
## SNACK IDEAS FROM YOUR CAREGIVER SUPPORT CREW

Cassandra makes hummus and uses fresh baby carrots, small peppers, and cucumbers to dip. She also likes to roll meats and cheese, adding pickle and peanut butter in the middle!

Tom enjoys chips and guacamole!

Wendy wraps baby dill pickles with a slice of turkey or ham sandwich meat. She also likes tuna fish with light mayonnaise, mustard, diced pickles and a seasoning like dried basil and garlic. She salts it to taste with a few low carb crackers.

Rayanna enjoys seedless red grapes, cheese, and mixed nuts. She also likes using a healthy bagel slice with peanut butter, sliced bananas, and cinnamon to make a sandwich!



Have you participated in 1:1 REACH VA with a program coach, and are you interested in REACH VA group sessions? Give our PCAFC Coordinator Tom a call! His contact information is on the first page.