

MARCH 2024

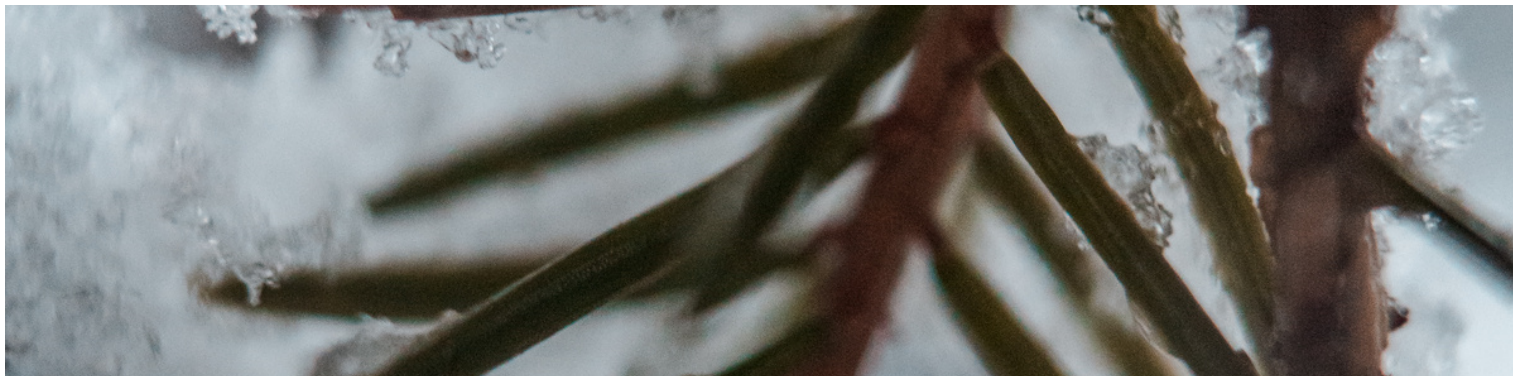
VA



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

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

March 2024:

- **Mar. 13th- Safe transfers and injury prevention** from 1-2pm. Join us as our Occupational Therapist Wendy teaches us about safe transfers!
- **Mar. 13th- Caregiver Connections Group** (Support) from 2-3pm.
- **Mar. 19th- 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).
- **Beginning Mar 25th at 1pm for 6 weeks REACH VA PTSD Group** - if you completed an enrollment form and risk assessment with a coach by 03/11/2024, you will be receiving a VVC link for this group. If you would like to participate in this group, please call us!
- **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

How do you keep your body moving when it's just too wet to go outside?

TAKE 5- EXERCISE



Our Occupational Therapist Wendy also shares two documents attached to this email. *Safe Transfer Tip Sheet* and *Seated core exercises*.

Check out the last pages of the newsletter where your CSP team shares what they do for themselves. Disclaimer: This information is not meant to replace the advice from a medical professional. You should consult your health care provider regarding specific medical concerns or treatment.

MARCH 2024



National Resources

Caregivers FIRST -

Caregivers FIRST is a four-session group training program. Depending on location, CSP teams at local

VA facilities offer in-person or virtual group sessions. Every participant enrolled in Caregivers

FIRST receives a workbook and supplemental materials that guide topics of interest, including coping with anger and other emotions, substance abuse, sleep challenges, and more. In addition, each session within the series has an individual focus.

We will be partnering with the Portland VA CSP team to offer our caregivers Caregivers FIRST beginning April 2nd. Come learn how to navigate the VA system, practice and learn coping skills, and learn more about self advocacy! If you are

interested in this workgroup please contact

Rayanna Tensley (509) 901-3149 and/or

rayanna.tensley2@va.gov



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.

March 2024:

Beyond the Blues: Coping with Caregiver Depression

- Tuesday, Mar. 3rd at 7:00 a.m.
- Wednesday, Mar. 13th at 4:00 p.m.
- Wednesday, Mar. 20th at 12:00 p.m.

What does your Caregiver Support Crew do to stay active indoors?

Rayanna has a 30 day yoga book she practices on occasion!

Cassandra has a variety of things she does to stay active! She plays with her dog, Cooper. She also has a yoga mat and weights. She's got stairs in her home she takes advantage of - but Cassandra loves the snow, so she utilizes her winter gear and gets outdoors!

What is whole health to you?
90 responses



Last month at Caregiver Connections our caregivers participated in the creation of an awesome word cloud about Whole Health. Check it out!

For our PCAFC Caregivers!

Legal and Financial Planning Services became available to Primary Family Caregivers enrolled in the PCAFC nationwide. If you are having difficulty registering, please utilize the Technical Support link at the top right of the following webpage. On March 20th there are two classes! One at 7AM and the second at 11AM.

Participant self-referral link is now live:
<https://www.caregiverfinanciallegal.va.gov/>.

2024 Classes for YOU

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

For the Month of April 2024 - *Virtual*

Cassandra and Kristina will bring us Skin Care Protection & Prevention, Skin Tear Treatments

Apr 23rd at 9am

Caregiver Support welcomes Kristina one of VA's Wound Care Certified RNs, for valuable recommendations in preventing skin breakdown and care of skin tears. Kristina will cover skin products and equipment supplied by the VA for skin care and prevention. Our session will conclude with allowing time for Q&A.

In May 2024 we'll have Rayanna & Crystal with an informational session on Caregiver Health and Wellbeing Coaching (CWHC).

Here is a list of some FREE Apps available in your App Store

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



ACT Coach to support management of distressing thoughts, feelings, and impulses



MH Checkup Care coordination tool to review results, coping resources, and other supports



Mindfulness Coach teaches mindfulness to reduce stress and facilitate coping



Beyond MST provides support for the health and well-being of survivors of sexual assault or harassment



VetChange – guidance and resources for developing healthier drinking habits



STAIR Coach Skills Training in Affective & Interpersonal Regulation for coping with trauma (self-care and resources)



AIMS (Anger and Irritability Management Skills) to support coping and connections



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



PTSD Coach & PTSD Family Coach for treating, supporting, and coping with PTSD



Annie – empowering resources that motivates by sending various automated self-care reminders



MHA provides MH checkups and connections to resources and supports



Virtual Care Manager care coordination app to create, edit, and join visits and / or emergency support info.



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



Prolonged Exposure resources, supports, and care coordination tools



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 it's produced by the VA.....there's some questionable stuff out there!