

APRIL 2024

VA



U.S. Department
of Veterans Affairs

CAREGIVER SUPPORT NEWSLETTER

Mann-Grandstaff VAMC



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IN THIS ISSUE

GROUPS/TRAININGS

UPCOMING EVENTS

TAKE 5

NATIONAL

RESOURCES

VA CAREGIVER

SUPPORT LINE

MONTHLY TELEPHONE

EDUCATION CALLS

SPECIAL

ANNOUNCEMENTS!



Upcoming Events

April 2024:

- **Beginning April 2nd at 10:30am for 4 weeks Caregivers FIRST Group** - if you are enrolled in the course you will receive a Webex link via email from Rayanna Tensley. If you would like to enroll before 04/02 please contact us!
- **Apr. 10th**- Caregiver Connections Group (Support) from 2-3pm.
- **Apr. 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).
- **Apr. 23rd** - Skin Care Protection & Prevention, Skin Tear Treatments from 9am-10:30am - facilitated by Cassandra and Kristina!
- **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- SPRING CLEANING (MINDFULNESS)

As you look around your home and prepare for the seasonal ‘spring cleaning’, take a moment to reflect inward.

- What have the past few months of the new year brought you?
- Are you holding onto the positives?
- What, if anything, do you need to let go of?
- What are you grateful for as spring begins?



APRIL 2024



National Resources

Resource of the Month – Palliative Care, Hospice Care, and Bereavement Counseling

The Department of Veterans Affairs (VA) delivers comprehensive support to Veterans, caregivers, and family members to improve their quality of life during medically challenging transitional periods.

VA offers palliative care, hospice care, and bereavement counseling services to provide relief and resources throughout Veterans' cycles of life. Depending on the program and site requirements, caregivers of Veterans enrolled in VA health care and/or Veteran Health Administration Standard Medical Benefits Packages may be eligible for a multitude of services, and costs may vary.

See the attached pdf titled, 'Caregiver-Resource-One-
Pager.pdf'



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.

April 2024:

Money Management

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

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 April 17th 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 May 2024 - *Virtual*

Our Registered Nurse Kaye Slater will bring you
Vital Signs

May 9th at 3pm

Come celebrate Nurse's Week with Kaye, one of our Registered Nurses! Kaye will be talking about the most frequent assessment that nurses (and many Caregivers) complete, vital signs. Learn about why they go up/down, how to react, and when to reach out for medical advice and help.

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