

MAY 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
509-712-8620
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

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Upcoming Events

May 2024:

- **May 8th**- Caregiver Connections Group (Support) from 2-3pm.
- **May 9th** - Join us as our Registered Nurse Kaye Slater teaches us about our hearts. 3pm-4pm
- **May 21st**- 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).
- **May 22nd** - S.A.V.E. Training with Kristen Boviall from our suicide prevention team. 11am-12pm
- **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



MINDFULL AWARENESS - REJUVENATION

In what ways do you focus on selfcare?

Do you practice mindful meditations, have a favorite book, TV show, or game on your phone?

Have you tried phone applications? Check out the “Mindfulness Coach VA app!

<https://mobile.va.gov/app/mindfulness-coach>

MAY 2024



National Resources

Resource of the Month – VA Advance Care Planning

The Department of Veterans Affairs (VA) offers resources to help caregivers and Veterans prepare for unexpected medical crises through advance care planning. Advance care planning allows both parties to make decisions about future medical and mental health emergencies before they happen to ensure their wishes are respected by loved ones, and health care teams. Assistance with VA Advance Care Planning is available to all caregivers of Veterans enrolled in VA health care.

See the attached pdf titled,
'Advance_Care_Planning_'



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.

May 2024:

Burnout

- Tuesday, May 7th at 7:00 a.m.
- Wednesday, May 15th at 4:00 p.m.
- Wednesday, May 22nd at 12:00 p.m.

TO LISTEN TO THE LIVE CSL MONTHLY EDUCATION CALLS, DIAL: +1 347-566-4838

- WHEN PROMPTED, PLEASE ENTER THE FOLLOWING CONFERENCE ID: 521 546 087#

[HTTPS://WWW.CAREGIVER.VA.GOV/SUPPORT-LINE/PRESENTATIONS.ASP](https://www.caregiver.va.gov/support-line/presentations.asp)

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 May 15th there are two classes! One at 7AM and the second at 11AM. Participant self-referral link is now live:

<https://www.caregiverfinanciallegal.va.gov/>.

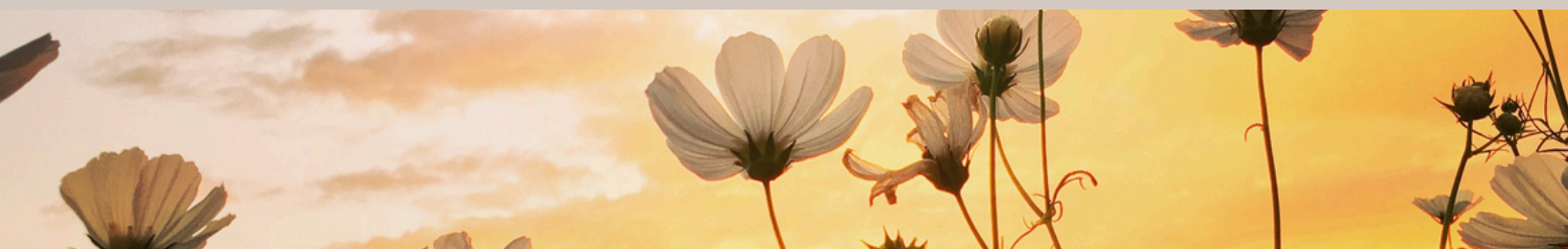
Instructions for registering for the website:

1. Go to <https://www.caregiverfinanciallegal.va.gov> and click the Register link next to the Login Button.
2. Fill out the required information in the registration form and click the Register button.

Your registration will go to our call center team as well as your local CSP team for verification and approval. You should see an approval email in 24 hours.

Once your website account is approved:

1. Go to <https://www.caregiverfinanciallegal.va.gov> and click the Login Button, and log in with your user name and password.
2. Find and click the Tutorials link on the top menu.
3. Scroll down the page until you get to the Live Webinar section and click the Sign Up Now button.
4. This will take you to another page to register for the webinars you'd like to attend.
5. Provide us your verification information and select the webinars by checking the blocks to the left of the listed topics and times.
6. When finished, click the Done button.



2024 Classes for YOU

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

For the Month of June 2024 - *Virtual*

Come meet your CSP team!

June 10th at 1:30pm

Come and meet your Caregiver Support team! We are excited to be serving you throughout your caregiving journey. We look forward to spending this time together.

In August 2024, we'll have LauriAnn Hoffmann with psychosocial education on sleep!

Mindfulness

71 responses

LAST MONTH AT
CAREGIVER
CONNECTIONS WE
MADE THIS AWESOME
WORD CLOUD ABOUT
THE JOYS OF SPRING!

