

The Family Caregiver

Newsletter of the Lewis-Mason-Thurston Family Caregiver Support Program

Fall 2019

The air is crisp and the leaves are changing.

Fall is not only the time when the leaves change to bright yellow, reds and purples and quiet misty mornings, but also holidays to celebrate with family and friends.

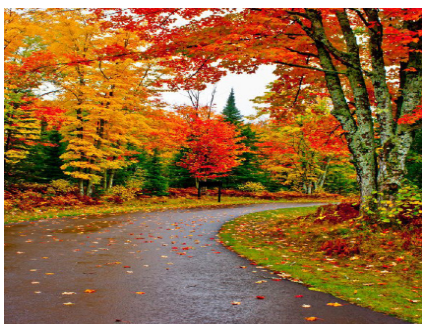
LMTAAA is hosting their own gathering in honor of National Family Caregivers Month, our annual workshop.

The workshop is our thank you to you for the many roles you play in your family member's life; caregiver, chef and nutritionist, personal shopper, housekeeper, accountant, nurse and counselor. More importantly, you are there for your family member, as a confidant and providing a safe place.

For many care receivers, you are their safe place. The person who orients them to where and who they are. Who then, provides the safe place for you to express yourself? Perhaps our workshop.


Our annual workshop will be held on November 8, 2019, at the Capitol Event Center. Back by popular demand, is "Normal, Not Normal Aging." The program is designed by Teepa Snow and her consulting group, Positive Approach to Care. We will learn what are normal changes in the brain and what are not. For example, remembering fewer digits of a phone number is normal, not recalling how to use a phone is not normal (excluding "smart phones," that would not be fair.)

LMTAAA's Brandon Humphries and Joan Vance, MSW will present the program. Both Brandon and Joan are certified by Teepa Snow as Positive Approach Consultants.



*"We don't have to do all of it alone.
We were never meant to."*

Brené Brown



It is with a warm welcome, Cheri Knighton will bring Momentia to our annual workshop. Cheri is the family support coordinator at senior services for south Sound and member of the organizing committee for the Dementia Friendly Committee Summit in September 2020. On Friday, November 8th, Cheri will be presenting Momentia, a grassroots dementia care movement originating in Seattle. Momentia started in 2013 with the goal of keeping people with dementia and their families included and engaged in the community.

The Momentia movement has already been key in developing many *dementia-friendly* opportunities and events in the Puget Sound Region. Alzheimer's Cafes, Gallery Art Shows, Zumba, music, ceramics and painting are just a few of the current happenings. These events are scheduled during quiet times in venues or times set aside specifically for care receivers and their caregivers.

Cheri will help us understand why it is important for people with dementia to remain socially engaged and be able to participate in meaningful activities.

Momentia events don't need to be elaborate- one of the principles of Momentia is to include the person living with dementia in finding things that continue to bring joy. This could mean finding other people in your own neighborhood with memory loss and along with their families start a walking group.

But wait there is more! Assured Home Health and Hospice will help us learn more about Falls Prevention and proper transfer techniques. Falls, especially in home are the number one reason older adults are hospitalized. Learning to prevent them, can help you stay in your own home longer. Learning proper transfer techniques are key to safety for both you and your family member.

UPCOMING CLASSES & EVENTS



Fall Caregiver Workshop

The Brain and Dementia

November 8, 2019 10:00 am - 3:00 pm

Capital Event Center, ESD 113 6005 Tye Dr SW, Tumwater

Register online at lmtaaa.org or by phone 360-664-3162 ext 102

**Our Shelton office has moved!
2008 Olympic Hwy N, Shelton
Come by and see us!!**

**Advance Care Planning Workshop
January 22, 2020 1-3pm
2008 Olympic Hwy N, Shelton**



*For information, registration or accommodation for the above workshops,
please call (360) 664-3162 ext. 102, or register online at
www.LMTAAA.org*

"Come with questions, leave with answers."



STUDY GROUP

In SHELTON:	Second Wednesday of the month from 1-3 PM	(360) 427-2226 x102
In CHEHALIS:	Second Thursday of the month from 1-3 PM	(360) 748-2524 x102
In OLYMPIA:	Third Thursday of the month from 1-3 PM	(360) 664-3162 x102



2404 Heritage Court SW
Suite A
Olympia, WA 98502

THE SHELTON OFFICE HAS A NEW LOCATION 2008 OLYMPIC HIGHWAY NORTH, SHELTON

Mason County

2008 Olympic Hwy N / P.O. Box 2087, Shelton, WA 98584
Todd Nelson, MSW
360-427-2226 ext. 156, or toll free 1-877-227-4696

Lewis County

1651 S. Market Blvd., Chehalis, WA 98532
Joan Vance, MSW
360-748-2524 ext. 210, or toll free 1-888-702-4464
Kathy Howard
360-748-2524 ext. 221, or toll free 1-888-702-4464

Thurston County

2404 Heritage Ct SW, Olympia, WA 98502
Kathy Schroeder, MSW
360-664-3162 ext. 106, or toll free 1-888-545-0910
Brandon Humphries
360-664-3162 ext. 149, or toll free 1-888-545-0910

For an online copy of this newsletter please visit our website at www.LMTAAA.org



Lewis-Mason-Thurston Area Agency on Aging

Family Caregiver Workshop

The Brain and Dementia

November 8, 2019

10:00am - 3:00pm * 9:30am check-in

\$15.00 * **Bring your support person at no cost!**

Continental Breakfast and Lunch included

Capital Event Center, ESD 113, 6005 Tye Dr. SW in Tumwater (next to Costco)

*For information, registration or accommodations please call (360) 664-3162 ext. 102
or visit on-line at www.LMTAAA.org If the cost to attend is a barrier, please contact us.*



YOUR NAME: _____

SUPPORT PERSON: _____

ADDRESS: _____

ADDRESS: _____

PHONE: _____

PHONE: _____

EMAIL: _____

EMAIL: _____

DATE OF BIRTH: _____

Send your registration and check made out to:

LMTAAA, 2404 Heritage Court SW, Olympia, WA 98502

A confirmation will be sent to acknowledge your registration.

As an **unpaid** caregiver, you are caring for a: Spouse Parent Child Partner Sibling Friend

NAME _____

DATE OF BIRTH _____