



The Family Caregiver

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

Summer 2021

Greetings all,

Welcome to Summertime, and the living is easy (thank you Ella).

Connecting as a caregiver..... There is an App for that!

Well, not just an App for a smart phone, but also websites which offer a secure place to communicate with family members and others interested in you and your care receiver's wellbeing.

We know communication and connection are keys for you as a caregiver. But how much time do you have to connect, provide updates, convey ways others can help you? The value of caregiving Apps is spend less time telling your story and updating everyone on your care receiver's health, and more time connecting with family and friends.

Caring bridge.com, is an App and a website. It is easy to create an account by entering the emails of those who will have access and set your privacy settings. CaringBridge is a donor-supported nonprofit, and there is no cost to set up an account. You can post updates, photos, plan errands, and create a 'suggestion' to-do list for members. Best of all, you can delegate posting and updating to a co-author!

Lotsa Helping Hands, Care Calendar Website | Lotsa Helping Hands, is an App (no website) for iPhones. The features help you coordinate meals, rides, appointments post updates, send encouragements and well wishes. It is also a great tool for your grandchildren with newborns.

Caring village, Caring Village | FREE help for families and caregivers, is an App available for iPhone and Android phones and on the web. It was designed by Michael Behrmann (co-author of Enduring Alzheimer's) specifically to help his wife care for her mother who had Alzheimer's. It is easy to sign up on-line with your email and a password. There is a logical and 'intuitive' feel to the site and there are no small fonts!

In a different category of caregiving App we also wanted mention Ecare21.com. Ecare21 is an App designed to monitor wireless wearable devices such as Smartwatches or Fit Bits, to help track the wearer's glucose levels, heart rate, and even sleep.

If you have a favorite caregiving App, we would love to hear from you so we can share it with others.

“I gotta get outta here,

far away from the madness and my pounding head.” Never thought I would be quoting Alice Cooper, but COVID has changed many of us. Mr. Cooper was right, we gotta get out of here, but where do we go during the almost-post-COVID-era? Getting outta here, but everywhere seems too far, too much effort, too much hassle. How do we feel like we have been somewhere without going far?

How about being a tourist in your own town? Where do you take out of town guests, any old time favorites? How long has it been since you visited Tumwater Falls? Not just to zig zag behind the old brewery and catch a glimpse of the falls, but to go to the beautifully mostly renovated park, listen to the deep crash of the Nisqually River giving way to gravity, and snack on freshly picked Spooner’s strawberries?

To help get the conversation started we checked with our crack Family Caregiver team. The suggestions are listed by county and include many of the local points of interest which have few or no stairs and no or short walks.

Lewis County:

Ft. Borst Park is an easy drive or a short shaded stroll. A great place to enjoy a Burgerville berry shake. The Veteran’s Museum in Chehalis gets bigger and better. The King Agriculture Museum opened in 2020 – talking about memory lane! How about a weekend ride on the Chehalis-Centralia Railroad. If the ride is too much for your care receiver, perhaps stop by the depot and revel in the familiar ‘all aboard’, the distinctive whistle, and the plumes of steam.

Mason County:

Kennedy Creek is an easy walk as is aptly named Walker Park, whose starfish are spectacular at low tide. Allyn has a great drive along the sound, complete with sea smells and great stops for snacks. As one of our co-workers said, “Anywhere you drive in Mason Count is beauty.”

Thurston County:

Priest Point Park is noted by many as the easiest-to-access local, natural gem. The Olympia Farmers Market offers great people-watching and fabulous food. St. Martins, Puget Sound Community College, and The Evergreen State College offer a refuge in the city and benches along the way to sit and enjoy.

So have we peaked your interest in getting outta here to see and experience.

"Not all who wander are lost" - J.R.R. Tolkien



**6 week series will be every
Wednesday starting
September 15, 2021 * 1-3 PM**

**This year Powerful Tools for Caregivers will be brought
to you via Zoom.**

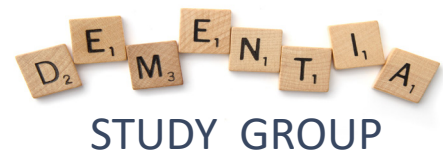
**A commitment to attend the entire series is requested;
pre-registration is required.**

Call 360-664-3162 ext 102 for registration

*For information, registration, or accommodation please call (360) 664-3162 ext. 102,
or melissa.thompson@dshs.wa.gov*

We have been hearing from some of you about your successes and struggles over the past year. Many of them are deeply personal. Some include challenges and lessons others have or still might experience. If you have a caregiving story you would like to share with others, consider sending them to us (john.mcbride@dshs.wa.gov). We will be compiling them and of course with your permission, may be included in a future newsletter, The Family Caregiver article or our website.

"Come with questions, leave with answers."



**We are now meeting via Zoom!!
Contact us for the zoom link to attend.**

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



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FAMILY CAREGIVER SPECIALISTS

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