

# *The Family Caregiver*

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

Fall 2017

## ***Fall greetings family caregivers!***

As we leave this warm summer behind and enter the cooler, slower paced days of autumn, may we all find patience in our days ahead.

A friend of the Family Caregiver Program told us recently . . .

"My Grandma used to say, "Patience is its own reward." I suppose as a young child waiting for dinner, that was a difficult thing to understand. Now much older, I wait in line at a grocery store and start to feel frustrated and anxious. I can still hear my Grandma's, "Patience is its own reward." I draw a breath, I look around and enjoy the moment. I'm grateful that I have groceries to buy. Slowly the peace of patience arrives. Please take a moment and enjoy our newsletter, join us in activities and gatherings and know that whatever you are doing at this moment, it can be enough."

***-The Family Caregiver Support Program Team***



*Patience is the  
companion of wisdom.*

*-Saint Augustine*

# FAMILY CAREGIVER WORKSHOP

## *Person Centered Caregiving*

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We often hear about the importance of creating balance in all of our lives. As a family caregiver, you know better than most what a challenge that is! Join us for a day of discovering what you value most as a family caregiver, and creating an action plan for caregiving that reflects your values and balance in your life. Creating a family caregiving plan that begins with what is most important to you, can help guide you throughout your caregiving journey and assist you in those difficult times when a change may be needed.

Person Centered Caregiving is founded on what you value or is important to you as a caregiver. By exploring our caregiving values, we can be clearer about what our family member needs and how we might get there.

Caring for people works best when two things are true: 1) the caregiver is able to share control of the process and acknowledge the care receiver as the guide, and 2) the care receiver has an opportunity to communicate about what is important to them in order to live their life in the manner they choose. (Yes, even in dementia).

In this workshop, we'll work on both sides of this equation, focusing first on discovering how we'd like to be supported as a way to understand how to best support others, and then thinking about ways to communicate with the person we support and discover things we didn't know (even if we've known them for a long time).

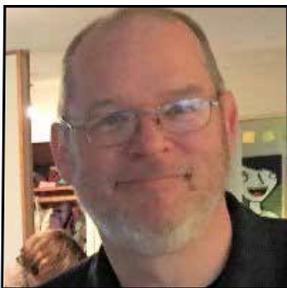
Good news for the workshop: there will be no wrong or right answers all day. The day will be about you looking at what makes you tick as a caregiver. You will not be alone; we will have exercises and questions from Dr. McKinnon, support from other caregivers, and the helpful FCSP staff.

Please join us on November 9th for a day exploring Person Centered Caregiving.

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### Rick McKinnon, PhD

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Rick is a curriculum and training specialist at the Aging and Long-Term Support Administration of DSHS who is on a mission to use person centered principles help people learn and communicate better. He is also advocates taking advantage of the new ways of connecting that have emerged in the increasingly digital world of teaching and learning. His training is in language and communication. He received his BA from The Evergreen State College, an MA from City University of New York, and a Ph.D. (Linguistics) from the University of Washington. He lives in Olympia with his wife, Carolyn Cummins McKinnon, and two children, Sam (8) and Margot (5). He plays clawhammer banjo, and has recently begun learning the fiddle, although his family still appreciates it when he practices when they are out of the house.

*It is about relationship, not "getting things done."*

*-Teepa Snow, Dementia Care Pioneer*



# Family Caregiver Workshop

November 9, 2017

9:30am - 4pm; 9am check-in

## Finding Balance in Family Caregiving Create a Caregiving Plan That Works for You

With Rick S. McKinnon, PhD

DSHS Aging and Long Term Support Administration

LOCATION: Capital Event Center, 6005 Tyee Dr. SW in Tumwater  
(at ESD 113, next to Costco)

Cost: \$25 - Continental breakfast & lunch included.

**Register your caregiving support person for no extra cost!**

*Workshop & Respite Scholarships Available*

*For information, registration or accomodations please call (360) 664-3162 ext. 102*

YOUR NAME: \_\_\_\_\_

SUPPORT PERSON: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

EMAIL: \_\_\_\_\_

Send your registration and check (\$25) made out to:  
**LMTAAA, 2404 Heritage Court SW, Suite A, Olympia, WA 98502**

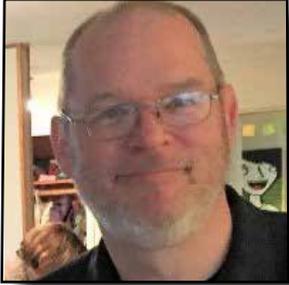
A confirmation will be sent to acknowledge your registration.

As an **unpaid** caregiver, you are caring for a:

Spouse     Parent     Sibling     Friend     Other: \_\_\_\_\_

## Rick McKinnon, PhD

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# UPCOMING CLASSES & EVENTS

## Family Caregiver Workshop

Thursday, November 9th from 9:30am - 4pm; 9am check-in

SEE REGISTRATION FORM ATTACHED

*Workshop & Respite Scholarships Available*

*For information, registration or accommodations please call (360) 664-3162 ext. 102,  
or register online at [www.LMTAAA.org](http://www.LMTAAA.org)*



## Advance Care Planning Workshop

Learn more about Advance Care Planning  
& begin an Advance Care Plan.

Plus, Advance Care Plan Q & A!

Thursday, October 26, 1-3 PM

in the LMT Chehalis office conference room.

*For information, registration or accommodations please call (360) 748-2524 ext. 102,  
or register online at [www.LMTAAA.org](http://www.LMTAAA.org)*



STUDY GROUP

***"Come with questions, leave with answers."***

This is the place to better understand the brain and how to be a more skilled caregiver. Our motto is still the same, *"come with questions, leave with answers."*

If you have joined us in the past, thank you for your questions. If you are attending now, we are glad to have you. If you are thinking of attending, just come.

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



Lewis-Mason-Thurston Area Agency on Aging

2404 Heritage Court SW  
Suite A  
Olympia, WA 98502

## FAMILY CAREGIVER RESOURCE MANAGERS



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

*Mason County* Todd Nelson, MSW  
360-427-2226 ext. 156, or toll free 1-877-227-4696  
628 W. Alder / P.O. Box 2087, Shelton, WA 98584

*Thurston County* Kathy Schroeder, MSW  
360-664-3162 ext. 106, or toll free 1-888-545-0910  
2404 Heritage Ct SW, Suite A, Olympia, WA 98502

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For an online copy of this newsletter please visit our website at [www.LMTAAA.org](http://www.LMTAAA.org)

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