

The Family Caregiver

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

Winter 2019

Welcome to Winter family caregivers!

In this issue, we reflect on lessons learned from our November caregiver workshop. We have also added more caregiver classes and skills workshops.

-The Family Caregiver Support Program Team

Family Caregiver Fall Workshop 2018

*We had a great time at our annual family caregiver workshop on November 16 and 17 entitled "Strategies for Mindful Caregiving." Paula Spencer Scott, journalist and author of *Surviving Alzheimer's* and Bartja Wachtel, MSW and clinical social worker, provided practical learning and rich reflection for those who attended. We would like to share some conference gems.*

Paula Spencer Scott, showed us her heart of gold as she described caregiving for 5 family members, including both her parents, while raising her children. Her personal caregiving experiences were shared in life stories filled with knowledge, skills and cautions from national experts.

Paula earned her wisdom through caregiving trial and error. Coincidentally, her caregiving journey began just after she started writing for the website, Careing.com. As a staff writer she was able to interview experts such as Teepa Snow (<http://teepasnow.com/>) and Gary Small, MD, (<http://drgarysmall.com/>) and work with Weill-Cornell Alzheimer's Universe. Even with those connections and lessons she shared at the workshop, she was not immune to caregiver burden and suffered the consequences of delaying self-care.



To the world you may be one person; but to one person you are the world.

-Dr. Suess

ANNUAL WORKSHOP TAKEAWAYS

Take **HEART**.

1. **HELP**. Everyone does better within the practical and emotional support of a care circle which includes family, friends, in-person, and phone help.
2. **EDUCATION**. Knowledge is power. Learn dementia basics, what to expect, new things to try.
3. **ACCEPTANCE**. Reality sometimes stinks. You do not have to like it, but instead of wasting energy fighting it, you can work with “what is.”
4. **RESTORATION**. Each of these together gives us more energy, patience and persistence for the long haul.
5. **TOOLS**. Stay open to trying new ideas . . . and weave them into your day.

Bartja Wachtel helped us both understand and experience mindfulness and meditation. He dispelled the stereotype that meditation is a form of religion or only for hippies. It is a science that has been proven to calm the mind, relieve stress and reduce tension. Bartja showed simple techniques to meditate anywhere at any time, and it only takes a few minutes.

Mindfulness Stress Reduction is an 8-part introduction to mindfulness. Bartja treated us to the first 2 of the 8 lessons. If you attended, you learned the basics and have an idea how it works. If you were unable to attend, check out the takeaways below.

- a. Calming your body and mind is a journey and not a race. It is slow and deliberate. When you slow down, you may feel things you did not expect or know are within you.
- b. When you practice mindfulness, treat yourself like you would a friend.
- c. On-line resources for mindfulness self-study resources include the App, Happify: for Stress & Worry available on itunes.apple.com
- d. For an in-depth understanding of Happiness and Positive Psychology: www.authentichappiness.sas.upenn.edu/



Area Agency on Aging

GROCERY PICK-UP AND DELIVERY SERVICES

COMPILED AS OF NOVEMBER 2018

STORE	WEBSITE	PHONE APP	DELIVERY	PICKUP	PHARMACY	LOCATION	COMMENTS
INSTACART	instacart.com	YES	YES	NO	NO	THURSTON LEWIS MASON	<p>\$10.00 minimum No delivery fee on orders over \$35.00 5% Service fee Used by Fred Meyer in Shelton, Olympia, Lacey, Tumwater Used by Safeway in Centralia, Shelton, Olympia, Lacey, Tumwater Personal shopper picks up your groceries and brings them straight to your door</p>
FRED MEYER	fredmeyer.com	YES	NO	YES	PICKUP ONLY	THURSTON MASON	<p>Must order 4 hours before pick up \$4.95 Service Fee Debit and Credit only-EBT not accepted at this time Offers pre-prepped meals/meal kits Perishables/produce will stay refrigerated until pick up</p>
SAFEWAY	shop.safeway.com	YES	YES	YES	PICKUP ONLY	THURSTON ONLY	<p>\$30.00 minimum Credit or Debit only-EBT not accepted at this time Same day delivery when ordered before 8:30 am Delivery fee-\$9.95 on orders \$150.00 or more, \$12.95 on orders under \$150.00 Fuel charges will be applied when fuel prices are \$2.75 or greater Disabled and use EBT benefits, please call 877-505-4040</p>
ALBERTSON	shop.albertons.com	YES	YES	YES	PICKUP ONLY	THURSTON ONLY	<p>\$30.00 minimum Credit or Debit only-EBT not accepted at this time Same day delivery when ordered before 8:30 am Delivery fee-\$9.95 on orders \$150.00 or more, \$12.95 on orders under \$150.00 Fuel charges will be applied when fuel prices are \$2.75 or greater Disabled and use EBT benefits, please call 877-505-4040</p>
WALMART	walmart.com	YES	YES	YES	PICKUP DELIVERY	THURSTON LEWIS MASON	<p>\$30.00 minimum Credit or Debit only-EBT not accepted at this time Same day pickup when ordered before 1 pm No fee for pickup-Delivery fees vary PHARMACY-7-10 business days delivery time-no cost 2 day delivery-\$8.00 Overnight delivery-\$15.00 Contact your local Walmart pharmacy to see if eligible for delivery service</p>
RALPHS THRIFTWAY	shop.mywebgrocer.com	NO	NO	YES	NO	OLYMPIA ONLY	<p>Order before 10 am, pickup between 11 am - 7 pm Order before 2 pm, pickup between 3 pm - 7 pm \$5.95 Service Fee Cash, Credit or Debit only-EBT not accepted at this time</p>
CVS	cvs.com	YES	YES	YES	PICKUP DELIVERY	PATICIPATING PHARMACY	<p>\$4.99 Service Fee Order by 4 pm M-Th-will be delivered in 1-2 days Order by 4 pm Fri-will be delivered on Mon Order by 3 pm on Sat-will be be delivered on Tues Order after 3 pm or all day Sun-will be delivered on Wed Text notifications Controlled substances, medications that require refrigeration and medications paid for by Medicare B cannot be delivered at this time Credit, Debit, FSA/HSA for payment-Delivery fee cannot be charged to FSA/HSA cards</p>

This list was compiled as of November 2018. Please visit the store or the stores website for more information. The charges can change at anytime.

UPCOMING CLASSES & EVENTS

Advance Care Planning Workshop

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

Plus, Advance Care Plan Q & A!

Thursday, January 31, 1-3:30 PM
in the LMT Olympia office conference room.



FOR Powerful Tools Caregivers

This six-part series begins Tuesday, February 12
and runs for 6 consecutive
Tuesdays from 1-3 PM in the Olympia LMT
conference room.

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

Saturday, March 30th from 10am - 3pm
in the LMT Olympia office large conference room

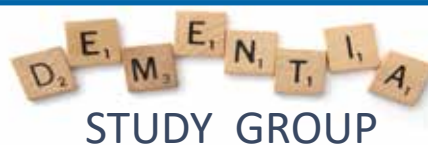
ShareCare



This two-part series will run on April 23rd &
April 30th from 1-3:30 PM
Attendance for both classes is encouraged.
Pre-registration is suggested.

*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."



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



SAVE THE DATE: Annual Conference
Friday, May 10, 2019

For more information or to register, please visit: www.SouthSoundAlzheimersCouncil.org



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