

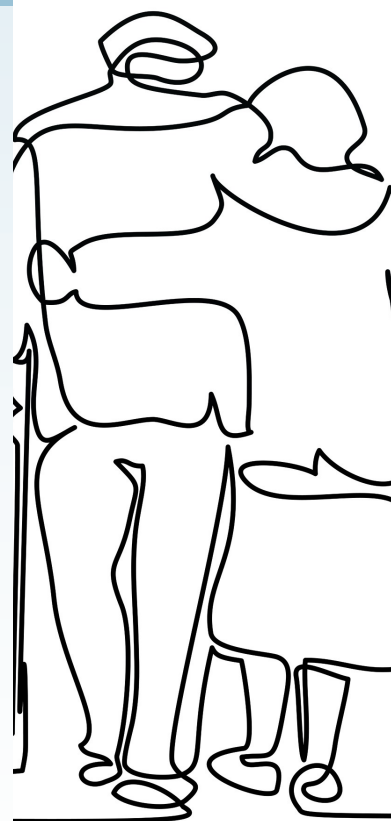
The Caregiver Connection

Welcome!

Welcome to our first Caregiver Connection Newsletter! We at Rural Resources have an abundance of programs and options to support all kinds of caregivers. Read on to discover resources, local events, and more!

We look forward to hearing from you,

The Rural Resources Team

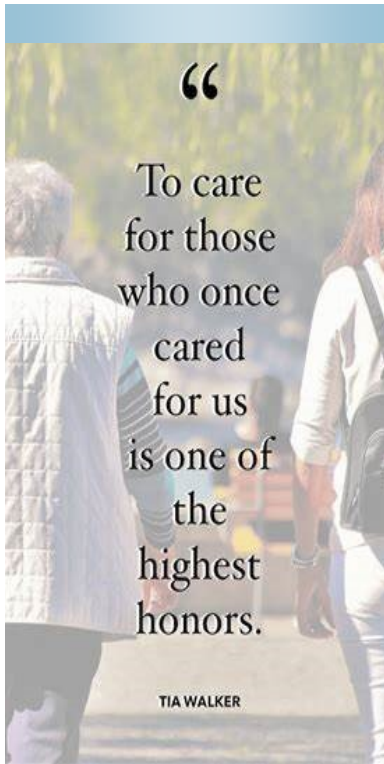


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Special points of interest

- Medicare Open Enrollment!



“
To care
for those
who once
cared
for us
is one of
the
highest
honors.

TIA WALKER

Am I a Caregiver?

Becoming a family caregiver often happens gradually, without recognition. One day we wake up and think, “how did I get here?” , “I’m just doing what a husband does”, “It comes with the territory”, and “Of course I do that for my mom, what daughter wouldn’t?”

Becoming a caregiver most times happens slowly, we often don’t recognize when our roles have morphed more into a caregiver and less of a family member.

As our loved ones age and as we care for them, the dynamics be-

tween us can change, and often lead to caregiver burnout if you don’t have the right supports in place.

Support groups, respite care, case management services, counseling, massage therapy, and more can help reduce your risk of burnout.

If you would like to speak to someone about available services, please reach out to one of our family caregiver specialists on the bottom of this page!

Tri-county Meals

The Senior Hub

231 W Elep Avenue, Colville

509-675-1479

ccscthehub@gmail.com

Lunch served every Tuesday and Thursday for \$7, must call or email by noon the Monday before to request a meal.

RRCA Senior Nutrition

Frozen meals, Meals on Wheels, commodities boxes, and Diner’s Choice vouchers available for those who qualify. Contact Aja Bridge for information at 509-684-8421 x 6068

Got Respite?

If you are caring for a loved one, we have a variety of programs that offer respite services. Respite is crucial, much like putting on your own oxygen mask on a plane before helping someone else with theirs. Respite can give you a chance to practice self-care, go to your own doctor’s appointments, or catch a cup of coffee with a friend to recharge. Respite helps fight caregiver burnout, an all too common occurrence.

If you are interested in exploring your options to receive respite, please contact us!

Stevens County
Robert Smith
509-684-8421 x 7222

Pend Oreille
JoDee Hankey
509-447-9997 x 4002

Ferry County
Mary Ciais
509-775-0912 x 5004

Whitman
Alyda Jaegerman
509-332-0365

Caregiver Support Groups

Ferry County

When: 11/28/22, 12/5/22, 12/19/22, 4 pm
Where: Rural Resources Community Action
42 Klondike Road, Republic, WA
RSVP: Mary Cia's, 509-775-0912 x 5004

Tri-county Zoom

When: 1st and 3rd Tuesdays of the month at 10am
Where: Virtual meeting via Zoom, RSVP for online invitation
RSVP: Keri Nopens
Knopens@ruralresources.org

Whitman County

When: Every 2nd Monday of the month at 2pm
Where: Bishop Place Senior Living
815 SE Klemgard St
Pullman, WA, 99163
RSVP: Tanya Marceau, 509-332-0365

Whitman Zoom

When: Every 2nd and 4th Monday of the month At 3pm.
Where: Virtual meeting via Zoom, RSVP for online invitation
RSVP: Tanya @ tmarceau@ruralresources.org

Whitman County Meals

Pullman Community Council on Aging

Meals on Wheels are prepared at Bishop Place Senior Living under contract to PCCoA and are delivered every day by volunteers between 11:15 am and 12:30 pm to those who qualify.

509-339-4000 PullmanComCoA@gmail.com

5 Reasons to Join a Caregiver Support Group



Caregiving can be a time consuming activity, but finding the time to join a support group has many worthwhile benefits that make it worth your time



PRACTICAL ADVICE

We live in an information age with many resources available, from medical professionals to internet articles to telehealth supports. But sometimes the best advice can come from people who are experiencing the same things as you in their own daily lives.



EMOTIONAL SUPPORT

Caregiving can bring a wide range of emotions; fear, anxiety, grief, uncertainty, isolation. A support group can help you identify and cope with these emotions in a positive manner.



SOCIAL CONNECTIONS

Caregiving can make it hard to keep up with friends and acquaintances, especially if they don't understand your situation. A support group gives you a chance to connect with others in similar situations, and can help with the feelings of isolation and burnout that many caregivers face.



UNDERSTANDING AND ACCEPTANCE

Do you ever question your decisions as a caregiver? Do you feel like nobody can help because they don't understand? Other caregivers know what it's like! Support groups provide the acceptance and comfort you may need to feel confident in your caregiver role and maintain a positive attitude.



RESOURCES AND REFERRALS

Many support groups are facilitated by a professional. They can provide you with referrals to community resources, as well as information about your loved one's condition and how to best support them.

Alzheimer's Association Upcoming Events

Colville Public Library

195 S. Oak Street, Colville, WA

What: Managing Stress for Caregivers

When: Nov. 7th, 10:30 am—12pm

What: Money Management for Caregivers

When: Nov. 7th, 1-3 pm

What: Latest Alzheimer's Research

When: Nov. 28th 10am-12pm

What: Effective Communication Strategies
for Caregivers

When: Nov. 28th 1-3pm

What: 10 Warning Signs of Alzheimer's

When: Dec. 12th, 10:30am-12pm

What: Healthy Living for Healthy Brains

When: Dec. 12th 1-3pm

Newport Hospital

714 Pine Street, Newport, WA

What: Managing Stress for Caregivers

When: Nov. 4th 10am—12pm

What: Money Management for Caregivers

When: Nov. 4th 1-3 pm

What: Latest Alzheimer's Research

When: Dec. 15th 10am-12pm

What: Effective Communication Strategies
for Caregivers

When: Dec. 15th 1-3pm

Republic, Klondike Hills Assisted Living

4 Klondike Hills Lane, Republic, WA

What: Managing Stress for Caregivers

When: Nov. 11th 10am—12pm

What: Money Management for Caregivers

When: Nov. 11th 1-3 pm

What: Latest Alzheimer's Research

When: Nov. 30th & Dec. 5th 10am-12pm

What: Effective Communication Strategies
for Caregivers

When: Nov. 30th & Dec. 5th 1-3pm

Pullman Senior Center

190 SE Crestview St Blg B, Pullman

What: Understanding & Responding to Dementia related
Behaviors

When: Nov. 14th 5:30 pm

What: Healthy Living for Your Brain & Body

When: Nov. 30th 10 am

Questions about these events? Contact

Kim McKenna at 509-207-7667 x 8152

For Pullman contact Michelle Larson at

208-666-2996

The Alzheimer's Association logo, featuring the text "alzheimer's association" in a white, lowercase, sans-serif font, with a stylized white icon of two interlocking loops to the right of the word "alzheimer's". The logo is set against a dark purple rectangular background.

Alzheimer's Association 24/7 Helpline; 1-800-272-3900

WHITMAN COUNTY ENERGY ASSISTANCE

Call 509-334-9147 to make an appointment
(required)

- 11/15, LaCrosse, City Hall Lobby, 107 S Main St.
- 11/22, Garfield, Community Center, 3rd St. behind the library
- 11/29, Rosalia, Community Room, corner of 7th & Whitman (big brick bldg.)
- 12/6, St. John, City Hall Lobby, E 1 Front Street

Provided by Community Action Center



PULLMAN GRIEF SUPPORT GROUP

Rural Resources is starting a grief support group in Pullman. Time and place TBD. For more information please contact:

Tanya Marceau

509-332-0365

tmarceau@ruralresources.org

IN SEASON RECIPE

WINTER SQUASH AND POTATO CASSEROLE

Ingredients

- 1 large garlic clove, cut in half
- 1 1/4 lbs russet potatoes or Yukon golds (or add purple potatoes), scrubbed, peeled if desired and sliced 1/4" thick
- 1 1/4 lbs winter squash, such as butternut, peeled and sliced 1/4" thick
- 1 tsp fresh thyme leaves
- 1 tsp chopped fresh rosemary
- 1 c tightly packed grated cheese (swiss or cheddar)
- Salt & pepper to taste
- 2 1/2 c low-fat milk

Preparation:

1. Preheat oven to 375 degrees. Rub the garlic inside a 2 quart casserole dish, then lightly oil with butter, oil, or cooking spray.
2. Slice the remaining garlic and toss with the potatoes, squash, thyme, rosemary, & half of the cheese. Season with salt, pepper, or salt substitute.
3. Arrange in an even layer in the dish.
4. Pour the milk over the potato-squash mixture. Place in the oven; bake 50 minutes. Add remaining cheese, bake another 20 minutes or until the top is golden.
5. Carefully remove from oven and let rest for 10-15 minutes. Serve hot or warm.

Recipe provided by our Dietitian Kristine Carlson. Kristine is a registered dietitian and available to assist those with special dietary needs in Stevens, Pend Oreille, Ferry, & Whitman counties. For more information call Kristine at 509-775-0912.

**Medicare open
enrollment is
October 15th
through
December 7th**

**Statewide Health In-
surance Benefits Advi-
sors (SHIBA)**

**Help your friends,
neighbors, family and
others find access to
health care coverages.**

**Do You Enjoy
Volunteering?**

SHIBA NEEDS YOU!

***No experience re-
quired, we will train
you.***

**Call Today 509-685-
6077**

**We offer volunteer
positions for all inter-
ests!**

**Administrative
Clerical Support
Counseling
Data Entry
Outreach
Public Speaking**

Medicare or Medicaid Questions?

Did you know that Rural Re-
sources has a State Health In-
surance Benefits Advisor? It's
called SHIBA for short, and our
SHIBA advisors can help an-
swer questions about Medi-
care and Medicaid programs.

Not sure what programs you
qualify for, or wondering if
there's a program that will fit
your needs better out there?

Contact our SHIBA advisor:

Leighann Brooks

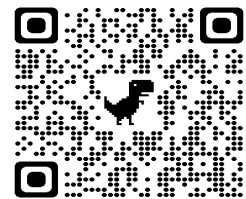
509-684-5645

1-800-776-3857

Questions about Basic Food Benefits?

Call Leighann at 509-684-5645
(toll free 1-800-776-3857) or visit

www.washingtonconnection.org



Caregiver Facts

1. Caregivers in the U.S. number in the millions, approx. 65 million to be exact.
2. Most caregivers are women between the ages of 45 and 64.
3. More than 15 million of those caregivers are caring for someone with Alzheimer's disease.
4. In the U.S., caregivers provide close to \$400 billion dollars worth of unpaid care annually.
5. Caregivers have an 18% longer lifespan than non-caregivers, however, they also have a higher risk of depression, anxiety, chronic illness, and other health issues.
6. It helps to self-identify. In the U.S., more than 90% of family caregivers become proactive and start looking for resources once they self-identify as a caregiver!

From alzlive.com/7-surprising-facts-caregivers

Tri-county Energy Assistance

Apply online @ <https://ruralresources.org/energy-assistance-apply-online/>

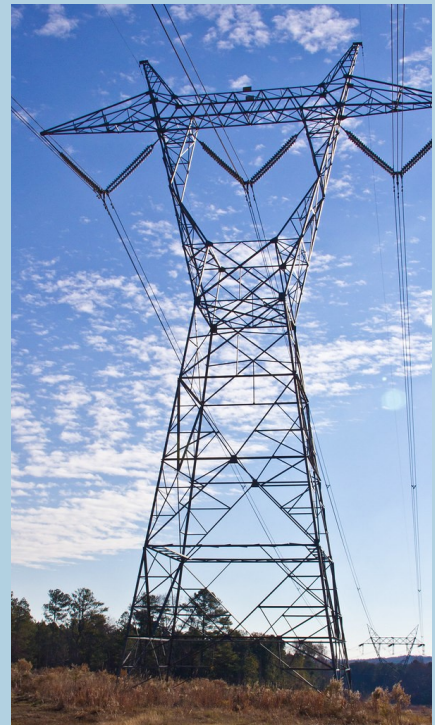
Applications accepted on **Wednesday, February 1st, 2023 at 11 am & Monday, May 1st, 2023 at 11 am.**

**The on-line application will close when all appointment slots are full for the month. Appointments fill up extremely fast. You should plan to be online a few minutes before the time listed above.*

Apply by phone @ 509-685-6161 or toll free @ 866-260-2729

Phone lines open **Thursday, December 1st, 2022 at 5pm, Saturday, April 1st, 2023 at 11 am, & Saturday, July 1st, 2023 at 11 am.**

**Leave a message with your name, mailing address, and a working phone number. The phone message line will close when all appointment slots are full for the month.*



“There are only four kinds of people in the world, those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers” - Rosalynn Carter

Managing finances causing stress?

Rural Resources now has a representative payee program! If you, someone you care for, or someone you know struggles with managing finances, payee services may help.

The primary objective of the Rural Resources Protective Payee Program is to ensure that people enrolled in our program receive the full benefit of the funds to which they are entitled.

The Rural Resource Protective Payee will work to meet a series of objectives designed to keep clients in their homes by

helping them meet their basic needs. To accomplish this, our payee program manages monthly payments of rent, utilities, food, medical/dental, phone, other bills, necessities, and other purchases as needed.

Our Protective Payee can also provide contact information of other resources to help you achieve the highest level of self-sufficiency. For more information, contact:

Trisha Dahl

509-685-7068

tdahl@ruralresources.org



Kristine's Corner -by registered dietitian Kristine Carlson

Eating Healthy on a Budget!

1. Plan your meals. Buy only what you need.
2. Compare products. Look at prices and unit size to help choose the best value.
3. Stretch your food dollars. Add beans and frozen vegetables to bulk up your meals. Plus, you will get extra nutrients, vitamins, and fiber while filling up!
4. Grow at home. A small herb garden on your windowsill can help you save money plus brighten up your kitchen.
5. Buy in bulk. Save money by buying larger quantities of foods that you can store or freeze at home.
6. Shop the weekly flyers. Buying what's on sale is a great way to save money and get variety.
7. Eat with the seasons. Produce that is in season is generally more affordable. Plus, it tends to be fresher and more nutritious!

Ferry Co. Food Truck

Most Fridays at the Republic Chevron Gas Station.
Check out the Facebook page for full details or use the QR Code below for the latest news.



Our mission at Rural Resources Community Action is to assist people and communities to develop the skills, resources, and services necessary to improve their general welfare.

Rural Resources Community Action

956 S. Main Street
Colville, WA, 99114
509-684-8421

1300 NE Henley Ct STE 1
Pullman, WA, 99163
509-332-0365

42 Klondike Road
Republic, WA, 99116
509-775-0912

333211 Hwy 2 #200
Newport, WA, 99156
509-447-9997

www.ruralresources.org

