



Volunteer Newsletter

(or visit www.empoweringcaregivers.org)

Special points of interest:

- Helping Hands virtual FUN
- CA Dept of Aging Survey!
- Caregiver Action Network Articles



1. OSEC's office hours now are Tuesday and Thursday, 10am to 4:30pm. Give us a call (masks and gloves available here!) Look for the OSEC flag.

2. Nevada County COVID numbers continue to increase, so we will not resume in-home new assessments for families nor will we resume Volunteer Care Specialist in home visits for the time being. In the meantime, please take care of yourself!

Union Coverage... Again!

Yup... Volunteer Care Specialist and writer for The Union, **Sam Corey**, finished his journalistic career with this last piece... on OSEC and Katherine Doolittle! Sam is off to the University of Chicago this week to pursue a Masters degree.

His kindness and commitment to our mission has been a joy to both the families he served and to OSEC staff.

BEST WISHES, **Sam!!!!**
We will miss you!

If you want to read the article... click [here](#)



Senior Community Activity Ideas During COVID 19 Quarantines



<- Isn't he wonderful!?!>

Found this excellent article in The Union last week... it includes ideas to engage caretakers (largely for facilities) and these ideas are TOO wonderful not to share with you... you may want to share them with the families you care about!

go to:

welbi.co/single-post/senior-community-activity-ideas-during-covid-19-quarantines

See what FUN
our local HELPING HANDS is providing!!!
All Virtual!

WEDNESDAY

Topic: Funny Stories with Linda

Time: Jul 15, 2020 01:00 PM Pacific Time (US and Canada)

Join Zoom Meeting

[https://us02web.zoom.us/j/83306210849?
pwd=WXM1NnFyNmR0cmJxbINqU1NhdUUyQT09](https://us02web.zoom.us/j/83306210849?pwd=WXM1NnFyNmR0cmJxbINqU1NhdUUyQT09)

Meeting ID: 833 0621 0849

Password: 520275

THURSDAY

Topic: B I N G O

Time: Jul 16, 2020 11:00 AM Pacific Time (US and Canada)

Join Zoom Meeting

[https://us02web.zoom.us/j/86764449270?
pwd=bk13TXU3RUZyTk5xamMyQzFtRU1JZz09](https://us02web.zoom.us/j/86764449270?pwd=bk13TXU3RUZyTk5xamMyQzFtRU1JZz09)

Meeting ID: 867 6444 9270

Password: 110031

FRIDAY

Topic: The Joy of Plants with Colleen

Time: Jul 17, 2020 11:00 AM Pacific Time (US and Canada)

Join Zoom Meeting

[https://us02web.zoom.us/j/86726536542?
pwd=TnBWeXloSERXanFFaHJMUKhjcHN0UT09](https://us02web.zoom.us/j/86726536542?pwd=TnBWeXloSERXanFFaHJMUKhjcHN0UT09)

Meeting ID: 867 2653 6542

Password: 630425

The logo for FREED, consisting of the word "FREED" in white capital letters on a teal rectangular background.

ARE YOU PREPARED FOR THE NEXT PUBLIC SAFETY POWER SHUTOFF?



Dear Community Partner,

FREED is joining with the California Foundation for Independent Living Centers (CFILC) and PG&E to begin a new initiative to support people with disabilities and older adults during the activation of a **Public Safety Power Shutoff** (PSPS) event or other emergency. The goal is to enable them to remain safe while independent in their residences and communities. We are coordinating various programs for those who depend on power for durable medical equipment or for their livelihood. FREED is available to assist in 4 major ways:



MEDICAL BASELINE ENROLLMENT

FREED can assist clients enroll in the PG&E Medical Baseline Program. This is not an income-based program. If you or someone in your community requires the use of a medical or life support device due to a disability or health condition, we can help you apply for PG&E's Medical Baseline Program. If approved, clients receive a lower rate on their monthly energy bill as well as extra notifications in advance of a Public Safety Power Shutoff.



DISASTER KITS & TRAINING

FREED can also help individuals put together a personalized disaster plan. Emergencies, including power shutoffs, can interrupt your normal routine and support systems. Planning ahead will increase your safety.



PORTABLE BATTERY PROGRAM

FREED can provide access to backup portable batteries to qualifying customers who use electrical medical devices or assistive technology. Individuals who use life-sustaining electrical support will be our highest priority and supplies are limited.



OTHER EMERGENCY RESOURCES

If you rely on power to operate life-sustaining medical devices, FREED may be able to assist in covering the costs associated with accessible transportation, lodging and food during a PSPS event. Preparedness takes time, so it is important to reach out to FREED in advance. Please note, FREED does not operate in an emergency response posture and people experiencing a **life-threatening emergency should dial 911**.

For information about how to prepare for a PSPS, please contact Brian Snyder, brian@FREED.org or (530) 477-3333, ext. 206.

Working together, we can ensure that all community members remain independent and safe during a PSPS, Shelter in Place, or other emergency.

Thank you,
The FREED Team



News You CAN Use! SHARE any with your families!

These articles were sent to many of you last week, but in case you did not have time to read them all, here they are again... and Katherine figured out how to hyperlink them!!

These are from the **Caregiver Action Network. WOW.** The more we learn, the more we realize how vitally important the Volunteer Care Specialist role is.

Hover over the underlined portion, select Control and click. Article will appear.

[*Protecting Family Caregivers Nationally*](#)

Sen. Cory Booker introduced the **Protecting Family Caregivers from Discrimination Act** to protect family caregivers from discrimination by employers. "On behalf of tens of millions of working family caregivers, we strongly and enthusiastically call for enactment of the Protecting Family Caregivers from Discrimination Act of 2020," said John Schall, CEO of CAN.

[*Caregivers Receive Royal Recognition*](#)

Caregiving has gotten the royal treatment! **Queen Elizabeth II and her daughter Princess Anne made a video conferencing call to a group of caregivers to mark Caregivers Week 2020 in the UK.*

[Despite their vital role in the lives of older adults](#)

"Family Caregivers are often unrecognized in the health care system and their needs are left unaddressed.

[*Caregiving Isn't For the Faint of Heart*](#)

Caregiving is exhausting. **Yet to speak of your own physical distress as a caregiver can feel disloyal.** After all, you are the caregiver and the person you care for is going through far more, right?

[Feeling overwhelmed? Visit CAN's *Care Community*](#)

It's a safe, anonymous place where you can find peer support.

[*You Wait, and Wait, and Wait...*](#)

Have you ever rushed to the emergency room — then waited, and waited, and waited? If so, you're not alone. Each year, there are over 100 million ER visits in the US. **But what's the deal with the long wait times?**

[Are you prepared for an ER visit?](#)

Check out CAN's **10 Tips For An Effective ER Visit**

[*Mental Health During Coronavirus*](#)

Caregiving can take a toll on your mental health even in good times. But **what is the impact on caregivers during a pandemic**

[*Heightened Challenges for Caregivers during the pandemic*](#)

Additional issues caregivers face.

[Now more than ever, it's important to protect your mental health and your loved one's.](#)

Check out CAN's **Blueprint for Families of Loved Ones with Mental Health Issues**

[*Aging After Coronavirus*](#)

Why older People Might Suffer Most, Post-Pandemic

[Lumping everyone aged 65 and over is an issue!](#)

Thanks to advancements in medicine, our picture of aging has changed radically over the past several decades. Then came COVID-19. **Unfortunately, by grouping all people 65 and older into one category, we may inadvertently make a world where later years are valued less**

[*Maintaining Strong Bonds During a Lockdown*](#)

Feelings of missing it all... the grief and loss. These are tough times for anyone with family members living apart from them. **But it's especially difficult for grandparents who want to maintain a bond with their grandchildren**

[Has COVID-19 forced you to provide distance care?](#)

Check out CAN's **I Don't Live By My Family But I'm A Caregiver**

Participate if you can in the survey below!

OSEC Executive Director Carolyn Seyler has already sent this to our Caregivers as well!

From the California Department of Aging to you:

Today, the California Department of Aging launched its latest opportunity for public engagement: the [COVID-19 Impacts & Recommendation Survey](#). It would be greatly appreciated if you could share this survey across your networks.

COVID-19 has changed the lives of Californians in so many ways and CDA is committed to learning from the challenges, changes, and losses due to the coronavirus (COVID-19). The COVID-19 Impacts & Recommendation Survey, available in [English](#), [Spanish](#), and [Chinese](#), invites respondents to share their experiences during the COVID-19 pandemic and thoughts on how, together, we can increase support for older adults, persons with disabilities, and families and caregivers throughout California.

We encourage you to share the survey, which will run through July 24th, with your networks to help us ensure a broad and representative reach across California. CDA will use these learnings to inform our work and the Master Plan for Aging.

The MPA's latest *Together We Engage* newsletter, including the survey announcement, can be found [here](#).

Thanks for calling your family and checking in.

And to those of you running errands for them... YOU ROCK!!! (We even got a call from one of our families that their Volunteer Care Specialist calls them whenever they are going to the grocery or other stores... asking what they need and dropping items off in a safe manner!



YOU GO ABOVE AND BEYOND!!!

And sweet thanks to those of you calling multiple families... Your hearts are as big as the great outdoors.

This photo is of the Neowise Comet over Emerald Bay, taken by Abe Blair. Courtesy of Heartworld Photography Accessible Nature Education and Jeree Waller, beloved OSEC Instructor.

[Like them on Facebook!!](#)