

# one source Empowering Caregivers

NEWSLETTER JUNE 2021



SAVE THE DATE

## Already Toast and Tea



**SUNDAY, AUGUST 29, 2021**

Gold Miners Inn Conference Center  
Doors Open at 2:00 - Presentation at 3:00

A benefit for One Source - Empowering Caregivers

Join author Kate Washington, as she presents her *New York Times* best-selling book "ALREADY TOAST: CAREGIVING AND BURNOUT IN AMERICA," the story of one woman's struggle to care for her husband. Kate examines the profound strain and challenges on family caregivers, who number more than 50 million in the US today.



**\$50** - Includes admission for one and a copy of the book. Kate will be available for book signing. Purchase tickets online at [www.empoweringcaregiver.org](http://www.empoweringcaregiver.org) or mail a check to One Source-Empowering Caregivers, P.O. Box 311, Cedar Ridge, CA 95924

<https://www.kawashington.com/already-toast.html>

MESSAGE FROM

**Katherine Doolittle**

Event Coordinator

One Source-Empowering Caregivers invites you to join critically acclaimed author and *Sacramento Bee* reporter Kate Washington as she shares firsthand her experience about Burnout and Caregiving in America, the subtitle of her new book *ALREADY TOAST* with the Grass Valley community on Sunday, August 29th.

Washington highlights the discoveries she made while experiencing extreme exhaustion and isolation as she provided love, medical support and daily living assistance to her husband.

The One Source-Empowering Caregivers sponsored event, titled "Already Toast and Tea", will be an interactive afternoon allowing our community to meet and hear Washington. Following her talk, guests will have the opportunity to ask questions while drinking tea (or wine), eating crumpets, supporting One Source – Empowering Caregivers and getting her book (free with ticket) autographed.

Following her talk and Q&A, she will be joined by a panel of local experts for a more in-depth conversation about best practices and hopes for our local families.

Washington shares, "My book *Already Toast: Caregiving and Burnout in America* examines the profound strain on family caregivers, who number more than 50 million in the U.S. today. Respite care, such as that offered by One Source – Empowering Caregivers,

continued ►

# Nature Photography is for Everyone!

by Jeree' Waller of OSEC and HeartWork Accessible Photography

Nature photography is a healing and enjoyable pastime and is available to people of all ages and abilities. Whether you own a Smartphone or digital camera, taking photos right in your yard and neighborhood is easier than you might expect. It is a relaxing hobby for singles, couples, and families, especially at this beautiful time of year. There is a free resource here in Nevada County to help you get started, and to provide you and your loved ones with help improving your photography skills. HeartWork Photography Accessible Nature Education was started by One Source Empowering Caregiver's Founding Board Member and volunteer training instructor, Jeree' Waller, and her professional photographer husband Rick, in 2017 for this purpose. Together, they volunteer their expertise of nature photography, accessible locations, and assistive camera equipment for people with disabilities to anyone who asks; arranging local photography outings for families, friends and other very small groups. And now that social-distanced hikes are possible again, Jeree' and Rick are taking requests for fun photography outings over the next few months.



*Jeree' and Rick*

HeartWork Photography has several trained volunteers who can also give individualized attention, and we are happy to instruct more volunteers who want to assist with outdoor photography activities. OSEC volunteers may request a half day of instruction so that they will then be able to take their care recipients and family caregivers on photography day-trips, or help teach beginning photography right in the caregiver's yard. Anyone who needs special assistance with holding a camera due to tremors, mobility impairments, or weakness, will be provided with information on Assistive Technology for cameras and wheelchairs. A few devices are available to borrow and try on a short term basis.

There are also three free recorded on-line classes by HeartWork Photography for anyone at any time through Sonoma State University's Center for Environmental Equality: Beginning Backyard Photography, Intermediate Nature Photography, and Assistive Technology (AT) and Accessible Trails for Photography. Simply go to <https://cei.sonoma.edu/calendar/past> for the link.

If you would like to request a free, personalized photography outing for yourself, your family, or a small group of no more than 8, please contact Jeree' by calling (530) 575-4800 and leave a detailed message with your phone number. You may also email Jeree' directly at [jeree@HeartWorkPhotography.org](mailto:jeree@HeartWorkPhotography.org). Check out their website at [www.HeartWorkPhotography.org](http://www.HeartWorkPhotography.org) or join their HeartWork Photography Accessible Nature Education facebook group to see a wide variety of wildlife and nature photographs and to learn about free upcoming events and classes at [www.facebook.com/groups/1443915375733437](https://www.facebook.com/groups/1443915375733437).



## Who are HeartWork's students and participants?

- Youth and Adults with Accessibility/Mobility needs
- Family groups with one or more members who require a tailored group experience
- Hearing Impaired/Deaf/Sign Language Interpreters
- Wheelchair users
- Those who get around with walkers, canes, prostheses
- Veterans with PTSD and/or physical disabilities
- First Responders and volunteers with PTSD
- Cancer Survivors
- Those with illnesses such as epilepsy, post-stroke, Multiple Sclerosis, etc.
- People with mild autism/Asperger's and other developmental disabilities
- Those who are legally blind
- Wildfire and other Natural Disaster survivors, and those who have lost loved-ones
- Anyone with facial/body scarring/burns/dyscoloration/tumors/etc.
- People who cannot talk for any reason
- Anyone with a terminal illness who wants a private small group
- Those with controlled mental illness, post-depression, post-suicidal
- Youth and Adults with other significant disadvantages or difficult life experiences
- Frail elderly couples

## The Caregiver Advantage

Creating a community that  
*fosters* the  
*development* of  
*self-care* for caregivers



### Come join, come learn, come take some time for YOURSELF!

Learn self-care techniques • Share resources: what works, what doesn't?  
 Explore relaxation practices in good company • Pick up tips & tricks from the professionals

FREE seven session program of education and support meets twice a month, starting **Thursday, June 17, 2021**

10:00 AM -1:00 PM Introductory session and training

10:00 AM -3:00 PM Complementary care and lunch for your loved one

Once a month continuing group beginning October 2021

Training Class room and Adult Day Care Program Provided by Helping Hands Adult Day Program

Class size is limited and pre-registration is required: Elizabeth Rawson, MA (530) 277 1294

TCA A sequence of classes to build and support the caregiver

TCA Funding provided by American Association of University Women Cleo Project, Nevada County Branch



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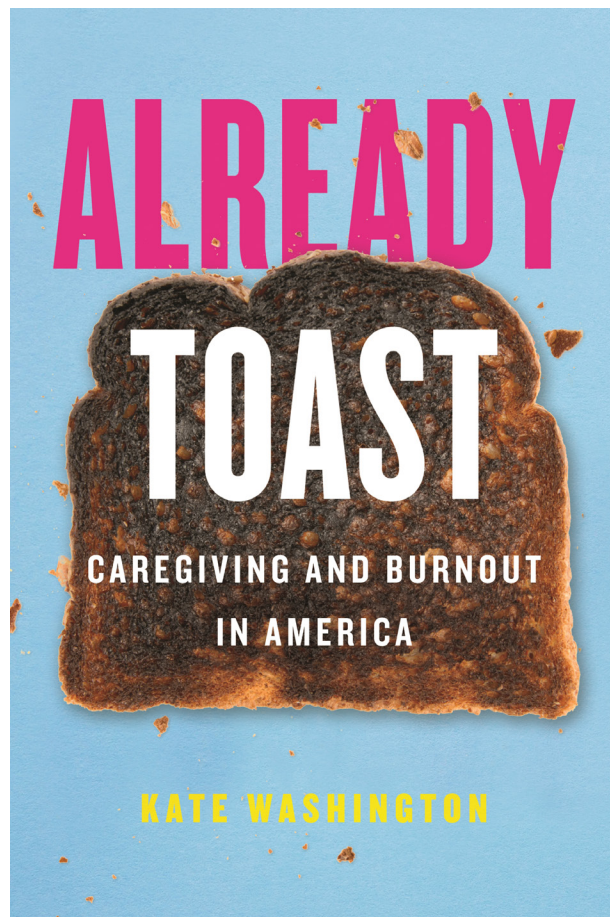
◀ MESSAGE.. continued

is so important for alleviating caregiver stress. I'm thrilled to be able to talk about the challenges facing caregivers with the community One Source serves."

The following, taken from Washington's book site states: "Already Toast shows how all-consuming caregiving can be, how difficult it is to find support, and how the social and literary narratives that have long locked women into providing emotional labor also keep them in unpaid caregiving roles. When Kate Washington and her husband, Brad, learned that he had cancer, they were a young couple: professionals with ascending careers, parents to two small children. Brad's diagnosis stripped those identities away: he became a patient and she, his caregiver."

Kate Washington, besides being the author of *Already Toast: Caregiving and Burnout In America*, is also the dining critic for *The Sacramento Bee*. Her writing has appeared in *The New York Times*, *TIME*, *Eater*, *Catapult*, and many other publications. She holds a Ph.D. in Victorian literature from Stanford University and lives in Sacramento with her husband and two daughters.

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empowering caregivers™

