

one source Empowering Caregivers

NEWSLETTER JULY 2021



MESSAGE FROM

Sandy Spurgeon

Board President



While preparing this note for the newsletter, I came across a quote by author Tia Walker in her book, *The Inspired Caregiver*. She states, "Caregiving often calls us to lean into love we didn't know possible".

How true a statement for all caretakers, and especially for our in-home caregivers who are fulfilling the promise to care for their loved ones at home. The love, courage and commitment needed to fulfill this promise of care is so often beyond comprehension, until faced with that reality.

COVID-19 pandemic intensified the challenges of in-home caregiving. Some of those included, a greater sense of isolation, limited access to services and restricted in-home visits from volunteers. As a result, OSEC implemented many changes focused on safely interacting with volunteers and caregivers and continuing to provide emotional and physical support as needed.

What did not change however, is OSEC's promise to stay steadfast in our mission of building community partnerships, and our commitment to serving in-home caregivers to provide education, resource information and non-medical home visits and support.

We do this largely through the efforts of an amazing group of volunteers who truly do, "lean into love they didn't know possible". We are so blessed and grateful to our volunteers and to the many local organizations who have graciously provide financial support through the years.

In reflecting on the many changes and challenges we have been faced with over the last 18 months the one thing that stands out for me is the importance of a loving and supportive community.

The effects brought about as a result of the pandemic are many. Lives have been turned upside down with limited access to services, but our in-home caregivers and OSEC volunteers continue to find new and creative ways to serve the needs of our community.

ESSENTIAL TOOLS FOR CAREGIVERS OF THOSE WITH DEMENTIA

FREE WORKSHOP SERIES

WEDNESDAYS 10:00 a.m. to noon

LOCATION: Eskaton Village Grass Valley

- September 8: Caring for the Caregiver
- September 15: Community Resources
- September 22: Legal/Financial Planning
- September 29: Advance Care Planning
- October 13: Ambiguous Loss
- October 20: Nutrition

To register call (530) 648-0592 or go to
[www.supportsierranevada.org/
caregiverempowerment](http://www.supportsierranevada.org/caregiverempowerment)

Respite funds are available to care for
your loved one during classes.

The Alzheimer's Outreach Program (AOP) is a joint program of
Sierra Nevada Memorial Hospital and
Sierra Nevada Memorial Hospital Foundation

Community Resource Partner **Spotlight:** Helping Hands Adult Day Program and Resource Center

Time during this pandemic has passed quickly and agonizingly slow, both at the same time. On March 9th, 2020 we were business as usual and then abruptly we were closed as Nevada County and the rest of the nation went into a stay-at-home lockdown. Caregivers and their loved ones were suddenly forced into isolation in their homes with no viable means of respite. Helping Hands went into rescue mode and quickly set up a plan to make sure clients' needs were met. Volunteers delivered food weekly, staff made phone calls of support each week and during the first month everyone felt the restrictions would soon end and things resume as before. That, as you know, did not happen. More than a year later we are finally seeing hopeful options due to vaccinations and careful mitigation behaviors. During the pandemic, the program developed a beneficial and productive zoom activity program. Nevada County Relief Funds provided grant money to purchase tablets and seven one-hour long sessions were provided each

week for participants filled with a variety of fun activities from art to exercise, stories, games, cooking, nature and so much more! These regular classes provided stability and anticipation, creating continuity and a predictable schedule each week. Staff, caregivers, and participants grew in their relationships and knowledge of each other's interests, and it became evident that they were truly a family, not just a group getting together for entertainment. The meaningful interactions improved mental health, maintained cognitive function, encourage active mobility, stretched imaginations and creativity, allowed for moments of respite and has been a lifeline of hope for our program.

We are so pleased to announce our physical re-opening of Helping Hands Adult Day Program on May 17, 2021. The program, located in Penn Valley, will resume Monday, Tuesday, and Friday from 9am-3pm. The LIFT paratransit bus service is available under contract for our participants living in the corridor. Staff are fully vaccinated, and participants are highly encouraged to be as well, however an approved safety mitigation plan is in place. We are taking new enrollments, including VA and ACRC clients. You can find more information at nchelpinghands.com or by calling 530-432-2540.



Colleen Bond
Executive Director



Common Signs of Caregiving Burnout



Easily flustered or frustrated



Extremely tired



Uninterested in things they used to enjoy



Forgetful or foggy



Quick to anger



Anxious or depressed



Hopeless or helpless

How to Beat Caregiver Burnout

The solution to preventing/reversing caregiver burnout is a little different for each person. However, the common denominator is reducing one's caregiver burden by bringing in additional support. If you recognize any of the symptoms above, you must act now. No feelings of guilt or embarrassment are allowed.

Many family caregivers take on this responsibility with limited or no assistance, which is an ambitious feat. The trend is to continue going it alone, but at some point, this decision will catch up with you. It's best to bring in reinforcements early on to reduce the risk of burnout, depression and illness. The available options for respite may seem slim or unappealing, but it's important to take advantage of any/all of these resources to safeguard your own health and happiness and that of your care recipient. If you become physically or mentally ill because you have been pushed to the brink, you can't help anyone. It's not selfish to take care of yourself. It's vital.

Senior centers, adult day care, in-home care, independent living, assisted living, skilled nursing care, and specialized memory care can all be valuable resources. Ask other family members, friends, members of your church, local volunteer organizations, fellow caregivers or neighbors for intermittent help with caregiving. It can be difficult to find assistance, but it's crucial that you put in the time and effort to do so.

Are you experiencing:

Unrelenting Fatigue
Frequent Illness
Unpredictable Anger
Withdrawal
Depression
Loss of Interest & Focus
Compassion Fatigue
Lapses in Self-Care

If you are experiencing many or all of these symptoms, you may already be burned out. It's possible that you could need a professional counselor to help guide you back to emotional health and revamp your loved one's care plan. Even if only a few of these symptoms apply to you, it's time to start making positive changes before the situation gets worse.

A benefit for One Source - Empowering Caregivers

Already Toast and Tea



SUNDAY, AUGUST 29, 2021

Gold Miners Inn Conference Center • Doors Open at 2:00 - Presentation at 3:00
Join author Kate Washington, author of the book "Already Toast: Caregiving And Burnout In America"



THE EARBUDS & IZZY TOOINSKY
The benefit concert held on Sunday, July 25th
held at Brown Banana Books was a GREAT TIME
FOR ALL, entertainment and music was very
special. Thank you to the artists and all that
attended for their support.

Cedar Ridge, CA 95924

P.O. Box 311

one source
empowering caregivers™

