

# Caregiver Assistance News

“CARING FOR YOU...CARING FOR OTHERS”

## Hygiene – Clean Care is Safer Care

### Health Basics for the Kitchen

The dirtiest place in your house isn't your bathroom—it's your kitchen sink. Cleaner kitchen tips:

- Clear the sink of dishes and pans before washing hands, and use different towels to dry hands and cookware.
- Keep cutting boards free of nicks and grooves where bacteria can grow.
- Keep your refrigerator working properly, and on a *cold* setting.
- Don't let food linger on countertops before cooking and serving it.
- Keep pets off countertops and dining tables.
- Damp dish towels breed bacteria. Keep them clean and dry, or use paper towels.
- Use dish rags, not sponges. Rags dry faster and you can launder them in hot water.

### Clean Fruits and Veggies

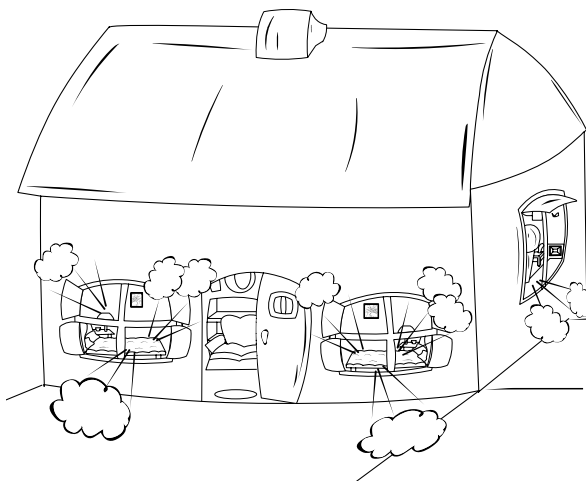
What's the best way to wash fruits and veggies? Scrub them under running tap water for at least 30 seconds! Plain tap water is as good as anything else at removing germs and pesticides. To get your produce really clean, dunk it in a mild vinegar and water solution first (about ½ cup vinegar to 5 cups water), then scrub under tap water. This reduces germs by up to 95%.

Source: *New York Times: A Soap-and-Water Rinse Gets Produce Cleanest*

### Indoor Air Pollution

Many things inside our homes give off fumes that can be harmful, especially to people with breathing problems.

- Woodstoves and fireplaces that give off woodsmoke can make breathing problems much worse—and may increase the risk of lung cancer.
- Mattresses contain flame-retardant chemicals that can seep into the air. Periodically “air the bed” by opening a window and leaving the mattress exposed for a few hours.
- Paints, vinyls, plastics, glues—all give off small amounts of fumes. Whenever possible, open the windows and let fresh air circulate.



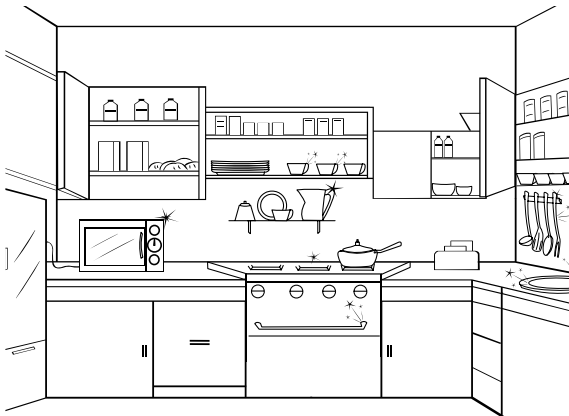
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## A Cleaner and Greener Home

Instead of using harsh chemicals to kill germs, leaving potential toxins behind, use nontoxic cleaning products:

- **Just Add Water.** Use a damp rag for dusting, wiping up spatters, spot-cleaning floors.
- **Not Just for Scrapes.** Hydrogen peroxide kills mold and mildew, sanitizes surfaces, and removes



stains. Use peroxide-based laundry whiteners, instead of chlorine bleach.

- **The Nose Knows.** Chlorine bleach kills germs, and ammonia cuts through grease, but both are highly irritating to eyes and lungs and can be *deadly* when mixed, giving off potentially fatal toxic gas.

Homemade cleaning products are easy, cheap, and for most ordinary household jobs, as effective as anything you'd buy at the store.

### FAST FACT

In U.S. hospitals, bloodstream infections kill 31,000 people per year, almost as many who die from breast cancer.

Source: Wall Street Journal March 28, 2011

Household Cleaner	Instructions
All-Purpose Disinfecting Cleaner	2 cups water (preferably distilled water) 1½ to 3 tsp. liquid Castile soap 1 tsp. tea tree oil Mix ingredients and add a couple drops of your favorite essential oil to give it a pleasing scent.
Oven & Stovetop Cleaner	¼ cup baking soda Enough water to form a paste Sprinkle baking soda over cool oven or stovetop surface. Add enough water to form paste. Let sit overnight for stubborn stains.
Toilet Bowl Cleaner	1 cup borax Pour into toilet bowl at night. In the morning, scrub and flush.
Countertop & Glass Cleaner	¼ cup white distilled vinegar 1 quart warm water Mix and pour into a spray bottle or apply with a sponge. Wipe dry with crumpled newspaper instead of paper towels.

## Taking Care of Yourself—Shrug Off Bad Moods—and Colds

Dread Colds? Be a Little Miss Sunshine!

Positive thoughts not only help you steer clear of colds but also might make your colds milder if you do get sick. Good reasons to look on the bright side and to get help if you habitually feel negative, anxious, or depressed.

Follow these sniffle-stopping tips as well:

- Wash your hands frequently, especially if you spend time with someone who is sick. Keep hand towels separate to minimize the spread of germs.
- Eat foods high in vitamin C—oranges, strawberries, and red bell peppers are good choices. Get a big boost of vitamin C with a supplement.
- Avoid touching your nose, mouth, or eyes.
- Get plenty of rest.

Help other people stay healthy, too, by washing your hands after you blow your nose and covering your mouth with a tissue or sneezing into the inner crook of your elbow.



### Inspiration

*To be aware of a single shortcoming in oneself is more useful than to be aware of a thousand in someone else.*

~The Dalai Lama

## Live Life Laughing!

You know, housework, if you do it right, can kill you.



### Don't Fall - Be Safe

Have your eyes professionally checked at least once a year. Wearing the wrong glasses or having a condition like glaucoma or cataracts limits your vision and increases your chances of falling.

### Good Manners

In general, people with memory problems have the best memory for *distant* events. For instance, it may be easier for the person with memory problems to talk about holidays when they were a child or young adult compared to a more recent holiday.

# Calendar of Trainings & Support Groups



For information about respite care options for family caregivers to allow you to attend these valuable trainings and workshops, call the Family Caregiver Support Program at 503-304-3429.

## EVENTS, CLASSES, & TRAININGS

Clatsop

Marion

Polk

Tillamook

Yamhill

*The information on this Calendar is accurate to the best of our knowledge. However, the NorthWest Senior & Disability Services assumes no responsibility for the accuracy of dates or locations of meetings of other associations or groups included on this Calendar. Listings in this directory do not imply an endorsement by NorthWest Senior & Disability Services. To add events or report changes or discrepancies, please contact Kelsey Evans at 503.304.3429.*

### Staying at Home

Saturday, **December 10<sup>th</sup>**, 11:00 AM – 1:30 PM  
(Doors open at 10:30 for check in)  
Willamette University, Building 33, Montage Center  
900 State Street, **Salem**  
This is a free educational forum and information fair presented by AARP and NorthWest Senior & Disability Services, NOT a sales presentation. All participants will receive valuable tools and resources for older adults to help them remain in their own home and community as long as possible. Refreshments provided. Free parking is available along State Street, or in the parking lot on both 12<sup>th</sup> Street and Bellevue Street. No parking permit needed on the weekends. **Space is limited and registration is required.** Register online at <http://aarp.event.com/d/jcqjpx> or call toll free 1.877.926.8300. **Please help fight hunger. Bring a can of food for the local food bank.** You do NOT have to be an AARP member to attend.

### Light Up a Life

Community Memorial Gathering  
Thursday, **December 1<sup>st</sup>**, 4:00 – 6:00 PM  
Willamette Valley Hospice  
1015 3<sup>rd</sup> Street NW, **Salem**  
This event is open for anyone in the community. **No registration is required.** For more information, please call 503.588.3600.

### Creating Meaningful Moments During the Holidays

Tuesday, **December 6<sup>th</sup>**, 6:00 PM  
Center 50+ City of Salem Senior Center  
2615 Portland Rd NE, **Salem**  
The presenter will be Jillien Smith, Alzheimer's Speaker & Life Enrichment Coordinator of Clare Bridge Memory Care. Jillien will explore the challenges of the holidays while offering creative ideas to help make this holiday season a memorable & joyful one for families with loved ones with dementia. **Some areas of discussion include, family gatherings, travel, community events, holiday parties as well as gift ideas.** Jillien will also share practical ideas she has found that give people with dementia enjoyment and feelings of accomplishment while preventing overstimulation for the person with memory impairment and burn-out for the caregiver. For more information, contact Alzheimer's Network of Oregon at 503.364.8100.

### Virtual Dementia Tour

Thursday, December 15<sup>th</sup>, 2:00 – 7:00 PM

Cedar Village Senior Memory Care

4452 Lancaster Drive NE, Salem

The Virtual Dementia Tour is an opportunity for a **sensory experience to help understand what it might be like to have dementia**. Twenty to thirty minute appointments for two people at a time to participate may be reserved thru the Alzheimer's Network office at 503.364.8100.

### Diabetes Self Management

Tuesdays, January 10<sup>th</sup> – February 14, 2012

2:00 – 4:30 PM

Monmouth Senior Center

180 S Warren Street, Monmouth

These workshops are held **once a week for six weeks** and are open to the public. **To register**, contact Lavinia at 503.587-5130.

### Understanding Alzheimer's Disease and Related Dementias

Monday, January 23<sup>rd</sup>, 2:00 – 4:00 PM

Center 50+ City of Salem Senior Center

2615 Portland Rd NE, Salem

The 50+ Salem Senior Center's *Among Friends*, Adult Day Respite Program, in partnership with the Alzheimer's Network of Oregon, and NorthWest Senior & Disability Services, will once again offer monthly seminars for family caregivers taking care of loved ones with Alzheimer's disease or other dementias. **January's** topic is *Ask the Lawyer*. **Cost is free**. For more information or date of upcoming seminars, please contact Evelyn Ostermann at 503.588.6303.

### Understanding Alzheimer's Disease and Related Dementias

Monday, February 13<sup>th</sup>, 2:00 – 4:00 PM

Center 50+ City of Salem Senior Center

2615 Portland Rd NE, Salem

The 50+ Salem Senior Center's *Among Friends*, Adult Day Respite Program, in partnership with the

Alzheimer's Network of Oregon, and NorthWest Senior & Disability Services, will once again offer monthly seminars for family caregivers taking care of loved ones with Alzheimer's disease or other dementias. **February's** topic is *Validating Your Role as a Caregiver*. **Cost is free**. For more information or date of upcoming seminars, please contact Evelyn Ostermann at 503.588.6303.

### Free Educational Presentation

January 25<sup>th</sup>, 6:30 PM

Clare Bridge Residential Care Facility

1355 Boone Rd SE, Salem

Clare Bridge is offering a free presentation on *Brain Health and Wellness*. **Free respite is offered for this event**. To arrange respite, please call 503.365.7500 or email [jismith@brookdaleliving.com](mailto:jismith@brookdaleliving.com)

The following trainings are offered by the Oregon Home Care Commission. Registration begins 7 days prior to date of class. Please call to cancel if you are unable to attend as some classes have waiting lists. Family Caregivers can attend these programs for free. To register for any of the following trainings, call 503.378.3957 or 1.800.867-0077, #2.

When calling to register for the following classes and you reach a recording, please leave your name and phone number (and area code) and they will return your call.

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### Challenging Behaviors (3 hours)

Wednesday, December 7<sup>th</sup>, 2:00 -5:00 PM

Red Lion

3301 Market Street NE, Salem

This class will present practical information about cognitive issues and challenging behaviors, the causes, understanding the problems, and communication ideas.

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## Protect Against Sprains and Strains (3.5 hours)

Thursday, December 15<sup>th</sup>, 2:30 – 6:00 PM

Red Lion

3301 Market Street NE, Salem

You will learn basic principles of body mechanics; making changes in work activities to minimize risks and protect yourself and others; review of some assistive equipment.

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## S.M.A.R.T. (3 hours)

### Stress Management & Relaxation Techniques

Thursday, December 1<sup>st</sup>, 12:00 – 3:00 PM

Holiday Inn Express

204 W. Marine Drive, Astoria

This class will help understanding stress and its affects; identifying triggers; fun and practical techniques for coping with stress.

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## Free Family Caregiver Training

February 1, 8, 15, 22, 29, 2012, 1:00 – 4:00 PM

No Worries Training Center

Parkside Business Center

8285 SW Nimbus Ave, Suite 150, Beaverton

This free training, presented by the Washington County Family Caregiver Support Program, is for family members or other non-paid caregivers providing care in the home. Training consists of five 3-hour classes. Each class features guest presenters who address important issues for caregiving: *Where to find help in the community and the importance of self care; Basic personal care techniques and assistive equipment; Medication administration and dealing with challenging behaviors; Elder law considerations; Hospice and end-of-life planning.* To register call 503.846.3089.

## Care Connection:

A Free Telephone Support Network for Caregivers of Loved Ones with Alzheimer's Disease and Related Dementias.

Thursdays, 10:00 – 11:00 AM

Each weekly telephone session lasts one hour.

**Host:** Dr. Jamie Rotnofsky, a psychologist and professional life coach who offers inspiration and support. Dementia-specific topics, guest speakers, coaching, Q & A, sharing with other caregivers. Care Connection is a strategic alliance between the Alzheimer's Foundation of American and Ask Dr. Jamie. **Calling is free and simple. Dial toll-free: 1.877.232.2992, enter Guest ID# 271004#.** If you miss a session, listen to recordings at [www.askdrjamie.net](http://www.askdrjamie.net)

## "The Basics" – Stress Relief Group Class

Every Tuesday

5:00 – 6:00 PM

Wellspring Medical Center, Garden Room

1475 Mt. Hood Avenue, Woodburn

Better understand the stress response, your unique stress triggers, and the risks associated with unhealthy coping choices. Experience the relaxing, refreshing effect of a guided practice. Develop a personal relaxation practice by learning to integrate stress relief techniques into your daily life. **Pre-registration is required.** Cost is \$10 per class or \$75 for 10 classes. For more information, or to register, contact Elizabeth at 971.983.5212.

## "Beyond the Basics" – Stress Relief Group Class

Every Wednesday

5:00 – 6:00 PM

Wellspring Medical Center, Garden Room

1475 Mt. Hood Avenue, Woodburn

Better understand the stress response, your unique stress triggers, and the risks associated with unhealthy coping choices. Experience the relaxing, refreshing effect of a guided practice. Develop a personal relaxation practice by learning to integrate stress relief techniques into your daily life. This class is for those with some stress management experience and those that are injury-free. **Pre-registration is not required.** Cost is \$10 per class or \$75 for 10 classes. For more information, or to register, contact Elizabeth at 971.983.5212.

## FAMILY CAREGIVER SUPPORT GROUPS

Clatsop	Marion	Polk	Tillamook	Yamhill
<p><b>Caregiver Connection</b>  <b>2<sup>nd</sup> Thursday</b> each month, 2:00 – 3:30 PM            NorthWest Senior &amp; Disability Services            3410 Cherry Ave NE, <b>Salem</b>            Please join us for our monthly meeting to get updated resources, information, and receive support from other caregivers. In <b>December</b> the topic of <b>discussion</b> will be <b>Caregiver Emotions and Depression</b>. For more information, contact Kelsey Evans at 503.304.3429</p> <p><b>Caregiver Support Group</b>  <b>2<sup>nd</sup> &amp; 4<sup>th</sup> Thursday</b> each month            1:30-3:00 PM            Providence Newberg Medical Center            1001 Providence Dr, <b>Newberg</b>            Drop-ins welcome. For more information, call Faith in Action at 503.537.1549.</p> <p><b>Caregiver Support Group</b>  <b>3<sup>rd</sup> Tuesday</b> each month            1:30-3:00 PM            NorthWest Senior &amp; Disability Services            2002 SE Chokeberry Ave, <b>Warrenton</b>            (Next door to the animal shelter)            This is a newly formed support group open to all current and former caregivers of a relative, partner or friend. Join other caregivers in a caring, relaxed and confidential setting. This group will explore the ways to cope with the demands and stresses of caring for a loved one and provide valuable information and resources. RSVP's are appreciated, but not necessary – drop-ins welcome. For more information, contact facilitator Grace Bruseth at 503.738.6412. (Respite reimbursement may be available, please call ahead for referral.)</p>		<p><b>Dallas Caregiver Connection</b>  <b>2<sup>nd</sup> Tuesday</b> of each month, 2:00 – 3:30 PM            West Valley Hospital            525 SE Washington St, <b>Dallas</b>            This group is sponsored by NWSDS for <u>unpaid</u> caregivers of adults. Please join us to get updated information, resources, and receive support from other caregivers. Each meeting will have new information related to caregiving and guest speakers will be invited to speak on a variety of topics. For more information, contact Janice Wolcott at 503.831.5593.</p> <p><b>Family Caregiver Support Group</b>  <b>2<sup>nd</sup> &amp; 4<sup>th</sup> Tuesday</b> of the month            3:00 PM            Hillside Retirement Center            Assisted Living Area Conference Room            NW Hillside Park Way, <b>McMinnville</b>            For more information and location details, contact Andrea Slater 503.883.4527.</p> <p><b>NAMI (NATIONAL ALLIANCE ON MENTAL ILLNESS) Support Group</b>  <b>1<sup>st</sup> Thursday</b> of each month            5:30 – 6:45 PM – small group            7:00 PM – general meeting            Abacus Building            625 NE Galloway Street, <b>McMinnville</b>            Drop-in meetings to share experiences, learn about mental illness, treatment, and how family can develop effective coping. For more information, call Shirley Kimball at 503.472.3823 or Diana Fidler at 503.835.0914.</p>		

**NAMI (NATIONAL ALLIANCE ON MENTAL ILLNESS)**

**Family Support Group**

**1st & 3rd Sunday of each month**

2:00-3:30 PM

Providence Seaside Hospital –Education Room A  
727 S. Wahanna Rd., **Seaside**

Drop-in meetings to share experiences, learn about mental illness, treatment, and how family can develop effective coping. Call Alice Wood at 503.338.0582 for more information.

**NAMI (NATIONAL ALLIANCE ON MENTAL ILLNESS)**

**Family Support Group\***

**3rd Monday of each month**

7:00 PM

Coast Rehabilitation Office

**Warrenton**

Drop-in meetings to share experiences, learn about mental illness, treatment, and how family can develop effective coping. For more information, contact Richard Elfering at 503.325.7430. **\* On hold for now**

**The Caregiver Plug-In**

**Every Tuesday**

2:00 – 3:30 PM

McMinnville Senior Center

2250 McDaniel Lane, **McMinnville**

This is a drop-in support group for “get-away” time for in-home caregivers. It offers a time for friendship, sharing, relaxing, listening, learning, and helping each other with common issues. The gathering, unstructured and free of expense or obligation, will simply offer an hour and a half of respite laced with a serious moment or two, but more often bits of happy humor and helpful resource information. For more information, call Peggy Lutz at 503.883.9297 or [orewave@yahoo.co](mailto:orewave@yahoo.co).

**Woodburn Caregiver Connection**

4<sup>th</sup> Thursday every other month,

**Next meetings: January 26<sup>th</sup>, March 22<sup>nd</sup>**

2:00 – 3:30 PM

Cascade Park Retirement Community  
950 North Cascade Drive, **Woodburn**

Please join us to get updated information, resources, and receive support from other caregivers. Each meeting will have new information related to caregiving and guest speakers will be invited to speak on a variety of topics. For more information, contact Kelsey Evans at 503.304.3429.

**Online Support Forum**

7 days a week, 24 hours a day

The Nation Family Caregiver Association has a **free** Family Caregiver Forum available for anyone to join. It is available **24 hours a day, 7 days a week** for support, tips, and advice from other family caregivers around the nation. Go to the forum to read what other caregivers are saying on stress, frustration, resources, and many more topics. Or join the forum to add your own comments. <http://thefamilycaregiver.org/>



## ALZHEIMER'S SUPPORT GROUPS

*For family members and caregivers of persons with Alzheimer's disease and related dementia*

Clatsop	Marion	Polk	Tillamook	Yamhill
<p>Care Crossroads Free Alzheimer's Online Support &amp; Discussion Forum <i>(Sponsored by the Alzheimer's Foundation of America).</i> Caregivers can now connect with other caregivers whose loved ones have Alzheimer's Disease or a related dementia via a free online support and discussion forum. Participate in discussion groups, create a personal journal blog where you can express your feelings and allow others to comment, and read others' journals to learn about their experiences. You'll find vital support, compassion, encouragement and inspiration from others sharing experiences similar to yours in a safe, secure environment. <b>To get started, please visit:</b> <a href="http://www.inspire.com/groups/alzheimers-foundation-of-america/">http://www.inspire.com/groups/alzheimers-foundation-of-america/</a> and click on the "Join Now" button.</p> <p><b><u>Astoria</u></b> Clatsop Care Center 646 16<sup>th</sup> Street, Astoria <b>3<sup>rd</sup> Monday each month @ 2:00 PM.</b> For more information call 503.325.0313.</p> <p><b><u>Dallas</u></b> Dallas Retirement Village Large Conference Room 377 NW Jasper St., Dallas <b>3<sup>rd</sup> Tuesday each month @ 2:00 PM.</b> Call Christine Brabish at 503.623.1831 for more information.</p> <p><b><u>McMinnville</u></b> Family and Caregiver Support Group <b>1<sup>st</sup> Thursday of each month @ 3:00 PM</b> Fircrest Community</p>		<p>213 NE Fircrest Drive, McMinnville For more information, contact Denise Stoutenburg at 503.472.2200.</p> <p><b><u>Monmouth</u></b> Monmouth Public Library 168 S. Ecols Street, Monmouth <b>1<sup>st</sup> Friday of each month, 10:15 AM</b> This is a new support group. For more information, contact Jillien Smith at 503.302.7379.</p> <p><b><u>Nehalem</u></b> Nehalem Bay House 35385 Tohl Avenue, Nehalem <b>4<sup>th</sup> Thursday each month @ 11:00 AM-1:00 PM</b> A free light lunch will be served. For more information, call Patti Fox at 503.368.5171.</p> <p><b><u>Newberg</u></b> Chehalem Health &amp; Rehabilitation Center 1900 E. Fulton St., Newberg <b>3<sup>rd</sup> Thursday of each month @ 2:00 PM.</b> Please call Kathleen Adamson 503.538.2108 for more information.</p> <p>Osprey Court Memory Care 320 SW Hill Road, McMinnville <b>3<sup>rd</sup> Wednesday each month @ 3:00 PM.</b> Respite care is available. Please call Shirley Confer at 503.472.3509 for additional information and to pre-register for respite.</p> <p><b><u>Salem</u></b> Alterra Clare Bridge 1335 Boone Road SE, Salem <b>3<sup>rd</sup> Monday each month @ 3:00 PM</b> Call Jillian Smith at 503.365.7500 for more information.</p>		

Brookstone Alzheimer's  
5881 Woodside Drive SE, **Salem**  
**3<sup>rd</sup> Thursday each month @ 3:30 PM.** Call  
503.316.0687 for more information.

Alzheimer's Network  
2615 Portland Rd NE, **Salem**  
**3<sup>rd</sup> Thursday each Month @ 2:00-3:30 PM.** Call  
Alzheimer's Network of Oregon at 503.364.8100  
for more information.

Evening Support Group  
**3<sup>rd</sup> Wednesday of each month @ 6:30 – 8:00 PM**  
Alzheimer's Network of Oregon  
Center 50+, 2<sup>nd</sup> Floor  
2615 Portland Rd NE, **Salem**  
This is a support group facilitated by Jillien Smith,  
who has served elders and families affected by  
Alzheimer's and dementia for the past 12 years.  
Goals for this group include sharing ideas, problem  
solving and providing encouragement to support  
the caregiving process. For more information, call  
503.364.8100.

### *Memory Loss Support*

**Same day, same time and same location as  
above.**

**Support for those dealing with memory loss,**  
held in the lecture hall, **while the Caregiver  
support group is meeting. RSVP required.**

For more information, call 503.364.8100 or  
[info@alznet.org](mailto:info@alznet.org).

Spiritually Speaking Alzheimer's Support Group  
**Last Wednesday of each month**  
11:00 AM – 12:15 PM  
Center 50+ City of Salem Senior Center  
2615 Portland Rd NE, **Salem**  
For more information, contact Alzheimer's Network  
of Oregon at 503.364.8100.

Orchard Heights  
695 Orchard Heights Rd. NW, **Salem**  
**Last Tuesday of each month at 5:30 PM.**  
Call 503.566.9052 for details.

The Woods at Willowcreek  
4398 Glencoe St NE, **Salem**  
**2<sup>nd</sup> Tuesday of each month @ 5:30 PM.**  
For more information, contact 503.581.4239.

### Seaside

Join Their Journey Support Group  
**1<sup>st</sup> Wednesday of each month, 2:00 – 3:30 PM**  
Necanicum Village Senior Living Community  
2500 S. Roosevelt Dr, **Seaside**

This support group is a group of people like you,  
who've found themselves in the role of care  
partner. Members of the group get together to  
share, gather information, or just be with friends  
who are going through the same thing. For more  
information, contact Deborah Russell at 503.738-  
0900.

### Silverton

Caregiver Monthly Support Group  
**3<sup>rd</sup> Thursday of each month, 2:00 – 3:00 PM**  
Silverton Hospital  
342 Fairview Street, **Silverton**

This caregiver support group will provide  
information about helpful resources as well as  
generate camaraderie. Seasoned caregivers can  
share their collective wisdom and help those who  
are less experienced to contend with the difficult  
aspects of caregiving. Finding home care  
services, pre-planning legal affairs, applying for  
financial help, or preparing to move a loved one  
into a care facility can all be daunting events, yet  
group members can help each other to take these  
steps. For more information, call Mary Reitan  
503.502.4509.

### Sublimity

Marian Estates  
McKillop Assisted Living Facility  
390 Church Street, **Sublimity**  
**1<sup>st</sup> Thursday of each month @ 10:00 AM.**  
Call Denise Carrier at 503.769.3499 x1119 for  
more information.

**Tillamook**

Caregiver & Alzheimer’s Support group  
**3<sup>rd</sup> Wednesday of each month**  
 10:30 AM – 12:00 Noon  
 Tillamook Seventh-Day Adventist Church  
 (Youth Room, North Entrance on Main Level)  
 2610 First Street, **Tillamook**  
 For more information, call Ginny Gabel at 503.815-2270. For **respite care**, available at same location, call Mollie Reding at 503.815.22.

**Woodburn**

**3<sup>rd</sup> Monday of each month @ 2:00 – 3:00 PM**  
 Wellspring Medical Center  
 1475 Mt. Hood Avenue, **Woodburn**

If you are caring for a loved one with Alzheimer’s or dementia at home, in a care facility or by long distance, join this group for mutual support and hear speakers on topics such as behavior, legal issues, nutrition, services available, coping and self care. **Pre-registration is not required and cost is free.** For more information, contact Mary Reitan at 503.502.4509.



**OTHER SUPPORT GROUPS**

Clatsop	Marion	Polk	Tillamook	Yamhill
<p><b>ALS Support Group</b>  <b>3<sup>rd</sup> Wednesday of the month, 3:00 PM – 4:30 PM</b>                      Salem Hospital Regional Rehabilitation Center                      2<sup>nd</sup> Floor Conference Room                      2561 Center St. NE, <b>Salem</b>                      For more information, contact Lance Christian at 1.800.681.9851.</p> <p><b>Bereavement Support Group</b>  <b>3<sup>rd</sup> Tuesday each month</b>                      4:30 – 6:00 PM                      (Above Pacific Cascade Medical Supply)                      1230 Marine Drive, <b>Astoria</b>                      3<sup>rd</sup> Floor Conference Room                      This is a 6-session grief support group for individuals to share stories and find tools for coping, and learn the benefits of journaling and other techniques. For more information, call 503.338.6230.</p> <p><b>Better Breathers Club</b>  <b>Sept 6<sup>th</sup>, Oct 4<sup>th</sup>, Nov 1<sup>st</sup>, Dec 6<sup>th</sup>, 2 – 3:30 PM</b>                      Columbia Memorial Hospital Community Center</p>			<p><b>3<sup>rd</sup> Floor Health &amp; Wellness Pavilion</b>                      2021 Marine Drive, <b>Astoria</b>                      This is an American Lung Association support group led by a respiratory therapist for people with chronic lung conditions, such as asthma, COPD, and emphysema. Each meeting includes an educational session and an opportunity for sharing and questions. For more information, contact Cheryl at 503.338-7574 or <a href="mailto:cheryl_ham@columbiamemorial.org">cheryl_ham@columbiamemorial.org</a>.</p> <p><b>Salem Brain Injury Support Group</b>  <b>4<sup>th</sup> Thursday of the month</b>                      4:00 PM – 6:00 PM                      Salem Hospital Regional Rehabilitation Center                      Upstairs in Conference Room A/B                      2561 Center St. NE, <b>Salem</b>                      There is also a meeting each Friday at the <b>Ike Box Café</b> (corner of Cottage and Chemeketa Streets) from 11 – 12:30 PM for coffee and conversation. For more information, contact 503.561.1974.</p>	

### **Breast Cancer Survivor Support**

**1<sup>st</sup> Wednesday of the month, 10:30 AM - 12 Noon**

Counseling Office

312 Laurel Ave, **Tillamook**

For more information, call Jan Bartlett at 503.842.4508.

### **Breast Cancer Support Group**

**2<sup>nd</sup> & 4<sup>th</sup> Wednesday of the month, 5:30 – 7 PM**

YWCA

1255 Broadway NE, **Salem**

For more information, call Mary Beth at 503.581.9922.

### **Cancer Support Group**

**1<sup>st</sup> Monday of each month, 5:30 PM**

Columbia Memorial Hospital

2111 Exchange Street, **Astoria**

Family and friends welcome. For more information, call Carolyn Vanderbloemen at 503.325.4321 ext 3563.

### **DBSA (Depression Bi-Polar Support Alliance)**

**1<sup>st</sup> Monday of each month, 7:00 – 9:00 PM**

Hospital Pavilion

2111 Exchange Street, **Astoria**

For more information, contact Carol Wamscher at 503.325.1100 or Patricia Fessler at 503.325.8930.

### **Diabetes Support Group**

**4<sup>th</sup> Monday each month, 7:00 - 8:00 PM**

West Valley Hospital

525 SE Washington, **Dallas**

For more information, contact Bonnie Huber 503.623.3091.

### **Diabetes Support & Education**

**“Diabetes & All That Jazz”**

**2<sup>nd</sup> Tuesday of each month, 1:30 – 3:00 PM**

Tillamook County Hospital

1000 Third Street, **Tillamook**

For more information, contact Janice Wolk at 503.815.2287.

### **My Pal Sticky Diabetes Support Group**

**Last Thursday of each month, 7:00 PM**

First Presbyterian Church

770 Chemeketa Street NE, **Salem**

Type one and type two diabetics of all ages and their families are welcome. There is separate program for children while the adults hear from keynote speakers from the medical professionals in our community, diet tips from a registered dietician, fitness tips from a health coach and information from vendors of diabetic products. Cost is **free**. For more information, call 503.585.1575.

### **Taking Care of Diabetes**

**(Held quarterly)**

Columbia Memorial Hospital

2111 Exchange St., **Astoria**.

For more information or schedule, call 503.325.4321.

### **Drop-in Grief Discussion Group - Daytime**

**4<sup>th</sup> Thursday of each month**

12:15 - 1:30 PM

Willamette Valley Hospice

1015 3<sup>rd</sup> Street NW, **Salem**

Part of each session is devoted to a topic of interest for adults who have lost a loved one. This event is open to any adult in the community seeking support after the death of a loved one in the last two years. **No charge or pre-registration is required.** For more information, please call 503.588.3600.

### **Drop-in Grief Discussion Group - Evenings**

**3<sup>rd</sup> Wednesday of each month**

6:00 – 7:15 PM

Willamette Valley Hospice

1015 3<sup>rd</sup> Street NW, **Salem**

Part of each session is devoted to a topic of interest for adults who have lost a loved one. This event is open to any adult in the community seeking support after the death of a loved one in the last two years. **No charge or pre-registration**

is required. For more information, please call 503.588.3600.

### Grief Support Group for Adults - Daytime

Wednesdays, 1:00 – 2:30 PM

January 11, 18, 25, February 1, 8, 15, 2012

Willamette Valley Hospice

1015 3<sup>rd</sup> Street NW, Salem

This is a six week grief support group for adults offered throughout the year. Participants gain support from others experiencing grief and loss as they gain an understanding of the grief process. Support groups are facilitated by professional bereavement counselors. **There is no charge, but please pre-register.** For more information, or to register, call 503.588.3600.

### Grief Support Group for Adults and Children

Tuesdays, 6:00 – 7:30 PM

January 24, 31, February 7, 14, 21, 28, March 6, 2012

Willamette Valley Hospice

1015 3<sup>rd</sup> Street NW, Salem

This is a seven week grief support group for adults, families, and children ages 5 – 17 years, offered at the office location throughout the year. Children must be accompanied by parent or legal guardian to be eligible to attend. Support groups are facilitated by professional bereavement counselors. **There is no charge** for any of the groups, but please **pre-register**. To register, or for more information, call 503.588-3600.

### Individual Grief Counseling for Adults and Children

Willamette Valley Hospice

1015 3<sup>rd</sup> Street NW, Salem

Individual and family grief counseling is available to those who have experienced the recent death of a loved one. Bereavement counselors are available to discuss your situation with you and offer resources, support, or referral information. Individual counseling sessions are **available at no cost** on a brief/short term basis. Please contact

our bereavement services for individual counseling at 503.588.3600 or toll free at 1(800) 555-2431.

### Grief Support Group

1<sup>st</sup> & 3<sup>rd</sup> Tuesday of the month

3:00 - 4:30 PM

Tillamook County General Hospital

Conference Room B, Tillamook

For more information call 503.815.2274.

### Grief Workshop - *Creatively Expressing Grief*

2<sup>nd</sup> Thursday of each month – 1:00 – 2:15 PM

Willamette Valley Hospice

1015 3<sup>rd</sup> Street NW, Salem

This workshop will help you explore how to express your grief when words alone seem inadequate. The topic of discussion for **December** is *Grief Stew-Emotions During Grief*. The topic of discussion for **January** is *Winter of Our Grief/Preparedness*. This event is open to any **adult** in the community. No charge or pre-registration is required. For more information, please call 503.588.3600.

### Grief Support Group

**Mondays** from 3:00 – 5:00 PM

McMinnville Senior Center

2250 NE McDaniel Lane, McMinnville.

Contact Legacy Visiting Nurses Association at 503.472.9685 for more information.

### North Coast Lupus & Fibromyalgia Support Group

3<sup>rd</sup> Monday of each month

2:30 – 3:30 PM

Providence Seaside Hospital

Education Center

727 South Wahanna Rd , Seaside

This group is open to all. For more information, contact Carol Wamscher at 503.325-1100 or Jean Nordmak at 503.738.7928.

## Low Vision and Blindness

3<sup>rd</sup> Wednesday of each month

2:00 – 3:30 PM

Blind Skills

680 State Street, Salem

(corner of State & Cottage streets)

This is a support group for those with low vision or blindness sponsored by Blind Skills. For more information, call Lois Graham at 503.581.4224.

## Movin' On

Wednesdays at 10:00 AM

Center 50+ City of Salem Senior Center

2615 Portland Rd NE, Salem

An informal grief support group for those that have lost a friend or loved one. For more information, contact the Salem Senior Center at 503.588.6303.

## North Coast Share & Care Multiple Sclerosis Self Help Group

3<sup>rd</sup> Wednesday of each month @ 12 – 1:30 PM

Clatsop Retirement Village

947 Olney, Astoria

This group is open to all. For more information, call Nancy Wahlbom at 503.458.6949 or Marcie at 503.458.6719.

## MS Self-Help Group

4<sup>th</sup> Monday of each month @ 6:30 – 8:00 PM

First Presbyterian Church

390 NE 2<sup>nd</sup> Street, McMinnville

For more information, call Tina Adams at 503.922.2831.

## "Yes I Can"

### Neurological Injury / Illness Support Group

Sept 28, Oct 26, Nov 16, 3:00 – 4:30 PM

Columbia Memorial Hospital Community Center

2021 Marine Drive, Astoria

This is an informal group gathering for individuals dealing with the effects of neurological disorders such as stroke, Parkinson's, multiple sclerosis, or other neurological disorders. Individuals are provided with an educational session and given the opportunity to share challenges, successes and ask questions of trained health care

professionals. For more information, contact Cheryl at 503.338-7574 or [cheryl\\_ham@columbiamemorial.org](mailto:cheryl_ham@columbiamemorial.org).

## Parkinson's Support Group Meeting

Last Saturday of each month @ 2:00 PM

Gibson Creek Retirement & Assisted Living

1615 Brush College Rd NW, Salem

Open to the public for anyone with Parkinson's, family members, or friends of someone with Parkinson's Disease. For more information, call 503.361.8599.

## Parkinson's Information & Education Group

2<sup>nd</sup> Tuesday of the month, 2:00 PM

Trinity Covenant Church

5020 Liberty Rd S, Salem

For the month of December there will be an informal Christmas Social and Sing-a-long with the Salvation Army Band. For more information, call 503.364.3084 or 503.364.8520.

## Parkinson's Information & Education Group

2<sup>nd</sup> Monday of each month @ 1:00 PM

Peace Lutheran Church, Astoria

For more information, contact Richard at 503.717.3511 or Carrie at 503.468.3442.

## Parkinson's Support Group

2<sup>nd</sup> Thursday of each month, 1:00 PM

Five Rivers Assisted Living Facility

3500 12<sup>th</sup> Street, Tillamook

This is a newly formed support group. For more information, contact Vern at 503.686.4997.

## Parkinson's Movement / Exercise

Every Thursday, 10:00 – 12:00 PM

McMinnville Senior Center

2250 NE McDaniel Lane, McMinnville.

For more information, call 503.435.0407.

## Parkinson's Support Group

1<sup>st</sup> Thursday of each month, 1:00 – 3:00 PM

McMinnville Senior Center

2250 NE McDaniel Lane, McMinnville.

For more information, call 503.435.0407.

### Seaside Rebounders – Stroke Support Group

2<sup>nd</sup> Tuesday of each month, 4:30 – 6:00 PM  
Providence Seaside Hospital Education Center,  
Room B

727 S. Wahanna Rd, Seaside

Come share your stories and support with other stroke survivors. All stroke survivors, caregivers and family members are welcome. For more information, call 503.717.7781.

### Stroke Survivor & Caregivers Support Group

2<sup>nd</sup> Friday of each month, 1:00 – 3:00 PM  
Salem Hospital's Regional Rehabilitation Center  
2<sup>nd</sup> Floor Conference Room, Salem

For more information, contact Ruby McElroy at 503.393.5116.

### Wellspring Respite and Adult Day Care

At Wellspring, trained volunteers offer companionship to elderly and chronically ill adults, so that family caregivers can replenish themselves and continue with the important job of caring for their loved ones. It is refreshment for the soul, rest for the caregiver and enrichment for the care receiver. Wellspring offers music, activities and lunch at four locations on various days of the week and month. The cost is \$28 a day. **(Financial assistance available.)** Enrollment is limited to 12 guests and **pre-registration is required.**

2<sup>nd</sup> & 4<sup>th</sup> Thursday of each month, 10 AM – 4PM  
Beaver Community Church  
24675 Hwy 101 South, Beaver

1<sup>st</sup> & 3<sup>rd</sup> Thursday of each month, 10 AM – 4 PM  
Covenant Community Church  
36495 Hwy 101 North, Manzanita

1<sup>st</sup> & 3<sup>rd</sup> Wednesday of each month, 10 AM – 4 PM  
Seventh-day Adventist Church  
2610 First Street, Tillamook

2<sup>nd</sup> & 4<sup>th</sup> Tuesday of each month, 10 AM – 4 PM  
Tillamook United Methodist Church  
3808 12<sup>th</sup> Street, Tillamook

To register, please contact Faith in Action at 503.815-2272 or 1.800.356-0460, ext. 2272 or [Wellspring@ah.org](mailto:Wellspring@ah.org)

### Healthy Hearts Educational Support Group

2<sup>nd</sup> Thursday of each month @6:30 – 7:30 PM  
Salem Hospital Community Health Education Center – Building D, Classroom 1  
890 Oak Street SE, Salem

This is a new support group for cardiac patients, friends and family. Participants will have a chance to speak with others that have been through similar experiences. A nurse will be on hand for each meeting to answer questions. Speakers will also discuss topics related to the heart. Future topics include heart failure, sleep, weight management, vitamins and herbs, and more. The group is free. For more information call 503.814.2432.

### House on Haven Hill – Adult Day Care Services

Monday - Friday, 7:00 AM – 6:00 PM  
555 Misty Hill Lane SE, Salem

Respite care provided for caregivers who need to go to work or just take a break **a few hours or all day.** **Basic services include** meals and snacks, mobility assistance, incontinence & skin care, feeding & medication management, hydration, activities and exercises. **Additional services** are available upon request. Special arrangements may be made to accommodate non-standard work day hours. The services and care provided are for **individuals with mental, medical or developmental care needs ages 13 and up.** For more information and rates, call Nancy Walton, RN, owner and operator, at 503.930.2603



## Time with Friends

Center 50+ City of Salem Senior Center  
2615 Portland Rd NE, Salem

Every Thursday, 11 AM – 3 PM

This is a program for people experiencing **early memory loss**. It offers a supportive, fun, creative atmosphere where individuals can interact with others, enjoy outings into the community and participate in stimulating activities that can strengthen memory. Cost is \$15 and includes lunch. For more information, please call Evelyn Ostermann at 503.588.6303.

## Among Friends Adult Day Respite Program

Center 50+ City of Salem Senior Center  
2615 Portland Rd NE, Salem

Tuesday, Wednesday, and Friday

11 AM – 4 PM

This is a day respite program sponsored by the Center 50+ City of Salem Senior Center for people with dementia and their caregivers. It provides respite for caregivers so they can take time for themselves. Participants will have planned and structured activities, including:

- Lunch
- Mind Stimulating Activities
- Exercise
- Art Therapy
- Music Therapy

Participants must meet basic guidelines and skill level to benefit from the program. Cost is \$40.00 per day and includes lunch. For more information on criteria or questions, call Evelyn Ostermann at 503.588.6303.



## NorthWest Senior & Disability Services Family Caregiver Support Program

This program provides supportive services to **unpaid** caregivers taking care of:

- someone age 60 or older; or
- someone with Alzheimer's disease or related disorder, of any age; or
- you are 55 or older and the primary caregiver for a child age 18 or younger, or an adult with disabilities, who is related by blood, marriage, or adoption, that lives with you. Parents must be unable to or choose not to be, the primary caregivers.

These unpaid caregivers residing in Clatsop, Marion, Polk, Tillamook, and Yamhill Counties may be eligible for services such as trainings, support groups, counseling, respite, and supplemental services. Contact NorthWest Senior and Disability Services for more information: Clatsop (503) 738-5191; Marion (503) 304-3429; Polk (503) 623-2301; Tillamook (503) 842-2770; and Yamhill (503) 472-9441 Counties.

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To sign up for an electronic copy and be removed from our paper mailing list please visit:

<http://www.nwsds.org/family.html>

and click "Subscribe to our Electronic Mailing Lists". You will then receive an e-mail which you will need to confirm that you would like to be added. Please allow 1-2 months for us to remove you from our paper mailing list. Questions? Call Kelsey Evans at 503-30403429.



## Staying at Home: Comfort. Safety. Quality.

**Creating the Future You & Your Loved One Desires**

89 percent of older adults have told AARP they want to remain in their home and community for as long as possible. Will staying at home be an option for you or your loved one? Whether you provide care for an aging loved one or have questions about future care, there is help!

Join AARP Oregon and NorthWest Senior and Disability Services for a FREE community forum. Learn about key aging and caregiving related issues and technologies, local resources, and support services that can help you and/or your loved one stay at home and in your community successfully as long as possible.





**AARP Oregon**  
9200 SE Sunnybrook Blvd., Suite 410  
Clackamas, OR 97015

www.aarp.org/or • oraarp@aarp.org • facebook.com/AARPOregon • twitter.com/AARPOR

**WHAT:** *Staying at Home Forum*

This is a free educational forum and information fair,  
NOT a sales presentation.

**WHEN:** **Saturday, December 10**

**11:00 am to 1:30 pm**

Doors open at 10:30 for check in.

**WHERE:** **Willamette University, Building 33, Montage Center**

**900 State Street**

**Salem, Oregon**

**OTHER:** All participants will receive valuable tools and resources. Refreshments provided. Free parking is available along State Street, or in the parking lot on both 12th Street and Bellevue Street. No parking permit needed on the weekends. *Space is limited and registration is required.*

**RSVP:** Register online at <http://aarp.cvent.com/d/jcqjpx>  
Or call toll-free **1-877-926-8300**



**Please help fight hunger!**  
**Bring a can of food for the local food bank!**

# Caregiver Assistance News

“ C A R I N G F O R Y O U ... C A R I N G F O R O T H E R S ”

## Q U I C K Q U I Z

According to the Centers for Disease Control and Prevention (CDC), there is an increase in infectious diseases and a growing resistance to antibiotics. Therefore, effective cleaning techniques and basic health practices such as frequent hand washing are especially important. Read the issue and answer True or False to the questions below.

1. The bathroom is the dirtiest place in the home.  
T F
2. It is important to keep pets off kitchen counter tops and dining tables.  
T F
3. The refrigerator should be kept on a cold setting.  
T F
4. To get produce really clean, dunk it in a mild vinegar and water solution first (about ½ cup vinegar to 5 cups water), then scrub under tap water.  
T F
5. Mattresses contain flame-retardant chemicals that can seep into the air.  
T F
6. Chlorine bleach and ammonia cut through grease, but both are highly irritating to eyes and lungs and can be *deadly* when mixed, giving off potentially fatal toxic gas.  
T F
7. Simple hand washing can cut down on the numbers of people who get sick each cold and flu season.  
T F
8. The key to good hand washing is to do it often, well, and long enough (at least 20 seconds)!  
T F
9. You can help people stay healthy by washing your hands after you blow your nose and covering your mouth with a tissue or sneezing into the inner crook of your elbow.  
T F
10. Having cataracts will not increase the risk of falling.  
T F

Name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

## The Comfort of Home®

### Our Purpose

To provide caregivers with critical information enabling them to do their job with confidence, pride, and competence.

### Ordering Info

From the publishers of

*The Comfort of Home®*  
Caregiver Series

#### available from...

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## Clean Hands Are Healthy Hands

Simple hand washing can cut down on the number of people who get sick each cold and flu season.

- **Hand Towels Versus Air Dryers:** Since most people don't keep their hands under air dryers long enough to get them dry, using paper towels is a better way to keep germs at bay. If you use a hand air dryer, hold hands palms up, don't rub, and don't wipe hands on your clothing. When using a paper towel, use it to turn off the faucet and turn the doorknob. Faucet handles and doorknobs in public restrooms are playgrounds for nasty germs!
- **Hidden Germs:** Keep clean the things your hands touch most. Flu and cold viruses can survive for hours, even days, so use disinfectant wipes on keyboards, phones and door knobs.
- **Soaps:** Antibacterial soap does not work any better than regular soap. The key to good hand washing is to do it often, well, and long enough (at least 20 seconds)!
- **When to Wash:** Wash hands after using the restroom, before eating, and every time you sneeze, cough, or blow your nose.
- **Sanitizers:** Keep instant hand sanitizers, disinfectant sprays, and disinfectant wipes within easy reach. Look for products containing the natural ingredient *thymol*, which can kill 99.99% of germs.

NEXT ISSUE...FELL DOWN-NOW WHAT?