



The Family Caregiver

Newsletter of the Lewis-Mason-Thurston Family Caregiver Support Program

Spring 2020

Greetings,

Just when we thought our care receiver with Alzheimer's disease, Parkinson's, or cancer was not enough to consume our minds and energy, along comes COVID-19. The virus is on all of our minds, and you and your family members are on our minds. We cannot imagine the energy, patience, and stress involved, but do offer our thoughts and hope for you.

Whether you are taking care of a family member at home, a spouse in care outside of the home, or helping a parent at a distance, patience and a bit of self-care go a long way. Breathe. As Teepa Snow says, "take another breath."

Page three of this newsletter is an updated list of grocery and other delivery services for you. When in doubt, call the business or grocery store to see if they are delivering or have curbside pick-up.

On page 2 are thoughts and insights from caregivers we call "Heard it from a Caregiver." It is the third time we have compiled a list, so it has become a bit of a series. We hope you have a laugh, a cry, or a sigh, from what your caregiving peers have given us their kind permission to share with you. Be well – we will see you on the other side of COVID-19.

"Please go out in the fresh air, take a step back, close your eyes and take a deep breath!"

Diana T. Yu, MD, MSPH -Acting Health Officer, Thurston County

To read the rest of Dr. Yu's Letter to the community about the coronavirus check out the Olympian

<https://www.theolympian.com/news/coronavirus/article241244626.html>

"Heard it from a caregiver" *part 3*

The quotes below are from caregivers who permitted us to share their soul revealing, heart felt genius which can only come from hardships and hard earned lessons.

On their behalf, kindly accept these wisdoms, which come in many forms.

"I give my husband a turkey dog and now he SLEEPS at night!" *S.J.*

"You don't have to change yourself, just change what you do." *Janet*

An old saying becomes anew in light of caregiving, "when right isn't right, go left." *H.N.*

"I knew the angels would help, but I did not think they would take this long!" *S.S.*

After a beneficial medication change one caregiver proclaimed her husband has been experiencing "Zoloft-assisted-cheerfulness." *W.S.*

After much reflection on life as a caregiver, Gary shared "Without me, I have nothing."

Caregiving is not like the movie *Grand Torino*. "Most things **cannot** be solved with duct tape, vise grips and WD 40." - *A bunch of the guys from the Olympia group*

A caregiver's nephew had tidied up her place while she was visiting her husband at an assisted living facility. Upon returning, she surveyed his efforts she came to the conclusion, "kindness is a box of kindling." *J.P.*

"They have dementia, they are not the problem. I am the problem and I am the solution." *Anon.*

When a care receiver feels his wife is making too many of the household decisions he exclaims, "Don't dementiate me." *L.M.*

"Deep breathing is a non-denominational prayer." *J.F.*



PICK-UP AND DELIVERY SERVICES FOR GROCERY AND RESTAURANTS

COMPILED AS OF MARCH 2020

STORE	WEBSITE	PHONE APP	DELIVERY	PICKUP	PHARMACY	COUNTY AVAILABLE
DOORDASH RESTAURANT DELIVERY	doordash.com	Phone or Tablet Required	YES	NO	NO	THURSTON LEWIS
UBER EATS RESTAURANT DELIVERY	ubereats.com	Phone or Tablet Required	YES	NO	NO	THURSTON ONLY
POSTMATE RESTAURANT DELIVERY	postmates.com	Phone or Tablet Required	YES	NO	NO	THURSTON ONLY
GRUBHUB RESTAURANT DELIVERY	grubhub.com	Phone or Tablet Required	YES	NO	NO	THURSTON ONLY
INSTACART	instacart.com	Phone or Tablet Required	YES	NO	NO	THURSTON LEWIS MASON
FRED MEYER	fredmeyer.com	YES	NO	YES	PICKUP ONLY	THURSTON MASON
WALMART	walmart.com	YES	YES	YES	PICKUP DELIVERY	THURSTON LEWIS MASON
TARGET	target.com	Phone or Tablet Required	NO	YES	PICKUP DELIVERY	THURSTON ONLY
ALBERTSON	shop.albertons.com	YES	YES	YES	PICKUP ONLY	THURSTON ONLY
SAFEWAY	shop.safeway.com	YES	YES	YES	PICKUP ONLY	THURSTON ONLY
RALPHS THRIFTWAY	shop.mywebgrocer.com	NO	NO	YES	NO	OLYMPIA ONLY
Walgreens	walgreens.com	YES	YES	YES	PICKUP DELIVERY	THURSTON LEWIS

This list was compiled as of March 2020. Please visit the store or the stores website for more information. The information change at anytime.



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FAMILY CAREGIVER RESOURCE MANAGERS

Mason County

2008 Olympic Hwy N /P.O. Box 2087, Shelton, WA 98584
360-427-2226 or toll free 1-877-227-4696
Todd Nelson, MSW - Ext 156
Bethe Eichler - Ext 259

Thurston County

2404 Heritage Ct SW, Olympia, WA 98502
360-664-3162 or toll free 1-888-545-0910
Laurie Lembke - Ext 192
Brittany Begley-Dennis, MSW CMHS - Ext 167

Lewis County

1651 S. Market Blvd., Chehalis, WA 98532
360-748-2524 or toll free 1-888-702-4464
Joan Vance, MSW - Ext 210
Kathy Howard - Ext 149

For an online copy of this newsletter please visit our website at www.LMTAAA.org
