



Mann-Grandstaff VA Medical Center

# Caregiver Support Newsletter

Mission Statement:  
“To promote the health and well-being of family caregivers who care for our nation’s Veterans, through education, resources, support, and services.”



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## Groups/Trainings

**Caregiver Support Group** - A process group to share stressors and triumphs as a caregiver and build interpersonal connections with fellow caregivers.

**Resources for Enhancing All Caregiver’s Health (REACH)**-A treatment program designed to provide problem solving, stress management, and disease training based on individual caregiver concerns. Programs available include: Dementia, Spinal Cord Injury/disorders, Posttraumatic Stress Disorder, Multiple Sclerosis, Amyotrophic Lateral Sclerosis, Spouses of Veterans, and Caregivers of Veterans

**Caregivers First-Four** Interactive and flexible trainings designed to optimize caregiver functioning by building coping, seeking support, and developing hand-on skills and strategies when caring for the Veteran.

**Suicide Awareness-SAVE**-Training in partnership with Suicide Prevention on how to identify and support Veterans having thoughts, plans, and intent to follow through with suicide.

- Signs of Suicidal Thinking
- Ask Questions
- Validate Experience
- Encourage Treatment

For caregivers who are interested, please contact 509-434-7755.

## Upcoming Events (Online-Please call if interested)

Caregiver's FIRST group  
02/01/21 @ 1400-1530

SAVE training  
01/29/21 @ 1100-1200

Support Group  
02/10/2020 @ 1400-1500

REACH  
TBD-Call for updates

## Did you know?!

- Respite is available if you need a break.
- Mentors are available when you need support.
- Annie Text can send you supportive messages when you need it.

## Take 5

- Remember to breath-breathing is the easiest way to lower heartrate and stress
- Take some time for yourself in order to avoid burnout
- Get physical exercise when you are able
- Eat healthy for physical and mental health
- Reduce your expectations to avoid disappointment and frustration

## Resources

**Building Better Caregivers**-A 6 week, online workshop for caregivers of veterans with dementia, memory problems, Posttraumatic Stress Disorder, Traumatic Brain Injury, or other serious injuries or illnesses.

**Annie Caregiver Text Care Program**-SMS text messaging that promotes self-care for veterans and caregivers by providing motivational and educational messages and increasing interaction between patient and care team.

**Caregiver Support Line/Monthly Educational Calls**-Provides immediate assistance to caregivers seeking information about services, express concerns, and relaying information to local VAMC caregiver support team. Educational calls revolve around self-care tips and support for a variety of topics. To register or learn more, contact CSL at 1-855-260-3274.

**Hero Miles**-A one time only benefit available to PCAFC veterans and caregivers that flies family members to the veteran's home to provide respite for the caregiver.

**Compassionate Connections**-A National-based program that connects caregiver for peer mentoring in order to reduce isolation and increase interpersonal support. Caregivers have an opportunity to be trained as a mentor or get connected to a mentor as a mentee.

**Caregiver Support Website**-Online information pertaining to the Caregiver Support Program including references to the above programs, Self-Care Courses, Tips & Tools, Financial Support, and much more.  
[www.caregiver.va.gov](http://www.caregiver.va.gov)

Contact your **CSP team** for additional information or referrals  
**(509) 434-7267**

