



# Caregiver Advisory

*"Caring For You ... Caring For Others"*

## Save The Date!

### 2010 Washington County Family Caregiver Conference

#### *Navigating Family Caregiving: Strategies for Managing Challenging Issues*

Friday, November 19, 9am-2pm  
Tuality Health Education Center  
334 SE 8th Ave., Hillsboro

**FREE to Family Caregivers Includes catered lunch**

Observe National Family Caregiver Month (November) in a special way by enjoying time with other caregivers and learning from professionals dedicated to serving you.

Keynote speaker: Dr. Roy Green, Spiritual Outreach Director  
Hospice & Palliative Care of Washington County

Information in panel discussion and breakout sessions will help you:

- Protect your health
- Find in-home and community help
- Work effectively as a family in caregiving
- Understand & manage challenging behaviors
- Learn about medications that can make a difference

## **Washington County's Family Caregiver Support Program and No Worries In-Home Services: A Partnership for Caregivers**

Washington County's Family Caregiver Support Program teamed with No Worries In-Home Services in September 2005 to offer a free, five week Basic Caregiver Training series. The goal was to provide information and tools for family caregivers, free of charge, to help them safely meet the needs and challenges of in-home caregiving. Five years later, this partnership is more robust than ever.

The person behind the Basic Caregiver Training is Melinda Reed, RN, Director of No Worries In-Home Services, an innovative full service home care agency. Reed has deep experience in caregiving on a professional and personal level, having worked for years at the VA Hospital in the intensive care unit and the neurology clinic. She also provided care for her grandmother and knows the rewards and challenges of family caregiving. Reed started No Worries In-Home Care on January 1, 1997.

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## Washington County and No Worries Partnership continued



Melinda Reed, R.N.

In addition to running No Worries, Reed has also been active in in-home care licensure and helped to write the related Oregon Administrative Rules. She developed an informal network of in-home care agencies and petitioned Oregon Health Care Association to become the formal network for in-home care agencies. She has volunteered extensively teaching medication administration and the rules guiding the industry. Reed also served on a state work group with Seniors and People with Disabilities (SPD) to produce material for the Client-Employed Provider Program, a tool to help individuals establish and manage this working relationship. She also enjoys volunteering as a clinical nursing instructor for Washington State University and Portland Community College.

What motivates this very busy nurse, administrator and community volunteer to offer this free training, three times a year, to family caregivers? Says Reed, "It is so personally rewarding. The entire administrative staff at No Worries feels the same way. We see family caregivers come in exhausted and in need of support and information. At the end of five weeks they have hope, resources and support from the other participants. We are fortunate to have others in the community who are as committed to this as we are, and who continue, year after year, to share valuable information."

In addition to Reed, other community members who participate in the training include: **Kirsten Stensland**, Attorney at Law, **Matt McCann** of McCann's Medical Supply, **Steve Wells** from Family Memorial Services, **Ann Kister**, Providence Hospice, and **Deborah Letourneau** of WCDAYS, Family Caregiver Support Program.

Deborah Letourneau says, "Melinda offers this important and unique service to the community at no cost to the county or the family caregivers. It is a pleasure working with this talented, energetic and compassionate professional. Family caregivers report that they are encouraged, empowered and rejuvenated after participation in the series, and better prepared to manage their responsibilities. Incidentally, we laugh a lot in these classes. That's important too."

Reed goes on to say, "I also want to give back. The oldest of my ten grandchildren has Downs Syndrome. Wonderful programs assisted my daughter in knowing how to help her son and this is my way of saying, 'Thank you.'"

## Supplemental Nutrition Assistance Program (SNAP) Events

Department of Human Services (DHS) and the Oregon Hunger Task Force (OHTF) will be present at the Washington County senior meal sites and one community center to assist individuals in finding out what food assistance they may obtain as well as other services. **All times are 10:30am-1:00pm unless noted.** Find out if you may qualify by dropping by at a center on the following dates:

September 15th—Hillsboro Senior Ctr  
750 SE 8th Ave., Hillsboro

September 22nd—Juanita Pohl Ctr  
8513 SW Tualatin Rd., Tualatin

September 27th—Tigard Senior Ctr  
8815 SW O'Mara Street, Tigard

September 28th—Sherwood Senior Ctr  
21907 SW Sherwood Blvd., Sherwood

October 2nd—Elsie Stuhr Ctr  
5550 SW Hall Blvd., Beaverton  
**9am-1pm**

October 4th—North Plains Senior Ctr  
31450 NW Commercial St., North  
Plains

October 6th—All Saints  
372 NE Lincoln, Hillsboro

October 8th—Forest Grove Senior Ctr  
2037 Douglas Street, Forest Grove

October 18th—Hillsboro Senior Ctr  
750 SE 8th Ave., Hillsboro

October 20th—Juanita Pohl Ctr  
8513 SW Tualatin Rd., Tualatin

October 22nd—Tigard Senior Ctr  
8815 SW O'Mara Street, Tigard

October 23rd—Lincoln Elementary  
School 801 NE Lincoln Street,  
Hillsboro **9:30am-2:00pm**

October 25th—Elsie Stuhr Ctr  
5550 SW Hall Blvd., Beaverton

October 27th—Sherwood Senior Ctr  
21907 SW Sherwood Blvd., Sher-  
wood