



Hello Summer!

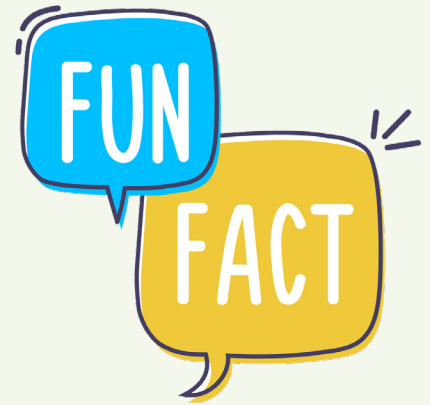
Summer is often seen as a season of sun, fun, and relaxation, but it can also be busy with cookouts, weddings, and a lot of outdoor activities. If we're not careful, we might find ourselves dealing with bee stings, sunburns, bug bites, or worse- heat exhaustion or heat stroke.

Some medications can make you and your clients more sensitive to heat and sunlight, and older adults are at higher risk for heat-related illnesses, so staying cool and hydrated is essential. This is a great time to enjoy frozen treats and refreshing drinks. Washington offers some of the best fresh fruits and vegetables.

Here are some warm weather tips! The sun is most intense between 10 a.m. and 4 p.m., so seek shade and don't forget your sunscreen. Avoid alcohol and caffeinated beverages, limit the use of the oven, and close curtains during the hottest part of the day. Encourage your clients to wear lightweight, light-colored, loose-fitting clothing, and bathe or sponge off with cool water.

Maybe you love the extra heat, or maybe you don't. Either way, in Washington, the next season is just around the corner, and the air will be cooler before you know it

“Compassion brings us to a stop, and for a moment, we rise above ourselves.”
– Mason Cooley



FUN FACTS

The Older Americans Act

Passed into law as part of the “Great Society” initiative in 1965 by President Johnson.

The goal of the OAA is to help older adults remain in their home for as long as possible.

Today, the OAA is the framework for delivering home and community-based services for around eleven million seniors.

Did you know?

July was named in honor of Julius Caesar. Originally called Quintilis, on the Roman calendar, this was his birth month and was renamed after his death.



Have a great strategy or personal experience to share?

Send us your tips and stories to be featured in *Caregivers in Action*!

Email: [Stephanie Marko](mailto:Stephanie.Marko@dsHS.wa.gov)

The Myths and Facts About Grief

Myth: It's important to "be strong" in the face of loss.

Fact: Feeling sad, frightened, or lonely is a normal reaction to loss. Crying doesn't mean you are weak. You don't need to "protect" your family or friends by putting on a brave front. Showing your true feelings can help them and you.

Myth: If you don't cry, it means they aren't an important part of you. In fact, as we move through life, these memories can become more and more integral to defining the people we are.

Fact: Crying is a normal response to sadness, but it's not the only one. Those who don't cry may feel the pain just as deeply as others. They may simply have other ways of showing it.

The WA Warm Line is a resource for anyone – 877-500-WARM (9276). WA Warm Line is a peer support help line for people living with emotional and mental health challenges. They have a deep understanding of what you are going through and provide emotional support, comfort, and information. All calls are confidential.

Paid Research Opportunity for Direct Care Workers

The Community Living Policy Center within the Lurie Institute for Disability Policy at Brandeis University is recruiting participants for a research study on Strategies to Strengthen the Direct Care Workforce. The study will explore worker experiences and perspectives on improving worker recruitment and retention. The CLPC will be interviewing 25-30 Direct Care Workers and participants will receive a \$50 gift card in appreciation for their time. To apply, please fill out the study screener [here](#). To learn more about the CLPC's work, visit: <https://heller.brandeis.edu/community-living-policy/>



Take Care of Yourself

More and more, the healthcare industry recognizes the importance of caregivers, who make sure patients take their medications, go to doctor's appointments and follow care plans. Caregivers are often the reason patients stay out of hospitals and nursing homes.

It's a burden that can weigh heavily on any caregiver.

"Caregivers can work on developing 'resilience' to maintain their own high-quality life," says Felczak. "It's a combination of protecting your needs, asking for help from others, and letting certain things go. Women especially have a hard time putting themselves first or releasing duties to someone else."

In the United States, 60% of caregivers are women.

[Full article here.](#)



Share Your Pet Story to be featured in *Caregivers in Action!*

Pets are like family to many of us. Do you have a great story about caregiving and client pets?

Email: Stephanie Marko

