



September is World Alzheimer's Month.

Washington is the largest producer of apples in the United States. In 2024 Washington produced **7.18 billion pounds of apples!**



There are **246** assisted living facilities in Washington. If you include assisted living, adult residential care, enhanced adult residential care, expanded community services, community stability supports, dementia care, and those with no Medicaid contract, there are **558** facilities. Caregivers are the backbone of all these places.

Learning Is a Form of Self-Care

As the seasons change, it's a natural moment to pause, reflect, and check in with yourself. Caregivers give so much to others, but your own well-being matters too. Small acts of self-care such as continuing education courses or exploring a new topic can make a big difference. Continuous learning can benefit mental health by increasing self confidence and sense of accomplishment. Learning for your career increases your knowledge and abilities and also builds on your caregiving skills. You even get a boost to your cognitive abilities.

When you're deciding on your continuing education courses for this year, focus on ones that will build your confidence, skills, knowledge, and wellness. Celebrate yourself for being a continuous learner!

“Caregiving is a constant learning experience.”
 – Vivian Frazier



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)

In honor of World Alzheimer's Month

Tips for Caregivers and Families of People With Dementia from Alzheimers.gov.

- Try to keep a routine, such as bathing, dressing, and eating at the same time each day.
- Help the person write down to-do lists and appointments in a notebook or calendar.
- Plan activities that the person enjoys and do them at the same time each day.
- Consider a system or reminders for helping those who must take medications regularly.
- When dressing or bathing, allow the person to do as much as possible.
- Buy loose-fitting, comfortable, easy-to-use clothing, such as clothes with elastic waistbands, fabric fasteners, or large zipper pulls. Be gentle and respectful. Tell the person what you are going to do, step by step while you help them bathe or get dressed.
- Serve meals in a consistent, familiar place and give the person enough time to eat.
- Offer choices but limit to just a few.



Seasonal Shifts, Time to Recenter

September 22 kicks off the official first day of fall. Take advantage of the change of seasons and build in some activity and self-care to your days.

- Go pick apples, adventure through a pumpkin patch, or wander through a corn maze.
- Become a leaf-looker, take a daily walk with your client to see the daily color changes that happen around you.
- Does your client love to bake? Try using real pumpkin. It is rich in vitamins C and A, which support a healthy immune system.
- Harvard Health calls raking – “exercise with a purpose.”
- Swap the grill for a warm crock-pot meal and explore your client's favorite recipes together.



Share Your story to be featured in *Caregivers in Action!*

Do you dress up for Halloween or celebrate fall with your client? Do you have something to share?

Email: Stephanie Marko

