



Need Help with Cooking?

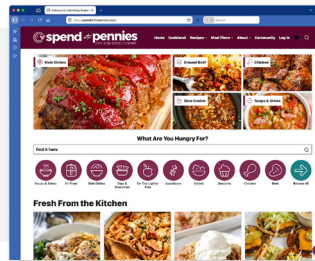
Cooking can feel hard when you're busy caring for someone. Many websites and apps have **easy recipes, step by step videos, and short clips** that show you exactly what to do.

These sites can help you save time, learn new skills, and make meals that work for you and the person you care for. Cooking doesn't have to be stressful.

Spend With Pennies

This website has simple, budget friendly recipes. Bonus: Watch short videos on TikTok or longer how to videos on YouTube.

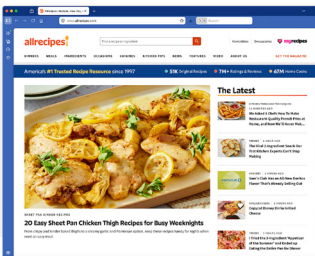
[Website](#) | [TikTok](#) | [YouTube](#)



Allrecipes

Allrecipes has thousands of recipes, plus videos that show each step. Their TikTok and YouTube channels are great for quick ideas when you don't know what to make.

[Website](#) | [TikTok](#) | [YouTube](#)



If you have an easy and delicious recipe you would like to share in future newsletters, email us at caregivercareerswa@dshs.wa.com.

“Self-compassion is simply giving the same kindness to ourselves that we would give to others.”

– Christopher Germer



If you have a tip to share, email it to caregiver.careers.

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Find common ground with the person whether it be a tv show, game or a snack (I had one client whenever she was in a really bad mood a PB&J would always lift her spirits) find that thing it's vital for bad days.

– Kim S

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Don't take bad things clients say personally. So long as you're doing what you can, and they're safe, fed, and cared for, sometimes that's all you can do.

– Jason M

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Understanding your limits, having hard boundaries, sticking to a routine, and making sure that you're not sacrificing your own life, are vital.

– Kelly G

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Set boundaries. From the get-go, make it clear when your off hours are and should only be called for emergencies. You cannot do it all.

– Anonymous

Honoring Kinship Caregivers in Washington

Kinship Caregiver Day in Washington state is on May 21. This day honors grandparents, relatives, and close family friends who step in to raise children when parents cannot. Thank you to these caregivers for giving kids a safe, stable, and loving home, especially during hard times.

Resources:

[Washington State Department of Children, Youth & Families](#)

[Washington State Department of Social and Health Services](#)



MAY 25

Memorial Day honors those who lost their lives in military service.

Caregivers support many veterans and families who carry those memories, and your care brings comfort.



Take Care of Your Health Too

Taking care of yourself matters because your health helps you keep going. Many caregivers (55% of caregivers reported) skip their own doctor's visits because they are busy, tired, or focused on someone else's needs. But your health is important too. When you stay healthy, you have more energy, less stress, and can keep providing care without burning out.

Missing checkups can turn small problems into bigger ones. Even short visits like a yearly checkup, a flu shot, or a quick follow up can help you stay well and catch issues early.

Simple ways to make it easier

- Put your appointment on the calendar right away.
- Set a phone reminder so you remember.
- Try telehealth appointment if getting to the clinic is hard.

