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Hello, everyone!

In June, I attended a Family Caregiver Conference and one of the speakers gave a very good metaphor. He asked: Why do family caregivers need to take good care of themselves? Just think, when we experience a drop in air pressure on a plane and need to wear an oxygen mask, we must first put on our own mask before helping others. If you can not breathe yourself, how can you others? So, we as family caregivers must be sure to take care of ourselves and find joy first, and then we can take care of people around us and pass our joy to them.

Our Family Caregiver Support Center has organized many activities from July to September for everyone to gain more knowledge and meet new friends.

In addition, we have begun a monthly Alzheimer's Caregiver Support Group in collaboration with the Alzheimer's Association. We hope that this support group can provide a safe space for Alzheimer's caregivers to share information and support one another. Caring for family members is not an easy task. If you are a family caregiver or know a caregiver, we encourage you to participate in or invite your friends to participate in our Family Caregiver Support Center activities, so that we support one another, encourage each other, and be a happy family caregiver.

Family Caregiver Support Center

July to September
Activity Schedule 2019

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Important Dates

- 7/11 Alzheimer's Caregiver Support Group
- 8/13 Field Trips—Cedar River Watershed

CISC Caregiver Support Center Monthly Activities Schedule (July to September 2019)

Quarterly Activities Highlight

Information and Assistance Service

9:00am – 10:00am

As a caregiver, you may not know the most up-to-date government services or community resources available to you and your care recipients. Or, you may need help in medical billing, telephone service, etc. This service is tailored to you. You can drop by anytime during our center open hours and our professional staff will help to answer your questions.

Health Education Workshop

First Tuesday of each month from 10:00am to 11:00am

This workshop is presented by a retired medical doctor Dr. Xie. He will come to our support center and share some health tips and information with our caregivers. You have to take care of your own health before you take care of your loved one. We welcome everyone to attend.

The schedule for the month from July to September is as follows:

7/2, 8/6, 9/3

Monthly Information and Assistance Workshop

The aim of this workshop is to help you to learn the most up-to-date government information and community resource effectively and efficiently amidst the busyness of taking care of your loved one. We schedule different topics each month and it is all free!

Time: 10:00am-11:00am

Topics for July to August:

7/16 Democracy Voucher Program

9/17 Be Green

These workshops are open for Family Caregivers only. Please register as soon as possible as lunch will be provided.



Coloring Therapy

Time: 10:00am—11:00am

8/20

We welcome all friends to attend this tea party! We have a different topic each month for everyone to better understand each other's viewpoints, share happy moments as a family caregiver, and strengthen the friendships among us. The theme for this quarter is coloring therapy, which is a popular stress-relieving exercise. We hope everyone can join us.

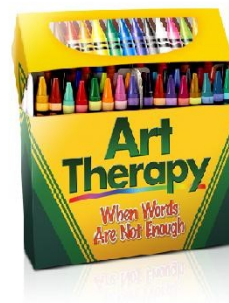
Craft Time

Time: 10:00am—11:00am

7/9 & 9/24 Ceramic Art

8/27 DIY Bunny Stand Up

9/10 Mid-Autumn Festival Craft Time



Exercise Class

Time: 11:00am—12:00pm

This exercise class will be taught by a professional instructor in hopes that our family caregivers can regularly work out and maintain a healthy body. In the short span of one hour, you can follow music to exercise your entire body and reduce your daily caregiver stress. This class is completely free. Space is limited and restricted to family caregivers.

The Sound of Music

Time: 10:00am—11:00am

7/23

Whether you are a fan of music or not, we welcome you to participate. We will have a special guest to perform music for you all. Don't miss this valuable chance!

"Apps" Class

1:00pm –3:00pm

This Apps class is for everyone who loves to learn new skills and fun stuffs from the internet. You can bring your smart phone or tablet to the class. Our teachers will show you how to use these devices, and help you to connect to the others around the world.



Introduction to Cedar River Watershed

Time: 10:00am—11:00am

7/30

Do you know where the water in Seattle from? If your answer is 'no', it would be a great opportunity for you to know the origin of water in Seattle—Cedar River Watershed. Approximately 1.4 million people at Great Seattle area get their clean water from Cedar River Watershed.

Outing Field Trip—Cedar River Watershed

Date: 8/13 (Tue)

Location: Cedar River Watershed

Time: 9:00am—3:00pm

Gathering Location: Chinese Information and Service Center, 3/F Sunshine Garden

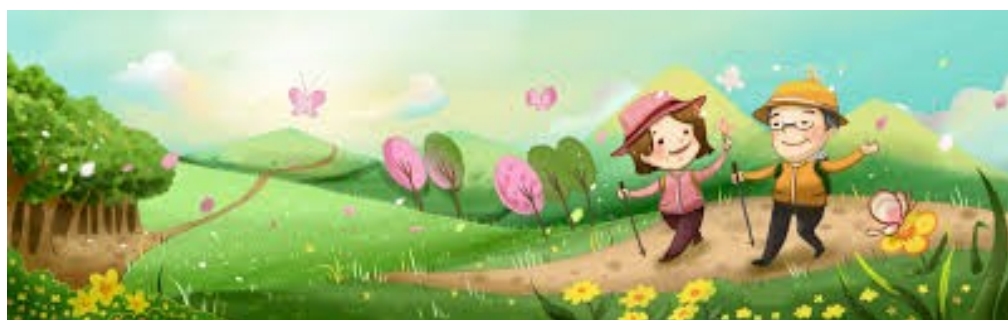
Fee: Free Admission

Let us enjoy the summer and go out together. Spots are limited , first come first serve.

This field trip is for FCSP's clients only.

Please register in advance with Miss Lim and Mr Au.

****Transportation and lunch will be provided****



Alzheimer's Support Group

Alzheimer's disease is a problem of growing concern among the Asian/Pacific Islander community. Culture and language barriers may delay or hinder early diagnosis and treatment. If you or a family member has Alzheimer's, access to sound information and support is extremely important. In light of this, CISC's Family Caregiver Support Program, in collaboration with the Alzheimer's Association, will hold an Alzheimer's Support Group.

Date: 7/11 8/1 9/5 (Every 1st Thursday of the month)

Time: 10:00am— 12pm

Location: CISC Seattle Office: 611 S Lane St Seattle WA 98104

The main purpose of this group is to give family caregivers of persons with Alzheimer's a safe and trusted environment to exchange information, and provide mutual support and encouragement.

The number of Americans with this heartbreaking disease is growing rapidly. Currently, more than 5 million Americans are living with Alzheimer's, and over 16 million are estimated to have this disease by 2050. If you are currently caring for some who is 60 or above and living with dementia or Alzheimer's, we sincerely invite you to join.

Participation is free, and refreshments will be provided.

For inquiry or registration, please call 206-957-8502 Mandy Lim



Tips for Family Caregivers

Discussion Caregiving Issues with Family Members

Taking care of a sick family member is not the job of the family caregiver alone. When one person at home is sick, it affects the entire family. Therefore, it is important to discuss caregiving issues early on, whether it is the division of labor or knowing what problems may arise, it is very beneficial to the caregiving tasks that lie ahead.

Benefits of having a Family Discussion

Understanding the needs of the care receiver:

Know the physical and emotional needs of the care receiver from the perspective of different people.

Assign jobs to different people according to their strengths.

Share the stress of caregiving and avoid letting one person take on too many roles that they are not good at.

Setting up a Schedule:

Set a calendar for the family members who are willing to help so that when the primary family caregiver wants to rest, someone can step in as a replacement. The family caregiver can save time looking for the right person and can also feel support from the rest of the family.

Supporting each other

During the discussion, the primary family caregiver and family members can bring up issues that need to be addressed and difficulties they are having, discuss how to reach a solution, alleviate stress from the family caregiver, share the emotional toll, and gain understanding and support from other family members.

CISC Caregiver Support Center Monthly Activities Schedule (July to September 2019)

July

Time/ Date	7/2	7/9	7/16	7/23	7/30
9:00am	I & A service	I & A service	I & A service	I & A service	I & A service
9:30am	Chinese Calligraphy	Chinese Calligraphy	Chinese Calligraphy	Chinese Calligraphy	Chinese Calligraphy
10:00am	Health Workshop	Craft Time: Ceramic art	Information Workshop: Democracy Voucher Program	The Sound of Music	Introduction to Cedar River Watershed
11:00am	Exercise class	Exercise class	Exercise class	Exercise class	Exercise class
12:00pm	Lunch	Lunch	Lunch	Lunch	Lunch
1:00-3:00pm	Apps Class	Apps Class	Apps Class	Apps Class	Apps Class

August

Time/Date	8/6	8/13	8/20	8/27
9:00am	I & A service	Outing Field Trip—Cedar River Watershed	I & A service	I & A service
9:30am	Chinese Calligraphy	Outing Field Trip—Cedar River Watershed	Chinese Calligraphy	Chinese Calligraphy
10:00am	Health Workshop	Outing Field Trip—Cedar River Watershed	Color Therapy	Craft Time: DIY Bunny Stand Up
11:00am	Exercise class	Outing Field Trip—Cedar River Watershed	Exercise class	Exercise class
12:00pm	Lunch	Outing Field Trip—Cedar River Watershed	Lunch	Lunch
1:00-3:00pm	Apps Class	Outing Field Trip—Cedar River Watershed	Apps Class	Apps Class

CISC Caregiver Support Center Monthly Activities Schedule (July to September 2019)

September

Time/Date	9/3	9/10	9/17	9/24
9:00am	I & A service	I & A service	I & A service	I & A service
9:30am	Chinese Calligraphy	Chinese Calligraphy	Chinese Calligraphy	Chinese Calligraphy
10:00am	Health Workshop	Mid-Autumn Festival Craft Time	Information Workshop: Be Green	Craft Time: Ceramic Art
11:00am	Exercise class	Exercise class	Exercise class	Exercise class
12:00pm	Lunch	Lunch	Lunch	Lunch
1:00-3:00pm	Apps Class	Apps Class	Apps Class	Apps Class



Program funded by Aging and Disability Service, City of Seattle