

WELCOME TO OUR  
*Monthly Newsletter*



Dear Caregivers,

Caregiving can be incredibly rewarding, but it also comes with ongoing physical, emotional, and mental demands. While we’ve talked about caregiver stress in past newsletters, it’s an important topic to revisit because stress can build over time, even when you may not realize it.

Common signs of caregiver stress can include feeling overwhelmed, tired, irritable, or losing interest in activities you once enjoyed. If left unaddressed, this stress can impact both your well-being and your ability to care for your loved one.

Taking care of yourself is essential. Even small moments throughout your day to pause, reset, and recharge can make a meaningful difference.

We’re also excited to share that in May, we will be hosting a special webinar featuring guest speaker Carolyn Birrell, author of *Walking with Fay*. She will share her personal caregiving journey and offer insight and encouragement for those navigating dementia care. Check out the page below to learn more about Carolyn and her story.

On the next page, you will find a simple caregiver stress relief checklist with ideas you can try anytime. Small steps can go a long way in supporting your health and well-being.

**What  
you’ll  
Learn:**

- Caregiver Stress Relief
- Guest Speaker Spotlight
- Tech Talks w/ Tina
- Recipe of the Month



## Caregiver Quick Stress Relievers

Here is a list of a few things that you can do to help relieve stress:

- \_\_ Breathe!! (sometimes even a few deep breaths can help)
- \_\_ Exercise
- \_\_ Fly a kite
- \_\_ Get a massage
- \_\_ Go on a picnic (or throw a blanket on the floor and pretend to be on a picnic)
- \_\_ Go fishing
- \_\_ Go for a drive
- \_\_ Listen to your favorite music
- \_\_ Pick some flowers (or buy some from the store)
- \_\_ Plant a flower, herb or vegetables
- \_\_ Play with your pet
- \_\_ Pray or meditate
- \_\_ Read a good book
- \_\_ Sit in the backyard and listen to the birds sing
- \_\_ Spend time with those you love
- \_\_ Spring Cleaning
- \_\_ Stroll through a local garden center
- \_\_ Take a nap
- \_\_ Take a walk
- \_\_ Try a new recipe
- \_\_ Watch the sunrise (or sunset)
- \_\_ Write in a journal





## Coming Soon: May Webinar Spotlight

We're excited to announce a special guest speaker for our upcoming May webinar—**Carolyn Birrell**, author of *Walking with Fay*.

After retiring to Bonners Ferry, Idaho, Carolyn spent eight years caring for her mother while navigating the challenges of dementia. Through this deeply personal experience, she gained insight into the emotional and practical realities of caregiving. What began as personal writing soon became the book she wished she had during those early, uncertain days.

*Walking with Fay* shares the journey of a mother and daughter as their relationship evolves through dementia, offering understanding, comfort, and guidance to caregivers who may feel overwhelmed or unprepared.

A Message from Carolyn:

Caring for a loved one with dementia often comes unexpectedly, bringing confusion, fear, and a sense of being unprepared. Carolyn's goal is to help caregivers feel less alone and more supported, while offering practical ways to create more peaceful and meaningful moments with their loved ones. She reminds us of the importance of holding onto the connection we have, even as roles change.

Join us in May to hear Carolyn share her story, insights, and encouragement for caregivers walking a similar path. This is a webinar you won't want to miss.

## Tech Talks w/ Tina

### Don't Tap That Text! How to Spot a Scam Message on Your Phone



You get a text saying your package couldn't be delivered or your bank account has been locked. It looks real and feels urgent — but that's exactly what the scammer is counting on. The good news is these messages are easy to spot once you know the three red flags: they pressure you to act right now, they include a strange or unfamiliar link, and they come from a number you don't recognize. A real company will give you time, send you to their actual website, and contact you from a number you can verify.

So what should you do? Don't tap, don't reply — just delete it. If you think it might be real, go to the company's website yourself or call a number you already trust. Want to see these tips in action? Watch and share our short video at <https://youtu.be/xvV83pnH4NM> — and remember, a little pause can save you a big headache.

# RECIPE OF THE MONTH

## FROM THE KITCHEN OF:

RHONDA STORY

COMMUNITY HEALTH ADVOCATE  
COMMUNITY CARE PROGRAM

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## ORIENTAL CHICKEN SALAD

This recipe has been a go-to in our family for years. It is a fresh mix of crunchy veggies, noodles and almonds with a tangy dressing that pulls it all together for a delicious treat. We have served this as a stand-alone dish, and it is always a favorite at a family picnic or potluck. Super easy recipe, you can add shredded carrots or red cabbage for added color and flavor and salt and pepper to taste.

### Ingredients:

- ½ Head Cabbage, shredded
- 3 Chicken Breasts, grilled and cubed
- 2 Tbsp Sliced Almonds, toasted
- 2 Tbsp Sesame Seeds, toasted
- 4 Green onions, chopped
- 1 pkg ramen noodles, broken apart

### Dressing:

- 3 tsp sesame oil
- 2 Tbsp rice vinegar
- 1/3 c vegetable oil
- ¼ tsp pepper
- ½ tsp salt
- 4 Tbsp sugar (or sugar substitute)

### Instructions:

- Toss salad ingredients with dressing. Best chilled for 3 hours or overnight. ENJOY!

