

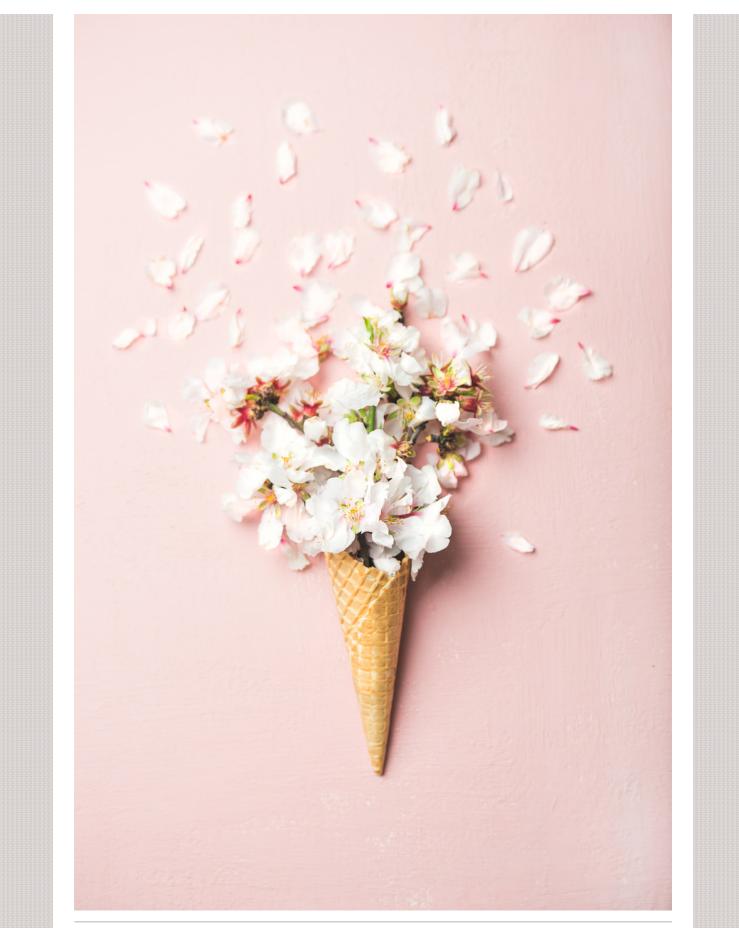
OFC Caregiver Exchange

A mid-monthly newsletter with caregiver tips, ideas, and heartwarming stories.

September 2020 edition

On September 15, we celebrate 5 years since Old Friends Club opened in Carnation.

Thank you to everyone who has supported us over the years!



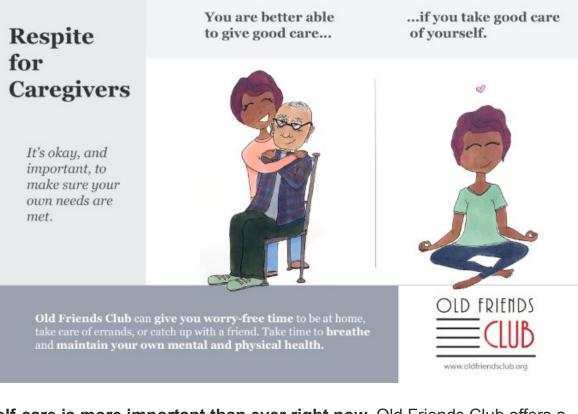
Sandy and Tim: How Old Friends Club Made a Difference



Tim shares how he and his wife, Sandy, a former member of Old Friends Club, started attending Old Friends Club, how the club helped with Sandy's transition into an Adult Family Home, and how it gave Tim the respite he needed as a her caregiver.

Read more about their story >>>

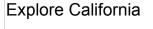
Caregiver Self-Care Ideas



Self-care is more important than ever right now. Old Friends Club offers a respite option for caregivers when we are open, but are currently closed due to the pandemic. We hope you are finding moments during the day to take care of yourself.

We asked a few fellow caregivers how they are taking care of themselves right

now and they shared some of their thoughts >>>





Tip Tuesday

Starting on September 1st, we launched our "Tip Tuesday" series on social media to create a space for caregivers to help each other out. Every Tuesday, we'll share a caregiver tip that has been sent to us.

We'd love to hear your own caregiving tips. Email katie@oldfriendsclub.org to submit your tip.



Engagement Idea

Taking a walk outside is good not only for us physically, but also mentally and emotionally. Try taking a short walk outside and talk about the things that are triggering your senses. It's amazing what joy and peace a ten-minute walk can bring!

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