

OLD FRIENDS  
CLUB



# OFC Caregiver Exchange

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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


### Respite for Caregivers

*It's okay, and important, to make sure your own needs are met.*


You are better able to give good care...



...if you take good care of yourself.



Old Friends Club can give you worry-free time to be at home, take care of errands, or catch up with a friend. Take time to breathe and maintain your own mental and physical health.



**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 >>>

### Explore California



## 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](mailto: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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