



Long-Term Care Foundation

of Washington State

The Wellness Word

Monthly Newsletter



National Wellness Month

August 2025

This month, and always, we're all about encouragement in dedicating time for your self care. At its core, self-care focuses on getting enough quality sleep, eating a healthy diet and moving our bodies. It's also important to care for our mental state by actively managing stress, practicing self-compassion and engaging in mindfulness or meditation. Practicing self-care isn't a selfish indulgence but rather a necessity for our well-being. It's even more important for caregivers, who must take care of themselves in order to take care of others.



Jessica Claybrook

Provider Development &
Outreach Specialist
jessicac@ltcfa.org

Source:
www.webmdhealthservices.com

Mental Health

Tip: Help your team find "Mindful Moments" whenever possible – download free apps like Headspace, Calm and Breathwrk (no, that is not a typo!). Provide meditation practices in as short as 2 minutes and positive affirmations for a daily dose of mindfulness!

Nutritional Health

How can we nurture a wellness-focused environment in our homes? Offer water mix-ins, healthy whole snacks, and grab-n-go produce available for your team while working. Offer visuals somewhere in the AFH kitchen that provides a reminder of the percentages and suggestions on intake. Tip: Small oranges, apples, packs of mixed nuts and string cheeses. Make it fun with a little friendly competition – how about hosting a Hydration Challenge with your staff AND residents?

Physical Health

Fact: "The American Heart Association recommends adults aim for at least 150 minutes of moderate-intensity aerobic activity, or 75 minutes of vigorous-intensity aerobic activity, per week, or a combination of both. They also recommend at least two days a week of muscle-strengthening activities."

Source:
<https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults>

Financial Health

Fact: "Studies have suggested that financial worries and anxiety are negatively related to overall mental health and can trigger negative perceptions of individuals' own ability to manage money as well as decreased financial well-being. Notably, though, research reveals that those with health problems (e.g., cancer, mental disorder) might suffer more from medical expenditures, debt, and financial burdens, which could also worsen life quality."

Source:
<https://pmc.ncbi.nlm.nih.gov/articles/PMC8806009/>



Mark Your Calendar for Upcoming Webinars!

August 12: HR Best Practices for Adult Family Homes

August 14 & 26: Caregiver Wellness

August 27: Caregiver Retention as a Business Strategy

*Adult Family Home Training Network Orientations
offered weekly at 1pm and 6pm.*

Register for our **FREE** webinars today at:
www.longtermcarefoundationwa.org/events

A Note From Our Executive Director

Welcome to the August edition of the Wellness Word!

Wellness Month is a perfect reminder that taking time for ourselves is not a luxury—it's a necessity. For those who dedicate their days to caring for others, it can be easy to put your own well-being last. But small, intentional steps—like pausing to breathe deeply, enjoying a healthy meal, or reconnecting with what brings you joy—can make a meaningful difference in how we show up each day.

We're excited to share that our Foundation team will be presenting at the Adult Family Home Council's 2025 Fall Conference this September—look for us at the Tulalip Resort! We've also packed our calendar with upcoming webinars designed to support both caregivers and adult family home providers. These are free, accessible resources to help you stay informed and inspired.

As always, thank you for the care you give and the community you build. We're honored to be your partner.



Karen Cordero

Executive Director
karen@ltcfwa.org

National Immunization Month

Check your own record history and make sure your residents are up-to-date!

Our Programs

AFH Training Network

The Training Network helps cover class and test fees for CNA, HCA, and specialty courses for eligible individuals.

Care Navigation

Care Navigation assists AFHs in finding affordable health insurance options.

Language Access

Language Access Support assists individuals in our Training Network with translation throughout their training and testing.

Recruitment

Recruitment support assists homes or individuals seeking caregiving positions in AFHs.



www.longtermcarefoundationwa.org



info@ltcfwa.org



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