

ADS SUPPORT GROUPS

KENNEDY PARK

Friday, November 1
Coffee and Conversation
between 8:00 a.m. & 10:00 a.m.

Tuesday, November 12
ADS CAREGIVER CONFERENCE
NO Spousal Support Group

Tuesday, November 19
Coping with Caring Topic
Coping with the Holidays
4:30 p.m. - 5:30 p.m.

Wednesday, November 27
General Support Group
4:30 p.m. - 5:30 p.m.

DOROTHY'S PLACE

Wednesday, November 6
Spousal Support Group
9:30 a.m. - 10:30 a.m.

Thursday, November 14
Coping With Caring Topic
Coping with the Holidays
4:30 p.m. - 5:30 p.m.

Thursday, November 21
General Support Group
4:30 p.m. - 5:30 p.m.

Friday, November 15
Coffee and Conversation
between 8:00 a.m. & 10:00 a.m.

Support Groups are open to anyone
in the community at no charge.

**Free care for loved ones
during all support groups.
(Please let us know if needed.)**

CareLines is partially supported by
the Aging Commission
of the Mid-South.

Dementia Sensitivity Experience

Wednesday, November 20

9:00 a.m. – 2:30 p.m.
(allow 30 minutes for the session)

Dorothy's Place, 3185 Hickory Hill Rd.

FREE for ADS Caregivers **\$10** for others

*Are you a caregiver for someone with dementia?
Have you wondered what they are going through,
why they do what they do?*

This experience gives you an insight into the world
of dementia by simulating the symptoms.

Call Judy Davis to schedule a slot, at 901-372-4585
or email: jedavis@adsmemphis.org

Looking forward to seeing all who have registered for the ADS **Free** Caregiver Conference For Family Caregivers

A Caregiver's Journey: Back to Basics

Tuesday, November 12
8:30 am - 3:30 pm
First Baptist Church—Broad
2835 Broad Ave.

*Turn into the Parking Lot from Broad Ave.
There will be a sign that says Event Entrance*

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Escaping the Holiday Coulda, Woulda, Shouldas

Enjoying the holidays as a caregiver includes letting go of a dangerous mind-set called *coulda, woulda, shoulda* thinking, also known as the "if only" syndrome. If there was such a thing as Care Giver's Anonymous, the first step to combat this way of thinking would be to rid ourselves of that little voice inside us caregivers that says, "I can do it all. I am responsible for everything. Whatever I do, it's never enough. I *coulda, woulda, shoulda*. . ."

Here are some ways to ease caregiver Stress and ditch the "if-only" syndrome:

- ◆ When planning holiday events, ask guests to come over rather than taking your loved one out. Celebrating at home means your loved one can enjoy the event in a familiar and comfortable setting. He or she can leave the room without breaking up the party.
- ◆ A potluck celebration, with each guest bringing a course, reduces undue stress on caregivers. If it's a casual gathering, you can ask guests to help prepare or even help clean up. If you don't feel comfortable having a potluck party, simply ask guests to bring wine or dessert to ease some of the workload and expense. Inviting people over for a meal during your loved one's regular mealtime helps. If you decide to cook dinner yourself, make something that is easily prepared in

advance, such as lasagna or stew. Make something on the grill, buy prepared food, or order in. Remember, paper and plastic make cleanup much easier.

- ◆ Sometimes your loved one will not join in the holiday celebration. A frail parent may no longer enjoy staying up to greet the New Year. Staying at home with a companion or sitter may be more enjoyable than being dragged into a social situation that may be too tiring or uncomfortable. You can attend holiday events without your loved one. This may also help you refuel. You can't refuel without some distance. Of course, while away, you need to be away completely - mentally and physically.

It's not easy to stop wishing for things that can't be, or regretting what is and daydreaming of how holidays used to be. But learning to clear our minds of this toxic mind-set, even briefly, helps to regain balance and energy. Letting go of hopeless crusades to try to make things how it *coulda, woulda, shoulda* been is an enormous accomplishment that allows you, and your loved one, to live within the current situation. As they say in those twelve-step programs, we need to acknowledge our limitations and enjoy the here and now.

By Sherry Issa, L.C.S.W., D.A.B.C.M
Source: *The Fearless Caregiver*, by Gary Barg, 2003.



Ten Tips for Alzheimer's Proofing Your Home

It is never too early or too late to plan:



- 1. Become a knowledgeable caregiver.** Learn all that you can about the disease. Contact local resources and join a support group.
- 2. Encourage success and discourage failures.** In the early stages, some people realize they are becoming forgetful while others wonder why they have to be reminded of so many things - every failure is upsetting. By creating an environment that makes success likely, the home becomes more supportive and contributes to a better quality of life.
- 3. Plan ahead and make changes early.** Locate a handyman or contractor now to discuss possible changes that will need to be made. For example, eventually the second floor may not be the best place for your family member's bedroom when it comes to caregiving. You may need to convert a first floor room to a bedroom.
- 4. Safety proof the home.** Identify dangerous areas that are unique to Alzheimer's disease and someone who may be confused. Survey the entire home, not only the bedroom and bathroom, but also corridors, closets and exterior; anywhere and everywhere your loved one is likely to go or may possibly venture.
- 5. Simplify your home.** Eliminate excess clutter and look for ways to

make decisions easier and failures unlikely. By grouping items that are used together in the kitchen and bathroom, you can make the task easier to remember. Create pathways that are clear and easy to identify, free of distractions and objects that can be tripped over.

- 6. Divide your home into zones.** Identify those areas that are dangerous, safe, and areas that can be set aside for caregiver respite. Prepare them accordingly.
- 7. Observe your loved one and constantly adjust.** Each stage is different and has its own challenges. Alzheimer's disease is a progressive disease, and change is a part of it.
- 8. Prepare for all possibilities.** Consider what might happen if your family member outsmarts your best attempts to protect him or her. For more serious dangers, (such as wandering) have a back up plan. For example, install a lock and an alarm on doors that lead outside.
- 9. Plan for emergencies.** What would happen to your family if something happened to you? Place a note on your refrigerator with instructions, including the names and telephone numbers of persons to contact in any emergency.
- 10. Enlist the help of others.** Discuss your challenges with the whole family. Caring for a loved one with this disease is not only time-consuming, but medically, emotionally and financially costly as well.

Adapted from: Ageless Design, Inc. 112633 159th Court North, Jupiter, FL 33478 from the eighth National Alzheimer's disease Education Conference, July 1999, Long Beach, CA.

MEDICARE OPEN ENROLLMENT
OCTOBER 15, 2019 - DECEMBER 7, 2019

Getting Help with Caregiving—You Are Not Alone

As caregivers, we need a break. Respite refers to rest and relief, a break for the caregiver to care for themselves.



Types of respite include:

Home Care—skilled care provided at home, often initiated by doctor’s order or a hospital stay and administered by medical professionals.

- Home care attendants are professionals who come into the home and help out with personal care and housekeeping functions.
- Medicare covers *some* home health services.
- Medicaid can cover custodial care. This is based on federal requirements, but this can vary state by state.

Adult Day Programs are for adults in a community-based group setting

- Social-model programs offer stimulation, socialization, and therapeutic activities and often will include meals.
- Medical-model programs (adult day healthcare programs), offer health based services as well as social activities.
- Some programs include assistance with activities of daily living and transportation.
- Adult day services may be covered under *some* long term care insurance.
- Medicaid will cover *some* adult day programs.

Facility Based Respite

- Provide a short stay for your loved one in a nursing home or another facility—this service is utilized to get a break from the caregiving role.
- Medicare or Medicaid may cover some or all of the cost in an inpatient facility.

Family

- Identify family members who can care for your loved one; create a rotating care schedule.
- Enlist the help of family members living in different states by assigning them tasks such as legal/financial paperwork.
- See if the individual’s friends can lend a hand in providing supervision.
- Ask your own friends if they will help in order to help you take care of yourself.



ADS WISH LIST

Critical Items We Need Now!

- **Paper Towels
- **Copy Paper
- **Facial Tissues
- **Fresh Vegetables
- **Liquid Antibacterial Hand Soap
- **Toilet Paper
- **Wet Wipes

Coping with Caring Sessions

(These topical and educational sessions are scheduled at Dorothy's Place at 4:30 on the second Thursday of each month, and at Kennedy Park at 4:30 on the third Tuesday of each month.)

Coping with the Holidays

Presented by ADS Executive Director
Ruthann Shelton

**Dorothy's Place, 3185 Hickory Hill Rd.
Thursday, November 14, 4:30-5:30**

*Open to the community
Free care for loved ones provided during sessions
(Please let us know if needed)*

**Kennedy Park, 4585 Raleigh LaGrange
Tuesday, November 19, 4:30-5:30**



Tips for the Month of November



- ☞ A sense of helping others and feeling needed is still important to your loved one. You'll find it much easier to gain his cooperation and participation in activities if he feels useful.
- ☞ If you have potentially hot or dangerous appliances that can't be put out of sight, you might try printing some **STOP** signs in big bold letters and attaching them to the appliances.
- ☞ Walking around a craft show, boat show, or antique show could prove to be a pleasant outing. There should be lots to see and much to stimulate memories.
- ☞ Often people with dementia like to fold things. One gentleman enjoyed folding tissues into tiny squares. Your loved one may like to fold the towels when they come out of the dryer.
- ☞ The use of public restrooms can present a problem if your loved one is a member of the opposite sex and relies on your assistance. Many caregivers carry an **Occupied** sign they hang on the door when they enter a restroom with their loved one. One caregiver carries an **Out of Order** sign. You'd be surprised how understanding and helpful strangers can be. Some will even offer to watch the door for you.
- ☞ You may notice your loved one becoming less likely to initiate a conversation or suggest a new topic herself. When talking with her, let her know if you are changing the subject.
- ☞ If a family is visiting from out of town, you might want to take them to a support group meeting with you. Visiting family members often attend with caregivers. A special bonding and strengthening can occur.
- ☞ Changing or breaking some old traditions is not a crime. The results could prove delightful for all concerned.
- ☞ An evening walk after dinner may help prevent night wandering.

Adapted from: Lyn Roche, *Coping with Caring*, Elder Books, 1996.

NUTRITION: Scents and Taste in AD



Most people begin to experience a decline in their ability to smell at about age 60. As they age, they may have difficulty distinguishing between smells and require higher concentration to detect an odor.

However, people with Alzheimer's disease tend to experience a more profound loss of smell, and it often precedes losses in vision and hearing. Some experts believe that this early and striking alteration is even a reliable precursor to AD.

It used to be thought that the number of taste buds also diminished as we age, but according to the Wisconsin Dental Association, research belies that myth. It is true, however, that more than half of our taste sensations are dependent on our sense of smell; therefore, it is logical to think that as our sense of smell diminishes, so does our sense of taste. Furthermore, in residential care settings, medical smells such as alcohol and cleaning smells such as ammonia may contribute to a distorted sense of taste and suppress appetites. The bottom line? People with AD may tolerate and even crave spicier, more flavorful foods than you might think.

In early to middle stages, people with AD who are living independently may become malnourished because:

- They have forgotten the steps involved in shopping for groceries, following a recipe or preparing a meal.
- They may be unable to safely operate a stove and may no longer remember how to operate a microwave.
- They may be unable to recognize when food is spoiled or rancid. People with dementia often can't smell when food has gone bad, can't find the expiration date on the package (which is often printed too small for their eyes to read) and would find it meaningless in any case because they don't know today's date.
- They may have trouble reading the small print direction on the packaged food, and may also have trouble following the directions they *can* read.

Consequently, they may subsist on crackers or other foods that require no preparation. Malnutrition aggravates signs of dementia and increases risk of infection and other health problems.

Adapted from *Activities of Daily Living* by Kathy Laurenhue, p. 68, 69, Wiser Now, Inc. 2006.

How to Get a Person with Alzheimer's to Eat More Food

About 40 percent of Alzheimer's patients start losing an unhealthy amount of weight at some point. So, this is a common Caregiver problem. You are not alone with this problem.

Try not to get frustrated. Instead, **think positive**, smile when it is time to eat, and sing or play music.

Try to be flexible and patient. **Patience means giving your patient plenty of time to eat without chastising them or blaming them for not eating.** They would eat if they could, so resist the temptation to get all stressed and negative. **Try this. How would you like to be treated if you were having problems eating through no fault of your own?**

Alzheimer's patients move slowly, and they are usually on a different clock than we are. Get on their clock, slow down.

Excerpt from article by Bob DeMarco, alzheimersreadingroom.com, January 24, 2013.

Activities for November

Please note that the activities listed are to keep you informed of the special events that are scheduled at our two centers for those who are enrolled in the ADS program. We use the word “*Friends*” for those that attend our program. Please contact us if you would like more information about enrolling your loved one at either center.

Dorothy’s Place Activities

Music Therapy with Rebecca, Tuesdays at 10:00 and Wednesdays at 2:00

Spanish Language Arts with Brigitte, Mondays at 2:00

Tai Chi with Marilyn, Wednesdays at 11:00

Kennedy Park Activities

Music Therapy with Rebecca, Fridays at 2:00

Pet Therapy with Bunni and Megan, Wednesdays at 10:00

Tai Chi with Marilyn, Wednesdays at 9:30

Spanish Language Arts with Brigitte, Thursdays at 10:00

Music Entertainment with Brenda Buford-Shaw, Thursday morning, November 21



It was great seeing so many “Friends” and staff dressed up for Halloween. Fall fun continues as our “Friends,” will enjoy carnival games and special refreshments on November 1. There will be live entertainment from Creative Aging by D & G Boogie Blues at 2:30 at Kennedy Park, following the carnival. We are also looking forward to a meaningful celebration of Veterans on November 8, including our special parade at Dorothy’s Place.

Fall Festival, Friday, Friday, November 1
Veteran’s Day Celebration, Friday, November 8

Activities at Home

When planning activities for someone with dementia be sure to consider the following to keep activities safe:

✦ **Make activities safe**

Be sure to remove toxic materials and dangerous tools so an activity such as sanding a piece of wood can be safe and pleasurable.



✦ **Change your surroundings to encourage activities**

Place scrapbooks, photo albums or old magazines that help the person reminisce, in key locations.



✦ **Minimize distractions that can frighten or confuse**

A person with dementia may not be able to recall familiar sounds and places or may feel uncomfortable in certain settings.

Adapted from *Activities at Home*, a publication by the Alzheimer’s Association, © 2007.



Thanksgiving: Finding Gratitude in Caregiving

November marks National Caregiver's Month.

Caring for our loved ones can be exhausting, frustrating, demanding and time consuming.

Thanksgiving, as another November holiday, reminds me to think of ways that caregiving, tough as it can be, also offers Caregivers a time to note the special blessings we've received when we are open to recognizing the gifts. After all, caring for one another is, in my view, one of the answers to "why are we here."

Finding gratitude in caregiving really boils down to accepting our own humanness, failings and all, combined with accepting the same humanness in others. Look for something good in an event, even when on the surface there doesn't seem to be anything but bad. Realize that, with all of our grief and worries, we are alive and we are doing our best. There can be satisfaction in that, and gratitude for what life offers will likely not be far behind.

Adapted from article by Carole Bradley Bursack, Health Guide, November 19, 2011.



Turn clocks back one
hour on November 3
at 2:00 a.m.

"I Wish for You"

Comfort on difficult days.
Smiles when sadness intrudes.
Rainbows to follow the clouds.
Sunsets to warm your heart.
Gentle hugs when spirits sag.
Friendships to brighten your being.
Beauty for your eyes to see.
Confidence for when you doubt.
Faith so that you can believe.
Courage to know yourself.
Patience to accept the truth.
And love to complete your life.

- Unknown