



**Alzheimer's &
Dementia Services**
of Memphis, Inc.

CareLines

WWW.ADSMEMPHIS.ORG

NOVEMBER 2020

ADS ONLINE SUPPORT GROUPS FOR THE MONTH OF NOVEMBER

General Support Group
Wednesday, Nov 4, 2:30
Topic: "Where Is Home?"

TEEPA SNOW WEBINAR
Tuesday, Nov 10, 10:00
Registration required

General Support Group
Thursday, Nov. 19, 12:30
Topic: *Coping with Holidays*

Spousal Support Group
Tuesday, Nov 24, 4:30

**Join meetings from your
computer, tablet or
smartphone.**

[https://global.gotomeeting.com/
join/303620541](https://global.gotomeeting.com/join/303620541)

**You can also dial in using
your phone.**

US: +1 (872) 240-3212
Access Code: 303-620-541

For questions, please call Adina
901-372-4585

or email:

asamberg@adsmemphis.org

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

ADS Free Live Webinar With Dementia Care Expert Teepa Snow



DON'T MISS IT!

We strongly encourage all
Caregivers to register!

The online presentation is in place of our
annual Caregiver Conference. You can join
from a computer, tablet or smartphone.

*A Caregiver's Journey: Creative and
Practical Tips for Getting Through the Day*

Sponsored by

The Aging Commission of the Mid-South
and Alzheimer's & Dementia Services

Tuesday, November 10

10:00 am – 12:00 pm

If you have not yet completed a form,
REGISTER NOW:

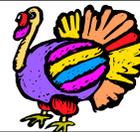
- Pick up a form at one of the centers
- Register via our website adsmemphis.org, under Events, 2020 Caregiver Conference
- Call Adina Samberg: (901) 372-4585 or email: asamberg@adsmemphis.org

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How to Celebrate Thanksgiving Safely this Year



While handling Thanksgiving and the holidays when a loved one has dementia involves changes, this year will be particularly different due to the Covid 19 pandemic. Please keep the following tips in mind to help with this year's particular circumstances:

- Having a small family gathering is the way to go this year. Experts advise that . **"The lowest level of risk is limiting your gathering to the unit you're sheltering with already.** Thanksgiving is not the time to expand your bubble."
- Patrick Kachur, a professor at the Columbia University Mailman School of Public Health in New York City, states that it's very important to take precautions to protect those in your group who may be at a greater risk for the coronavirus. Talk to your family and friends about the measures they've been taking to mitigate their risk.
- "It's important to acknowledge that this year is probably not going to look like previous ones and that is absolutely OK," said Alejandra Ramos, a New York City-based chef and food writer. We don't all have the same resources, cooking skills, time or even mental energy as we may have had in previous years."
- Instead, Ramos suggests focusing on the things you *can* do. "Ask yourself which elements of Thanksgiving are the most important to you and your family or group of friends. This could mean one or two specific recipes," she said. "It's also a perfect opportunity to get rid of the things you never really enjoyed in the first place. Don't really like turkey or always end up with too much cranberry sauce because nobody eats it? Go ahead and skip it. Or swap in something you and your household love instead. If there was ever a year to break the rules, this one is it." Ramos also emphasized that it's perfectly ok to serve store-bought foods if it makes life easier.

Adapted from www.today.com

Focus On Family Memories And Enjoying Time Together

While spending Thanksgiving with someone suffering from Alzheimer's and related disorders can be stressful, it doesn't mean you can't laugh and enjoy time with your loved one.

Watch a familiar movie, look through old photos or listen to their favorite songs. Not only does this help you and your loved one reconnect with old memories, but for people living with dementia these activities are often soothing and can awaken past memories.

Adapted from thememorycenter.com, posted November 10, 2016.



Caregiving and Thankfulness



November, as you may know, is National Family Caregivers Month. It is a month to show our appreciation and support for the caregivers in our lives. For caregivers, the ongoing act of providing loving care for a family member can take an emotional and physical toll.

As we celebrate Thanksgiving, many families will say a prayer or a few words of thanks to the caregivers in their lives. Thanks that is certainly well deserved.

However, if you are the one caring for a loved one who has dementia, finding your own things to be thankful for can be challenging. You may have had a bad day, or a string of bad days, when nothing seems to go your way. You may be struggling with your mom's, dad's or spouse's inability to remember something as simple as the meal they just enjoyed. It is usually in moments like these that caregivers seek something positive to help them get through the day.

Finding feelings of gratitude can work wonders to restore your sense of wellbeing and reduce stress; feeling thankful can even help guard against depression. Those who feel grateful are more likely to sleep better and have stronger relationships.

Still it can be hard to find things to be grateful for when every day seems to hold a new challenge or heartbreak. Here are some thoughts professional caregivers and therapists recommend to begin the process of cultivating "gratitude" and help turn yourself into a more thankful (and happier) person.

- **Focus on the people in your life that have a positive effect on you.** Make an effort to thank those who go out of their way to help you. Reflect on how fortunate you are to have him/her in your life.
- **Find small things each day that make you feel good.** This could be as simple as enjoying a cup of steaming hot coffee or a short yoga session in the morning. Take a moment to be grateful that you are able to enjoy each small thing as you experience it.
- **Decide to choose "half full" over "half empty".** When things are not going well, adopt the "glass half full" strategy. Think of how much worse things could be and be grateful that you are coping with the challenges you are facing today.
- **Learn to put worry on the back burner.** Practice living in the moment. Instead of worrying over something that might happen or someone who might do something, focus on how fortunate you are that you can enjoy the moments before you.

Does all this mean you should simply ignore all the bad things in your life? Of course not! There are times when even your best intentions are no match for a difficult day or people who let you down.

Cultivating gratitude is about finding some positive things in your life, regardless of how bleak your situation may seem at times. Consider keeping a "gratitude journal" so that you can record your thoughts. You will find this comforting at times when nothing else seems to work.

Adapted from <https://www.anthemmemorycare.com/blog/caregiving-and-thankfulness-cultivating-your-gratitude>



*Be sure to register for the
ADS Teepa Snow Webinar
to be held Tuesday, November 10, 10:00 am - 12:00 pm*

You won't want to miss it!

*Please let Adina know if you would like to watch the webinar
at one of our centers. Call (901) 372-4585. Limited space available.*



Turn clocks back one
hour on November 1
at 2:00 a.m.

**Remove Door Sills
If Possible**

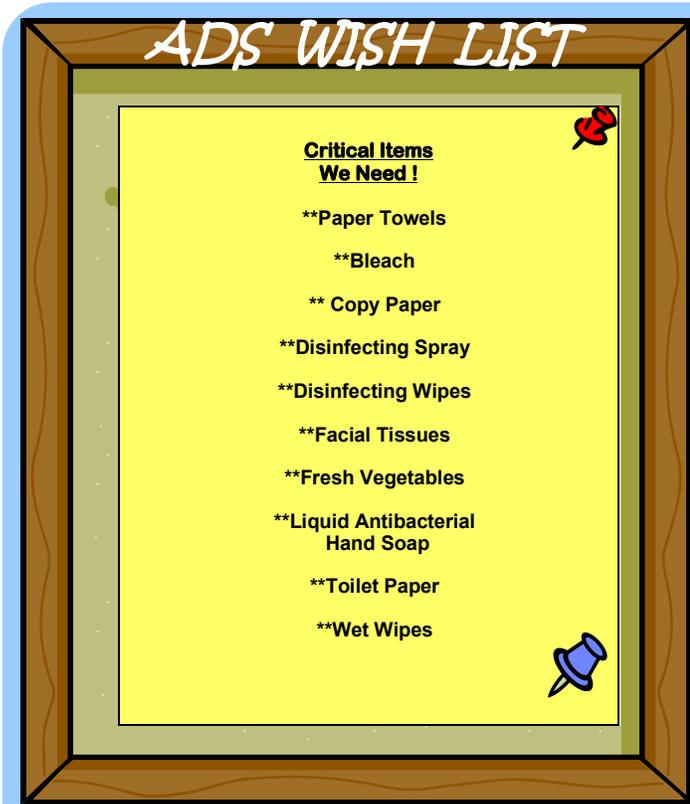
A lot of people with Alzheimer's start to develop a shuffling walk later on. They don't pick up their feet enough, and they can also have visual issues with depth perception, so they might not even see the rise of the door sills. It can be a common cause for tripping.

Source: Home Modifications for Alzheimer's Care, ThisCaringHome.org, August 15, 2010.

**Medicare Open Enrollment
Oct. 15th - Dec. 7th**

Medicare beneficiaries can sign up, or make changes to their plans.

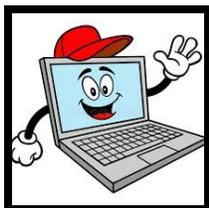
For more information please contact the
Aging Commission of the Mid South **222-4100**,
or go to www.medicare.gov/find-a-plan.



Online and Telephone Support Options for Caregivers.

For virtual community events and support:

- ◆ See front page for info about ADS online Support Groups
- ◆ Call 901-372-4585 to talk to an ADS Social Worker on the phone
- ◆ alzfdn.org
- ◆ alztennessee.org
or call 24/7 Helpline: 800-259-4283



Tips for the Month of November



- ☺ If communication is becoming increasingly more difficult, try drawing, pointing to, or touching objects you are conversing about. Introduce these new ways of conversing in a matter-of-fact manner.
- ☺ Try to replace something you must remove with something new. For instance, if you have to take your loved one's credit cards away, she may be content with a different kind of plastic card that cannot be used for cash or purchases and presents no problem if lost.
- ☺ Be aware that three-way conversations can be disturbing to your loved one. They are more difficult to follow than one-on-one conversations.
- ☺ If wandering outside is a problem, try removing objects from sight that might suggest going outdoors. These objects could be hats, jackets, purses, or even the dog's leash.
- ☺ Make sure your loved one's slacks or trousers are not too long. If there has been a weight loss, the length may have to be shortened to avoid the possibility of tripping.
- ☺ Some edible materials make safe craft supplies. For instance, bread dough can be used for clay and yogurt can be used instead of paint.
- ☺ When constipation is a problem for your loved one, try a stool softener rather than a laxative. Talk to your doctor or pharmacist. Stool softeners can be purchased at the drug store in liquid or pill form.
- ☺ Keep your routine as normal as possible during the demanding holiday season. Make this decision now before you get caught in the holiday frenzy!
- ☺ Young children may surprise you in their loving consideration of the family member with Alzheimer's. Children often see things more clearly or simply than adults.

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



AGING GRACEFULLY: SENSE OF PURPOSE THE FOCUS OF DEMENTIA CARE

Alzheimer's disease and other dementias result in impaired language skills, loss of initiative, poor short-term memory, impaired judgment and changes in behaviors.

As a result, it takes a very special person to be a caregiver for someone who is experiencing these changes.

Not only do caregivers need to ensure adequate physical care and safety, they also need to focus on engaging the person in therapeutic activities on a regular basis. Furthermore, they must exercise a lot of patience and understanding as they face these tasks and activities each day.

Therapeutic activities serve a number of purposes for the person with dementia. Effective interventions not only give the person something to do to prevent boredom, they also provide the person with a sense of purpose that fosters positive self-esteem. Without therapeutic activities, the person with dementia is easily bored, often leading to restlessness, agitation and wandering.

Caregivers who are aware of the potential for increased behavioral symptoms wisely engage their loved ones in therapeutic activities throughout the day. They also recognize that virtually every task throughout the day becomes an "activity" for the person with dementia.

Bringing it all together can seem overwhelming, maybe even impossible, for caregivers. An important first step is to seek information about the disease process, how it affects the person's abilities, and how to accommodate the environment and activities to meet the person's needs.

Most importantly, it is critical to figure out how to put it all together to seamlessly engage the person in activities throughout the day. All the while, the caregiver strives to maintain his own sanity as well as safeguard peacefulness for the person who depends on him for care.

Caregivers who utilize adult day programs for their loved ones benefit from the day program's activities in several ways. Of course, having their loved one attend a day program gives them a much-needed break.

Day programs also offer the caregiver the benefit of learning about how to engage their loved one in similar activities at home. Caregivers can replicate some of the activities offered at day care during idle time at home. Thus, these simple activities will offer the person a sense of purpose and prevent boredom whether at day care or at home.

Examples of simple activities that give the person something meaningful to do include clipping coupons, folding towels, placing the napkins on the table for mealtime and helping to weed the flower garden.

If the person can do more complicated tasks without confusion or being overwhelmed, caregivers should adapt the activity to the person's level of functioning. For example, the person may have the capability to prepare the whole place setting for a meal rather than just putting out the napkins.

Adapted from : www.news-press.com/article/9/27/2011

Activities at ADS

“Friends” had a blast at the Fall Celebrations held at the end of October! Games included: balloon toss, pie in the face toss, an apple/pumpkin/corn leaf match, pumpkin throw, a fishing game, and pin the nose on the witch! In addition, “Friends” enjoyed a craft activity, making masks and necklaces, as well as a photo booth, an apple cider stand, and a delicious hotdog lunch, with spice cupcakes for dessert! All this topped off with live entertainment provided by Creative Aging of the Mid-South.



*November Entertainment
Courtesy of Creative Aging*

*Dorothy’s Place: Heart Memphis Duo, Nov. 25
Kennedy Park: Lea Van Merkesten, Nov. 19*



We’re looking forward to Veteran activities and celebrations in the month of November!

How to Keep Someone with Dementia Engaged in Daily Life

You can help make sure your loved one stays involved in daily life by preserving at least one activity that's meaningful to him or her. Look for ways for your loved one to continue contributing to a workplace or volunteer job, for example (perhaps by doing aspects of a job from home).

Don't let him or her give up a hobby right away when it becomes too complicated to pursue; instead look for ways to simplify the steps involved. For example:

- Someone who loves to read can still read picture books to schoolchildren as a volunteer.
- A gardener can take on potted gardens.
- A diarist might like to dictate journal entries to a recorder (with help).
- An office worker can stamp, stuff, or seal envelopes for a campaign or mass-mailing.
- An avid cook can help with prep work, make a salad, stir, or otherwise assist or work with simple recipes.



Maintaining a sense of meaning and purpose is important in warding off depression. And even someone with noticeable memory loss has a lot to contribute!

Adapted from article by Paula Scott, caring.com March 4, 2011.

A Philosophy for Life

*Keep your THOUGHTS positive...
Because your thoughts become
your WORDS.*

*Keep your WORDS positive...
Because your words become
your ACTIONS.*

*Keep your ACTIONS positive...
Because your actions become
your HABITS.*

*Keep your HABITS positive...
Because your habits become
your VALUES.*

*Keep your VALUES positive...
Because your values become
Your DESTINY.*

—Mohandas Karamchand Gandhi



A Good Night's Sleep??

For the ever-vigilant, ever-stressed caregiver, the thought of getting a solid eight hours may seem like a pleasant pipe dream. There are many reasons why a caregiver needs to prioritize getting a solid amount of shut-eye. Here are some:

- **Slashes stress:** studies show that when you fail to get the necessary amount of sleep, your stress levels elevate. Conversely, when you're stressed, it can be nearly impossible for you to fall, and stay asleep. If you're unable to control your stress levels, this can turn into a vicious cycle.
- **Magnifies memory:** memory can be split up into 3 parts: acquisition, consolidation and recall. While acquisition and recall can occur when a person is awake, consolidation – the process that makes memory a permanent fixture in a person's mind- is believed to occur when a person is asleep.
- **Decreases depression:** the trials and tribulations of caregiving are enough to make anyone feel hopeless, but evidence indicates that sleep deprivation can also play a role in regulating your mood.
- **Curbs cravings:** compared to their well-rested peers, those who don't get enough sleep may be less able to resist the temptation to dig into unhealthy comfort food.
- **Heightens health:** countless research studies have linked inadequate sleep with a variety of health problems.
- **Axes anxiety:** too little sleep can make you go from concerned caregiver to wound up worry wart.

Adapted from article by Anne Marie Botek, agingcare.com.

