



NATIONAL CAREGIVERS DAY



FEBRUARY 18, 2022

"The simple act of caring is heroic."

Dementia Caregiver Support Group

Cornerstone Family Worship, Tonganoxie:

Meets in person on the third Wednesday of every month at 6:30 pm

Basehor Library:

Meets in person and by Zoom on the first Thursday of every month at 6:30 pm

Join us in this safe supportive environment for caregivers.

Dr. Maritza Buenaver, Geriatric Psychiatrist specializing in dementia education, will guide us as we share our experiences. Anyone is welcome to join us.

Caregiver Self-Care: Caring for You ♥

February 18th is National Caregivers Day!

Keep these simple steps and strategies in mind to ensure that you, as a caregiver, find time and resources to take care of yourself.

- **Learn about the disease** your loved one has. Find out about what is happening now and what will happen in the future with this disease. The more you know, the more you will be able to plan.

- **Use community resources.**

The more you let these services help you, the less you have to do.

- **There are places to get help:**

- *Your local Area Agency on Aging*
- *Paratransit*
- *Meals on Wheels*
- *Day care programs*
- *Support groups*

- **Take a break from caregiving.**

Make a date to go to the movies, take a walk, meet a friend for lunch. Do something not related to caregiving.

- **Get support.** Attend a support group, have a buddy you can call just to let off steam and complain. Depression is treatable. Talk to your doctor about it or seek counseling.

- **Relax.** Read a book, meditate, pray, garden, knit, get a massage, take a long bath.

- **Take care of your health.** Go to the doctor, get routine exams and flu shots, get enough sleep, and eat your fruits and vegetables.

- **Ask for and accept help** when offered. No one can do this alone.

- **Forgive yourself—often.**

You cannot be a perfect caregiver, all day, every day.

- **Laugh.** Find ways to keep your sense of humor on a daily basis. Watch comedies, practice laughter yoga, share jokes with friends.

“We rise by lifting others.”

- Robert Ingersoll



6 Positive Ways to Approach Someone With Dementia



A positive approach sets you up for dementia care success

Something as simple as how you approach (walk up to or start interacting with) someone with Alzheimer's or dementia can set the tone for the whole interaction.

Because the person with dementia's brain has been damaged, they're no longer processing information in the same way we do. That's why our natural instincts for approaching someone might seem scary or aggressive from their point of view. Learning to approach someone in a non-threatening way sets the stage for a positive interaction. And helping someone feel at ease makes it much more likely that they'll cooperate with the task at hand.

6 essential techniques for how to approach someone with dementia.

Pro Tips from Teepa Snow

1. Approach from the front, never from behind

- ✦ It's a natural human response to be startled by or uncomfortable with someone unseen coming up from behind and touching them or getting right in their face.
- ✦ The person might respond with fight (hit out), flight (try to get away), or fright (freeze and grab on to something).

2. Approach very slowly to give their brain time to process

- ✦ If you zoom up (from their damaged brain's perspective), they'll be startled and again respond with fight, flight, or fright.
- ✦ A good pace is to count "one-one-thousand" per step.

3. Avoid a confrontational stance

- ✦ Instead of standing right in front of (and over) someone, use a supportive stance. Stand at arms length at their side (dominant, writing hand side is preferred because that instinctively makes them feel more comfortable).

✦ **Pro tip:** Don't mistake a smile or laugh for true comfort or happiness. It could be a **nervous** smile or laugh while they're actually uncomfortable and figuring out how to respond.

4. Crouch down to eye level or below, don't bend forward

- ✦ Bending forward puts your face too close to theirs, causing discomfort.
- ✦ They feel like they are in control, so they're more likely to cooperate.



“Making things easier for Yourself, reduces stress for Both of you.”

5. Offer your hand, don't grab or pull

- ✦ When someone grabs or pulls you, the automatic response is to pull away and resist.
- ✦ When you offer your hand, they **choose** to take it, which makes them more likely to cooperate.

6. Putting it all together

- ✦ Approach the person in a way that is most likely to be comfortable for them.

Pro tip: The hand-under-hand position is an essential technique that Teepa Snow often teaches. This hand position is the safest for both of you, provides greater comfort to the person with dementia, and gives you more control.

Failure-Free Activities Bring Happiness

Though they have dementia, they still have the need to feel successful.

That's why **failure-free activities** for people with dementia are so important – they'll always be successful, no matter what. Seeing their joy is very fulfilling for You!

Being happily engaged in a satisfying activity reduces agitation, anxiety, depression, and anger. It may even reduce challenging behaviors like sundowning or reduce the need for medication. Here are some ideas for failure-free activities:

1. Fold hand towels

Asking an older adult to help you fold laundry is a great way to keep them occupied, give them an activity they can feel successful at, and help them feel like they're contributing to the household.

2. Create a memory box

A memory or rummage box can help your older adult feel connected to their past career and previous hobbies. Get any kind of box and fill it with things they would have used at work, copies of photos and non-important keepsakes, or objects from hobbies. For example, for a former office worker, create a box that reminds them of their career. Include paper clips, pencils, erasers, paper, letters (junk mail), a calculator, file folders, notepads, etc. in the box.

3. Cut pictures from old magazines or calendars

Older adults might like leafing through old magazines or calendars and cutting out the images they like. It's best to use magazines that reflect their hobbies or interests. For those who'd enjoy it, they could also paste the pictures into a notebook, creating a fun "scrapbook."

4. Playing cards makes a great activity for older adults, especially when the letters and numbers are **large** and easy to read. Someone in early dementia might enjoy simple card games like solitaire, go fish, blackjack, or war. An older adult in later stages might enjoy simply shuffling the cards or separating them by color or suit.

***“If your compassion does not include yourself,
it is incomplete.”***

March 2022

**trust,
hope &
love.**

THEY THANK YOU!

You are not alone.
ΛΟΝ ΣΙΓ ΗΟΤ ΣΙΟΝΓ

“Talk to yourself like you would to someone you love.” - Brené Brown

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♥ Organizing The Day Helpful Daily Routines

“A planned day allows you to spend less time figuring out what to do.”

Remember to make time for yourself, or include the person living with dementia in activities that you enjoy — for example, taking a daily walk.

Before making a plan, consider:

- The person's likes, dislikes, strengths, abilities and interests
- How the person used to structure his or her day
- What times of day the person functions best
- Ample time for meals, bathing, and dressing
- Regular times for waking up and going to bed
(*A plan is especially helpful when the person with dementia experiences sleep issues or sundowning*)

What is Sundowning? Restlessness, agitation, irritability, or confusion that can begin or worsen as daylight begins to fade.

Writing a plan

- ⇒ Don't be concerned about filling every minute with an activity.
- ⇒ Allow for flexibility within your daily routine for spontaneous activities.
- ⇒ The person with Alzheimer's needs a balance of activity and rest, and may need more frequent breaks and varied tasks.

Daily plan example

(for early- to middle-stages of the disease)

• Morning

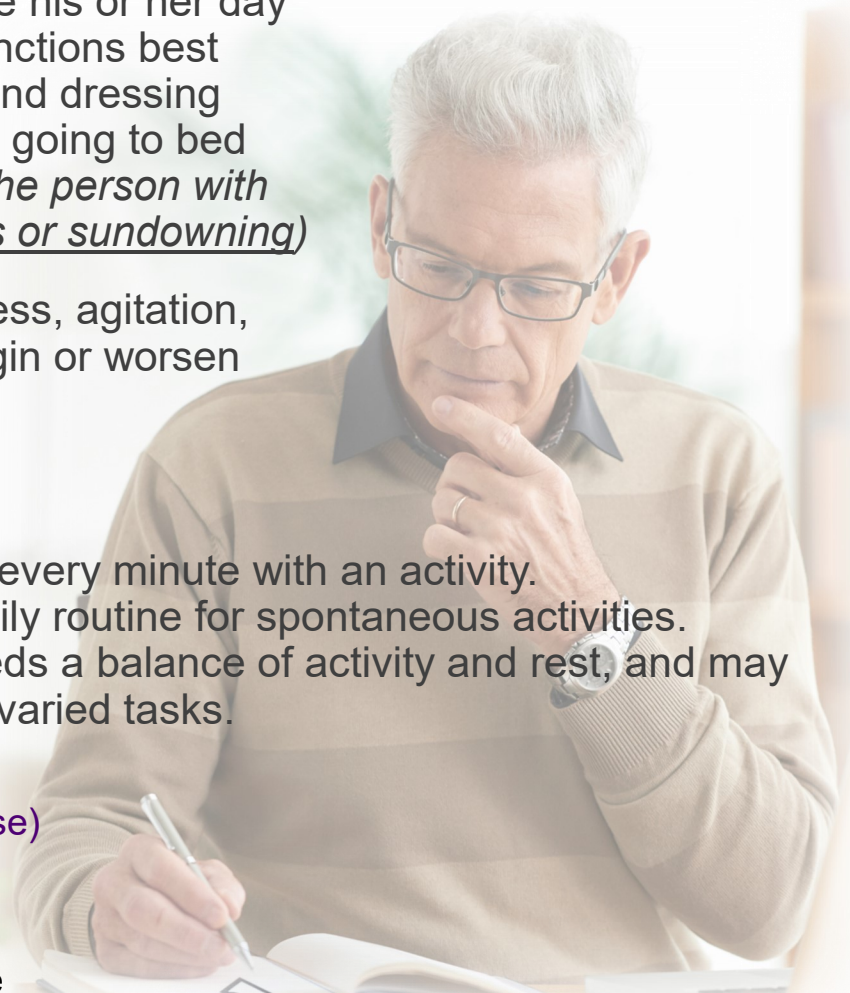
- > Wash, brush teeth, get dressed
- > Prepare and eat breakfast
- > Have a conversation over coffee
- > Discuss the newspaper, try a craft project, reminisce about old photos
- > Take a break, have some quiet time
- > Do some chores together
- > Take a walk, play an active game

• Afternoon

- > Prepare and eat lunch, read mail, wash dishes
- > Listen to music, do crossword puzzles, watch TV
- > Do some gardening, take a walk, visit a friend
- > Take a short break or nap

• Evening

- > Prepare and eat dinner, clean up the kitchen
- > Reminisce over coffee and dessert
- > Play cards, watch a movie, give a massage
- > Take a bath, get ready for bed, read a book



Respite Care

♥ Everyone needs a break



Respite care provides caregivers a Temporary rest from caregiving, ...

...while the person living with Alzheimer's continues to receive care in a safe environment. Using respite services can support and strengthen your ability to be a caregiver. **Learn about the disease** your loved one has. Find out about what is happening now and what will happen in the future with this disease. The more you know, the more you will be able to plan.

Using respite care

Caregiving is demanding—and it's normal to need a break. Seeking help does not make you a failure. Remember that respite services benefit the person with dementia as well as the caregiver

Respite care can help you as a caregiver by providing a new environment or time to relax. It's a good way for you to take time for yourself.



Respite care can provide

- A chance to spend time with other friends and family, or to just relax
- Time to take care of errands such as shopping, exercising, getting a haircut or going to the doctor
- Comfort and peace of mind knowing that the person with dementia is spending time with another caring individual

Respite care services can give the person with dementia an opportunity to:

- Interact with others having similar experiences
- Spend time in a safe, supportive environment
- Participate in activities designed to match personal abilities and needs

A fantastic resource for respite care: www.CommunityResourceFinder.org

- Click on "Community Services"
- Click on "Adult Daycare Programs"
- Enter your Zip Code in the box

Source: www.alz.org



Choosing Care Providers

Getting Started: Assessing Care Needs



The first step in choosing the right...

...care provider is determining the care needs of the person with dementia at this point in time. Whenever possible, involve the person living with dementia in care decisions.

How much care a person needs depends on many factors, including how independently he or she can walk, eat, use the restroom and bathe. During the early stages, the person with dementia may still live independently, but in the middle stages, 24-hour supervision will be needed. In the late stages, round-the-clock care becomes more intensive.

Ask yourself

- > **Safety:** Is the person living with dementia safe? What type of supervision is necessary? Does the person require supervision for some activities such as cooking or using certain appliances? Does the person need 24-hour supervision or care?
- > **Health:** Does the health of the person with dementia require specialized care? Does he or she require help with medications?
- > **Care:** Does the person with dementia need more care than he or she is receiving right now? Does the person need help toileting, bathing, dressing or grooming? Is caring for the person becoming difficult for you? Can you physically manage providing the care needed?
- > **Social engagement:** Is the person with dementia engaged in meaningful activities during the day? Would spending time with other people living with dementia be beneficial?

Contacting care providers

Once you have a clear idea of the type of care needed, ask others for referrals.

A fantastic resource to find care providers:
www.CommunityResourceFinder.org

- Click on “Community Services”
- You’ll see many options such as: Area Agency on Aging, Referral Agencies, Relocation Advisors, Adult Daycare Programs, Elder Law Attorneys, Geriatric Care Managers, and Transportation.

Source: www.alz.org

*“Adopt the pace of nature:
her secret is patience.” - Ralph Waldo Emerson*



National Parkinson's Awareness Month April 2022

- Exploring key similarities and differences between Lewy Body Dementia and Parkinson's Disease
- Timelines/Early Signs
- Symptom Lists/Tips/Resources

You are not alone.
YOU ARE NOT ALONE

"You do not need to fill silence in order to have a meaningful visit." - Margaret S.

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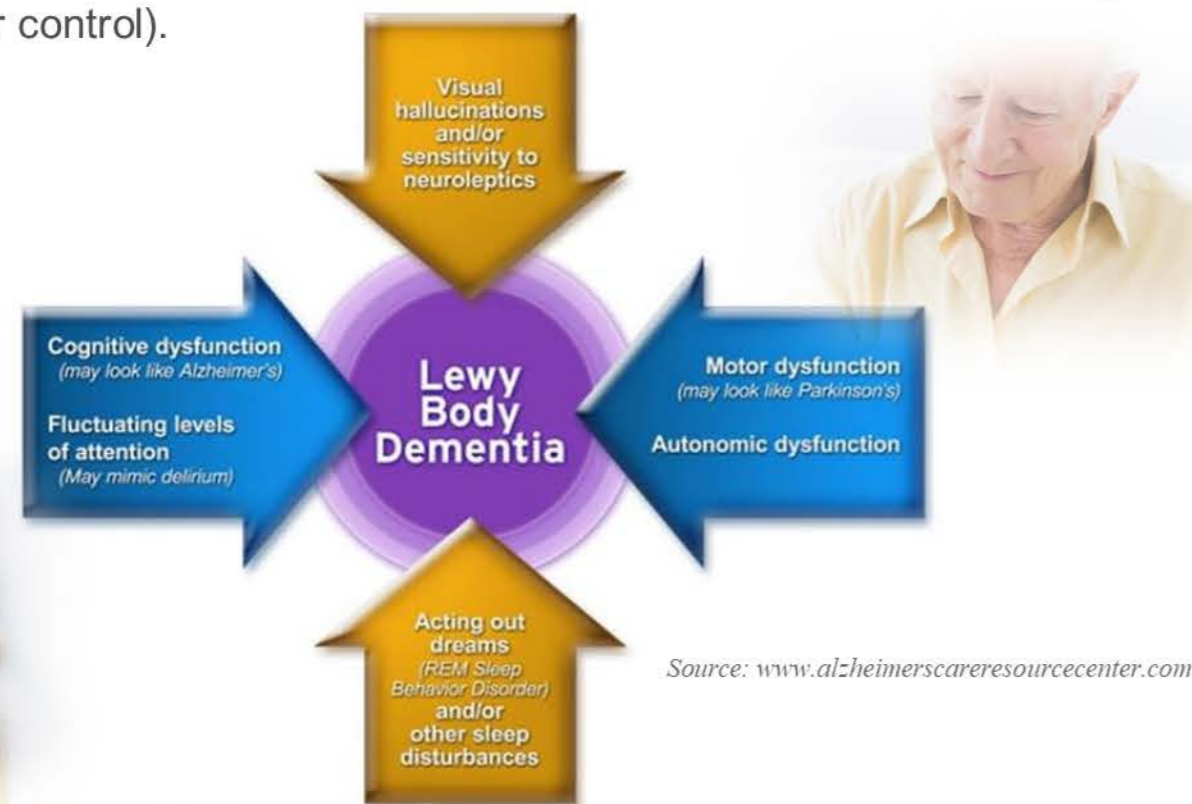
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Exploring Key Similarities and Differences Between Lewy Body Dementia And Parkinson's Disease

What is Dementia with Lewy bodies

Lewy body dementia, also termed as dementia (cognitive decline) with Lewy bodies (abnormal aggregations of protein that develop in the interior of the nerve cells), is the second most common type of progressive dementia (cognitive decline). Abnormal deposits of alpha-synuclein in the brain – called Lewy bodies, develop in nerve cells in the brain areas responsible for movement, thinking, and memory (motor control).



What is Parkinson's

Parkinson's disease is a disorder of central nervous system that affects movement. Symptoms start gradually, sometimes beginning with a hardly detectable tremor (shaking) in just one hand. Tremors (shaking) are common, but the medical condition also commonly results in stiff muscles, slow shuffling gait or slow movement. (See the "Parkinson's 10 Early Signs" list on Page 4)

Source: www.differencebetween.net

Characteristics	Dementia with Lewy bodies	Parkinson's
Definition	Lewy body dementia is a chronic, neurodegenerative cognitive disorder	Parkinson's is a chronic, neurodegenerative movement disorder
Fluctuating cognitive abilities, attention or alertness	Likely	Possible
Planning or problem-solving abilities	Likely	Possible
Significant memory loss	Possible	Possible years after diagnosis
Is it genetic?	LBD is not commonly genetic	Parkinson's cases are genetic
Difficulty with sense of direction or spatial relationships between objects	Likely	Possible
Decline in thinking abilities that interferes with everyday life	Always	Possible years after diagnosis
Cognitive impairment	Before or within 1 year of symptoms	Usually develop after motor symptoms 4-5 years (at least 1 year)
Motor symptoms	Bilateral	Unilateral predominant
Delusions	Typical	Occasional
Cortical Lewy bodies	Typical	Occasional
Neuritic plaques	Typical	Rare
Tremor	Less common	Common

Source: www.lbda.org

Early Signs and Differentiating Symptoms Between Lewy Body Dementia, Alzheimer's, and Parkinson's Disease

Summary of: Differentiating Symptoms Lewy Body Dementia / Alzheimer's / Parkinson's

10 Early Signs of Parkinson's

- Tremor**
- Trouble Moving or Walking**
- Loss of Smell**
- Trouble Sleeping**
- Small Handwriting**

- Soft or Low Voice**
- Constipation**
- Masked Face**
- Stooped or Hunched Over**
- Dizziness or Fainting**

Learn more at [Parkinson.org/10signs](https://www.parkinson.org/10signs)

	Lewy Body Dementia	Alzheimer's	Parkinson's
Decline in thinking abilities that interferes with everyday life	Always	Always	Possible years after diagnosis
Significant memory loss	Possible	Always	Possible
Planning or problem-solving abilities	Likely	Possible	Possible
Difficulty with sense of direction or spatial relationships between objects	Likely	Possible	Possible
Language problems	Possible	Possible	Possible
Fluctuating cognitive abilities, attention or alertness	Likely	Possible	Possible
Changes in mood	Possible	Possible	Possible
Hallucinations	Possible	Unlikely	Possible
Severe sensitivity to medications used to treat hallucinations	Likely	Unlikely	Possible
Changes in walking or movement, such as slower, smaller steps, problems using hands, tremors	Possible	Unlikely	Always
Balance problems and/or falls	Possible	Unlikely	Possible
Rapid eye movement (REM) sleep behavior disorder	Possible	Unlikely	Possible

Symptoms Checklist Lewy Body Dementia

Symptoms Checklist Parkinson's Disease



COGNITIVE SYMPTOMS	
Forgetfulness	
Trouble with problem solving or analytical thinking	
Difficulty planning or keeping track of sequences (poor multi-tasking)	
Fluctuating levels of concentration and attention	
Disorganized speech and conversation	
Unexplained episodes of confusion	
Difficulty with sense of direction or spatial relationships between objects	
PARKINSON'S-LIKE SYMPTOMS	
Rigidity or stiffness	
Shuffling walk	
Balance problems or repeated falls	
Tremor	
Slowness of movement	
Weak voice	
Change in handwriting	
Decrease or change in facial expression	
Drooling	
Loss of or decreased ability to smell	
Change in posture	
BEHAVIOR AND MOOD CHANGES	
Hallucinations - Seeing or hearing things that are not really present	
Other hallucinations (touch, smell)	
Depression	
Apathy (loss of interest and drive)	
Delusions (false beliefs)	
Anxiety	
SLEEP CONCERNS	
Acting out dreams during sleep (sometimes violently), falling out of bed	
Excessive daytime sleepiness	
Insomnia	
Restless leg syndrome	
AUTONOMIC SYSTEM DYSFUNCTION	
Dizziness, lightheadedness or fainting – or changes in blood pressure	
Sensitivity to heat and cold	
Sexual dysfunction	
Urinary incontinence	
Constipation	
Unexplained blackouts or transient loss of consciousness	

MOTOR SYMPTOMS	
Stiffness (rigidity): muscle stiffness detected by a doctor on examination	
Slowness (bradykinesia): decrease in spontaneous and voluntary movement; may include slower walking, less arm swinging while walking, or decreased blinking or facial expression	
Resting tremor: a rhythmic, involuntary shaking that occurs in a finger, hand or limb when it's relaxed and disappears during voluntary movement.	
NON-MOTOR SYMPTOMS - Non-motor (non-movement) symptoms sometimes are called the "invisible" symptoms of Parkinson's because you can't see them from the outside. These common symptoms can affect almost every body system, occur any time in the course of disease (even before motor symptoms or diagnosis) and differ in severity from person to person. Non-motor symptoms can significantly impact quality of life for people with Parkinson's and their families. They may include Autonomic Dysfunction:	
AUTONOMIC DYSFUNCTION – Parkinson's can affect the autonomic/involuntary functions that our bodies perform.	
Constipation: decreased or difficult-to-pass bowel movements	
Low blood pressure (orthostatic hypotension): decrease in blood pressure when changing positions, such as standing from sitting, which can cause lightheadedness, dizziness, or fainting	
Sexual problems: erectile dysfunction in men; decreased libido or pain in women	
Sweating problems: excessive perspiration, even when not hot or anxious	
Urine problems: frequent urination, involuntary loss of urine (incontinence) or difficulty emptying the bladder (weak stream)	
MOOD AND THINKING CHANGES – Parkinson's disease can impact how you feel and think.	
Apathy: lack of motivation and interest in activities	
Memory or thinking (cognitive) problems: vary widely; range from multitasking and concentration difficulties that don't interfere with daily activities (mild cognitive impairment) to significant problems that impact a job and daily and social activities (dementia)	
Mood disturbances: depression (sadness, loss of energy, decreased interest in activities) and anxiety (uncontrollable worry)	
Psychosis: seeing things that aren't there (visual hallucinations) and having false, often paranoid beliefs (delusions), such as that a spouse is being unfaithful, or money is being stolen	
OTHER PHYSICAL CHANGES – Parkinson's can cause other difficulties as well.	
Drooling: build up of saliva because of decreased swallowing	
Excessive daytime sleepiness or fatigue: feeling drowsy, sluggish or exhausted; may be symptoms on their own or result from Parkinson's medications	
Pain: discomfort in one body part of the entire body	
Skin changes: oily or dry skin; increased risk of melanoma	
Sleep problems: insomnia (difficulty falling or staying asleep), restless legs syndrome (an uncomfortable sensation in the legs that goes away with moving them) or REM sleep behavior disorder (acting out dreams)	
Smell loss: decreased ability to detect odors	
Speech problems: speaking in a soft and monotone voice and sometimes slurring words or mumbling	
Swallowing problems: choking, coughing, and clearing the throat when eating and drinking	
Vision changes: dry eyes, double vision and trouble reading	
Weight changes: mild to moderate weight loss may occur in some people	

Resources



Lewy Body Dementia and Parkinson's Disease

- 
- VAcaregivereducation@gmail.com—VIRTUAL REALITY Distance Learning through Zoom (free)—Alzheimer's/Dementia/Lewy Body/Parkinson's—Experience a journey through their eyes (for caregivers & family, doctors, fellows, and students)
 - www.AARP.org/KScaregiverresources (877-333-5885)
 - www.screening.mhanational.org/screening-tools/anxiety/?ref=https://www.google.com (to take mental testing for yourself)
 - www.mountosb.org/ministries/keeler-womens-center/ (913-906-8990) Free Services in Kansas City, KS
 - www.LBDA.org—Lewy Body Dementia Association
 - www.ALZ.org—Alzheimer's Association
 - www.Parkinson.org—Parkinson's Foundation
 - www.APDAparkinson.org—American Parkinson Disease Assoc.
 - www.MichaelJFox.org—Parkinson's research-
www.MovementDisorders.org
 - www.NiNDS.NiH.gov—National Institute of Neurological Disorders and Stroke
 - www.NiA.Nih.gov Go to "Health" and "Alzheimer's"
 - www.Caregiver.org—Family Caregiver Alliance
 - www.AgingLifeCare.org
 - www.AARP.org Go to "Relationships" and "Caregiving"
 - www.WellSpouse.org
- 

National

Mental Health Awareness Month

May 2022



**10 Steps
to Approach
Memory Concerns
in Others**

 **You are not alone.**
YOU ARE NOT ALONE

“Just when the caterpillar thought the world was ending, he turned into a butterfly.”— Anonymous proverb

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10 Steps to Approach Memory Concerns in Others



If you notice changes in friends, family or others close to you and are concerned for their health — particularly when it involves changes in memory, thinking or behavior — it can be difficult to know what to do or say. Although it's natural to be uncertain or nervous about how to offer support, these changes could be a sign of a significant health concern. Use the guide below to help you feel more confident and prepared as you assess the situation and take action.

1. Assess the situation

What changes in memory, thinking or behavior do you see?

What's the person doing — or not doing — that's out of the ordinary and causing concern?

2. What else is going on?

Various conditions can cause changes in memory, thinking and behavior. What health or lifestyle issues could be a factor? E.g., family stress or health issues like diabetes or depression.

3. Learn about the signs of Alzheimer's and other dementias and the benefits of an early diagnosis.

Do you notice any of the signs in the person you're concerned about?

4. Has anyone else noticed the change(s)?

Find out if friends and family have seen changes. What are they?

TAKE ACTION THROUGH CONVERSATION

5. Who should have the conversation to discuss concerns?

It could be you, a trusted family member or friend, or a combination. It's usually best to speak one-on-one so that the person doesn't feel threatened by a group, but use your best judgment to determine what will likely be most comfortable for the individual.

6. What is the best time and place to have the conversation?

Have the conversation as soon as possible. In addition to choosing a date and time, consider where the person will feel most comfortable.

7. What will you or the person having the conversation say?

Try the following:

- > I've noticed [change] in you, and I'm concerned. Have you noticed it? Are you worried?
- > How have you been feeling lately? You haven't seemed like yourself.
- > I noticed you [specific example] and it worried me. Has anything else like that happened?

8. Offer to go with the person to the doctor.

Ask the person if he or she will see a doctor and show your support by offering to go to the appointment.

- > There are lots of things that could be causing this, and dementia may or may not be one of them. Let's see if the doctor can help us figure out what's going on.
- > The sooner we know what's causing these problems, the sooner we can address it.
- > I think it would give us both peace of mind if we talked with a doctor.

9. If needed, have multiple conversations.

The first conversation may not be successful. Write down some notes about the experience to help plan for the next conversation, such as:

Location, date/time of day, what worked well, what didn't, what was the result, what can be done differently next time?

REACH OUT FOR HELP

10. Turn to the Alzheimer's Association for information and support.

You can visit www.alz.org “education resources” to take their free Dementia Conversations online program. Learn how to have honest and caring conversations about common concerns—including driving, doctor visits, and legal and financial planning—when someone begins to show signs of dementia.

You can call the free Alzheimer's Association Helpline (800-272-3900) to speak with a master's-level clinician who can provide more information about how to discuss memory concerns with someone close to you.

Resources



• **A JOURNEY THROUGH ALZHEIMER'S DISEASE "VIRTUAL REALITY EXPERIENCE"**

**A Free Distance Learning Session through Zoom. Alzheimer's/Dementia/
Lewy Body/Parkinson's—Experience a journey through their eyes
(for caregivers & family, doctors, fellows, and students)**

Reach out to: VAcaregivereducation@gmail.com to sign-up.

- Visit the [Alzheimer's Association & AARP Community Resource Finder](#) to find local resources, such as health care professionals, and your closest Association chapter.
- Explore [Evaluating Memory and Thinking Problems: What to Expect to learn what a typical medical evaluation may include.](#)
- www.ALZ.org—Alzheimer's Association
- www.AARP.org/KScaregiverresources (877-333-5885)
- www.screening.mhanational.org/screening-tools/anxiety/?ref=https://www.google.com (to take mental testing for yourself)
- www.mountosb.org/ministries/keeler-womens-center/ (913-906-8990) Free Services in Kansas City, KS
- www.NiA.Nih.gov Go to "Health" and "Alzheimer's"
- www.Caregiver.org—Family Caregiver Alliance
- www.AgingLifeCare.org
- www.AARP.org Go to "Relationships" and "Caregiving"
- www.WellSpouse.org
- www.CaringInfo.org— Palliative care, hospice, advance directives



National

PTSD Awareness Month

June 2022



- Understanding PTSD
- PTSD Symptoms
- Resources

 **You are not alone.**
FOR SILENT WOUNDS

“It is not how much you do, but how much love you put in the doing.” – Mother Teresa

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June is National PTSD Awareness Month

June 27th is National PTSD Awareness Day



Understanding PTSD

It's normal to have upsetting memories, feel on edge, or have trouble sleeping after a traumatic event (also called "trauma"). At first, it may be hard to do daily activities you are used to doing, like go to work, go to school, or spend time with people you care about. But most people start to feel better after a few weeks or months. For some people, PTSD symptoms may start later, or they may come and go over time.

If it's been longer than a few months and thoughts and feelings from the trauma are upsetting you or causing problems in your life, you may have PTSD.

Effects of PTSD

When someone has PTSD, symptoms may affect family and friends. PTSD makes it hard to do everyday things and this may lead to unmet family needs. Partners and children may feel more stress and talking to one another may be tough. It has also been shown that PTSD increases the chances of developing dementia.

Relationships

Trauma survivors with PTSD may have trouble with their close family relationships or friendships. The symptoms of PTSD can cause problems with trust, closeness, communication, and problem solving which, in turn, may impact the way a loved one responds to the trauma survivor.

Here's the Good News

There's a lot you can do to help your loved one heal, strengthen your relationship — and take care of yourself too. Things may not go back to exactly the way they were before the trauma, but they can get better — even if your loved one has been struggling for years.

Please refer to the additional helpful rich resources on the back page of this newsletter for more information and treatment options.

Get Help in a Crisis

If you or your loved one needs help right away:

Call 1-800-273-TALK (1-800-273-8255) anytime to talk to a counselor.

Press "1" if you are a Veteran. The call is confidential (private) and free.

PTSD Symptoms

There are 4 types of PTSD symptoms, but they may not be exactly the same for everyone. Each person experiences symptoms in their own way.

Symptoms usually start soon after the event, but for some people they may come and go, or start much later.

- 1. Reliving the event:** You may notice that your loved one has nightmares, gets upset by things that remind them of the event, or often seems distracted or absent. This can happen because people with PTSD often have memories of the trauma even when they don't want to. They may have flashbacks — memories that are so real and scary that it feels like the trauma is happening all over again.
- 2. Avoiding things that remind them of the event:** You may notice that your loved one goes out of their way to avoid these reminders, or triggers — for example, someone who was in a car accident may avoid driving. They may also try to stay busy all the time so they don't have to think about the event.
- 3. Having more negative thoughts and feelings than before:** You may notice that your loved one seems sad, scared, or angry, and has trouble relating to family and friends. They may also feel numb, or lose interest in things they used to enjoy.
- 4. Feeling on edge:** You may notice that your loved one startles easily, has trouble sleeping, or seems angry or irritable. They may be overprotective of their family, or always “on guard” — like they are worried that something bad will happen.

If you are concerned that someone close to you may have PTSD, encourage them to talk to a doctor or mental health care provider (like a psychiatrist, psychologist, or social worker).

Food For Thought

Resources aren't only for the person who's struggling. Family, friends, caregivers, and loved ones can also reach out to get advice, help, and support.

And hotlines aren't just for crisis situations — it's okay to call or chat if you just need someone to talk to. If someone is in danger of hurting themselves or someone else, you can also call 911 or go to your local emergency room.

PTSD Can increase the chances of developing dementia. You can also call the free Alzheimer's Association Helpline (800-272-3900) to speak with a master's –level clinician who can provide more information about how to discuss concerns with someone close to you.

Resources



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Find out what everyone is raving about!

"Enlightening" "Eye-Opening" "Empowering" "Informative"

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(Alzheimer's/Dementia/Lewy Body/Parkinson's)

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(A must for caregivers, family, doctors, students.)

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- www.ptsd.va.gov/apps/aboutface/
- www.ptsd.va.gov/gethelp/crisis_help.asp
- www.ptsd.va.gov/gethelp/help_for_veterans.asp
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- www.mountosb.org/ministries/keeler-womens-center/
(913-906-8990) Free Services in Kansas City, KS
- www.Caregiver.org—Family Caregiver Alliance
- www.NHPCO.org—National Hospice and Palliative Care Org.





National
Social Wellness Awareness Month
and
July 4th, Independence Day 2022

- Social Wellness
- Fireworks, PTSD, Safety
- Enjoying July 4th with Dementia
- Managing Caregiver Guilt

 **You are not alone.**
FOR SHE NOT STONE

“I am seeking, I am not lost. I am forgetful, I am not gone.” – Koenig Coste

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July is National Social Wellness Awareness Month

July 4th is Independence Day 2022

Social Wellness

Staying Socially Active is important for all ages in order to maintain a healthy lifestyle and offers a variety of benefits. Social wellness is defined as nurturing yourself by building healthy, supportive relationships with others. Making genuine connections with those around you is critical to physical and psychological health.

Research shows that the physical risks of being socially isolated are comparable to the risks associated with heart disease, cigarette smoking, high blood pressure, and obesity.

Benefits of Relationships and Staying Active

- **Reduces the risk of illnesses** such as Alzheimer's, osteoporosis, rheumatoid arthritis, and some cancers.
- **Lessens symptoms of depression:** Isolation is one of the key indicators in seniors with depression. It's beneficial to maintain and build new relationships.
- **Strengthens the immune system,** in seniors who are active socially.
- **Improves cardiovascular health:** Isolated seniors tend to have high blood pressure when they have a lack of social connections.
- **Extending life expectancy.** By remaining socially active, seniors can stay healthier and will live longer than isolated seniors.

"We don't remember days, we remember moments." – Cesare Pavese

Fireworks Safety

While a beautiful spectacle to gaze at for most of us, fireworks can prove to be bothersome to dementia patients. Because they start later at night, your loved one might be too tired and restless to go out and/or may suffer from Sundowning. Perhaps an understated fireworks celebration at home (*see safety warning below*). If the smoke and noise is vexing, then a televised version may work as well.

Exercise Caution: The fizzling brilliance of sparklers might seem harmless. But, sparklers can pose serious dangers. Burning as hot as 1,200 degrees Fahrenheit, they can ignite clothing and burn skin and eyes.

Please refer to the additional helpful rich resources on the back page of this newsletter for more information and treatment options.

PTSD and July 4th

When someone has PTSD, symptoms may affect family and friends. PTSD makes it hard to do everyday things and this may lead to unmet family needs. Partners and children may feel more stress and talking to one another may be tough.

Post-traumatic stress disorder (PTSD) also has been linked to an increased risk of dementia, possibly a doubling of the risk. PTSD is two to five times more common in Veterans compared with the general population. From 2000-2015, more than 167,000 service members were diagnosed with PTSD.

Challenges may present beforehand.

PTSD sufferers may find that the **anticipation** of big crowds and loud celebrations can fill a veteran with dread.

Drone light shows are another option. They have amazing light displays just like fireworks, but replace the loud explosions with music.

“Desperation is the seed of Discovery.” – Diane Greenlaw

Enjoying July 4th

Make the environment positive and festive and get into the holiday spirit by playing up the festive touches! Help your loved one pick out appropriate pieces of clothing that could show off their patriotism.

Decorate the house with red, white, and blue, and play some John Phillip Sousa marches and other classic American songs in the background. You could sing “God Bless America” or “The Star-Spangled Banner” together. If your loved one was in the military, you could also look up songs from his/her branch of service.

Managing Caregiver Guilt

When guilt is unavoidable, choose freely! Faced with their limitations, some caregivers try to overcome them — even making believe they don’t exist — by sleeping less and pushing themselves harder to do more for all the people they feel responsible for. This often leads them to wear down and then feel guilty as if they have “failed” or are insufficiently loving.

Being strategic can help! Allowing themselves to sleep more may mean they are cheerful, not haggard, when in the parent’s company. When there are no perfect options, the most sensible thing to do is to prioritize needs and choose to use your available energies for the most good in a given instance.

Sources: www.aarp.org, www.afscenter.org

Resources



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EXCITING JULY ACTIVITIES AND EVENTS**

**[https://www.leavenworthcounty.gov/
departments/council_on_aging/index.php](https://www.leavenworthcounty.gov/departments/council_on_aging/index.php)**

• **www.ptsd.va.gov/apps/decisionaid/**

• **PTSD CONCERNS: 800-272-3900**

• **CRISIS LINE: 800-273-8255—Free and Confidential**

• **www.ptsd.va.gov/gethelp/crisis_help.asp**

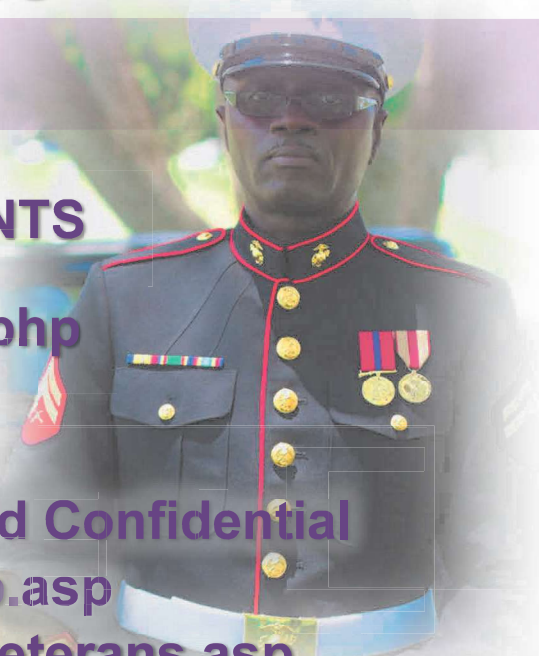
• **www.ptsd.va.gov/gethelp/help_for_veterans.asp**

• **www.ALZ.org—Alzheimer's Association**

• **www.AARP.org/KScaregiverresources (877-333-5885)**

• **www.mountosb.org/ministries/keeler-womens-center/
(913-906-8990) Free Services in Kansas City, KS**

• **www.Caregiver.org—Family Caregiver Alliance**



National Wellness Month

∞ You are not alone.
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- Embracing the Self-Care Mindset
 - Get Your Well-Deserved “Me” Time
 - The Real—Unspoken Truth
 - Coping with a Caregiving Schedule - Golden Nuggets of Time
 - Resources to Empower You

August 2022

“Some days there won’t be a song in your heart. Sing anyway.” – Emory Austin

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August is National Wellness Month

Embracing the Self-Care Mindset

At its core, self-care focuses on sleep, proper nutrition and exercise, and layers on care for our mental state, like actively managing stress, practicing self-compassion, and engaging in mindfulness or meditation.

There is now widespread acceptance in the wellness community that practicing self-care is no longer a nice-to-have, selfish indulgence, but absolutely critical to our well-being. And it's even more important for caregivers, who must take care of themselves in order to take care of others.

Source: www.webmdhealthservices.com

*“Dream without fear.
Love without limits.”*



Get some quick “me” time!

Caregiving is hard — and can lead to feelings of stress, guilt, anger, sadness, isolation, and depression.

That is why it is very important for you to take care of yourself and take breaks.

It is one of the hardest jobs of the caregiver to squeeze time into their busy day to recharge. Most caregivers multi-task with other responsibilities and many caregivers work full-time jobs.

“Try a short easy 5 or 10 minute recharge break. It can make a big difference.”

Perhaps, stepping outside and doing some deep breathing exercises. Taking a few minutes with a warm soothing cup of tea, cocoa, or coffee on the porch or in another room or a quick chat with a friend can help calm the nerves.

Some caregivers watch a short inspirational video or cute videos of kitties or puppies playing. Listen to a song you love. ***Self-Care is a healthy habit.***

Source: Article written Diane Greenlaw



The Real

It can become tiring to hear the same ole tune... “get exercise” “get family to help” “bring in a paid caregiver” “go places” “take a vacation” “eat healthy” “get your sleep” “stop worrying” ... while these things are said with the best of intentions, caregivers are often at their wits-end with absolutely no free time, no family to help, low funds or hard to trust a stranger with your loved one. Sometimes the only time they “sleep” is when they pass out from exhaustion at the end of a hectic caregiving day.

The unspoken truth is that the caregiver does not typically have the luxury of free time. The caregiver is holding it all together for everyone ... gets things done ... and does not complain about it ... caregivers ARE Superheroes because of their ability to work magic for everyone else. Caregivers are strong and determined ... resilient ... everything seems under control ... 24/7/365.



***“To love a person is to see all of their magic,
and to remind them of it when they have forgotten.”***

Coping with a busy schedule: Try some easy doable time-savers to shave-off a few moments here and there for Self-Care. Such as quicker and easier meal preparation, a dry cleaner or someone to handle laundry, groceries delivered to your door. Caregivers power-through all types of chaotic situations. Once the situation is under control, it’s difficult to relax. Sometimes, taking a moment in the bathroom to regroup, splashing your face with cool water, and yes, sometimes even a good cry. Usually, no one will bother while you are in the bathroom, that’s interesting! Caregiving is very personal and private ... the caregiver must feel at peace (deep inside) with the adjustments they are making, so that they can grow through it and give themselves permission to enjoy something ... something that is good for them, without any guilt.

Caregivers are multi-tasking geniuses ... so, why not use ear buds and dance in the kitchen while cooking. Paper table cloths, paper plates and cups, can make meal clean-up a snap! Maybe, everything around the house does not need to be “perfect” all the time. Maybe, general follow-up Doctor visits or meetings can be done via Zoom. Relax a bit about non-urgent things that can wait, some caregivers are perfectionists. Set phone alarms, notifications, and reminders, notes around the house, in the fridge, in the car, or even in the wallet to remove the stress of having to remember everything and minimize the stress of possibly forgetting something. Putting your cell phone on “Airplane Mode” is not a bad thing.

“Helping themselves” can be challenging for the invincible caregiver. Seeking those precious little increments of time for Self-Care will open-up awareness, ideas, and noticing more options for little things that will make caregiving more efficient and manageable. It’s okay to love, it’s okay to feel, it’s okay to laugh, it’s okay to enjoy the taste of good food, it’s okay to have fun ... it’s okay to dance ... your loved one would want that for you. Thinking “outside the box” is key! Your golden nuggets of time are waiting to be discovered.

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- **www.ALZ.org—Alzheimer's Association**
- **www.AARP.org/KScaregiverresources (877-333-5885)**
- **www.TeepaSnow.com—A Dementia-Care Education Specialist**
- **[www.YouTube.com/Teepa Snow's Positive Approach to Care](http://www.YouTube.com/Teepa%20Snow's%20Positive%20Approach%20to%20Care)**
- **www.Facebook.com—Basehor Library—Dementia Caregiver Support Group**
- **www.ArchRespite.org—Great for Caregivers**
- **www.mountosb.org/ministries/keeler-womens-center/
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September 2022



FRIENDSHIP NOW connect smile healing
 kindness • COMPASSION purpose
caregiver healthcare patience
 long term sense
 support LOVE UNCONDITIONAL nurture
 respect trust GRACE
 time activity mobility dignity family THERAPY
 inclusion community

**National
 Self-Care
 Awareness
 Month**

*“The Simple Act of
 Caring is Heroic!”*

~Edward Albert

- 3 Practical Self-Care Tips
- When Things Are Not Okay
- Super Heroes Have Backup
- Decoding the Errand Debacle
- Resources to Empower You



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September is National Self-Care Awareness Month

3 Practical Self-Care Tips

1.) The schedule that wasn't: You know exactly what you need to do today. However, it's the unscheduled snags that get in the way.

Here's an idea that you Can apply right away ... when you notice that you have a few minutes or more that you can use for Self-Care, do it! Try to keep your options open and become more pliable. Since it's impossible to control everything, try going with the flow more often.

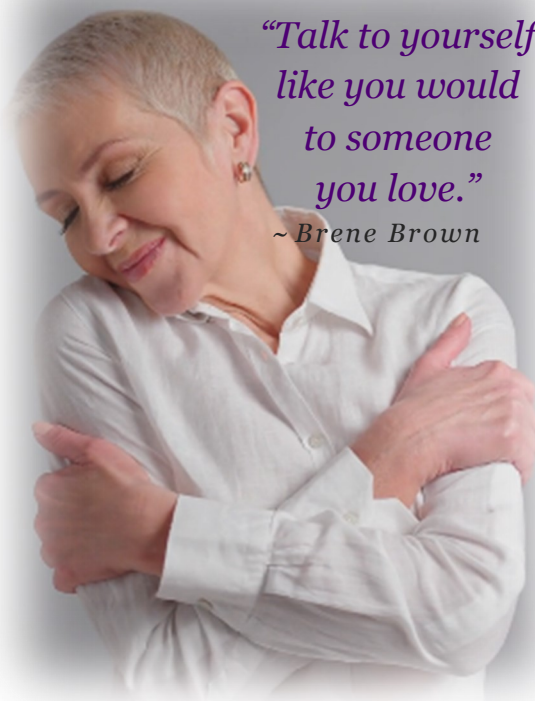
It can be fun to treat it as a game ... I wonder when today's "opportune" moment will show itself? Embrace that moment of precious time and treat yourself to something you enjoy.

2.) Seize the moment: So, now you're going to seize the moment and take advantage of a chunk of free time that has presented itself. But, what will you do? You may want to try keeping yourself open to inspiration. You can check your social media, watch or listen to something you enjoy, sit quietly with a wonderfully scented candle or your favorite flowery scent while enjoying quiet time and deep breathing ... you may try low light or a darker room, maybe with the door slightly closed. Getting fresh air does work wonders ... the breeze on your face, sun on your skin, hearing the birds, and marveling over the amazing sky. While outside, you will also absorb nature's magnetic field and Vitamin D from the sun. Even 5 or 10 minutes of this can give you a boost of energy and wellness feeling.

3.) Now or Later: Caregivers know how they want things to go. Accepting that you may need to deviate from a planned activity or chore makes it an easier transition to Plan B. If the plan starts to unravel, take corrective action or change direction before it becomes overwhelming. Ask yourself, "Does this need to be handled now or can it wait until later?" This will make your day go smoother, because you are giving yourself permission to change the plan.

"Talk to yourself like you would to someone you love."

~ Brene Brown



When things are not okay

It's just too much sometimes ... Those moments ... when you're wondering how you'll get through this time crunch. Things are stacking-up and you have no one to call for a helping hand. As the Super Heroes that you are, you often have too much on your plate and you're trying to persevere through it. Luckily, there is usually something on your schedule that you can trim down or eliminate entirely.

Since you're moving forward constantly, it can be difficult to pin-point these tasks. Take a close look at your day to see where you can simplify tasks and lighten the load on things that may be important, but not time sensitive.

"You owe yourself the love that you give so freely to others."

~ Ralph Smart

Super Heroes Have Backup

The Avengers (Marvel Comics) work their magic as a team! Though they are amazing and super strong in their own right, they realize that teamwork is for the greater good. So, who would be on your team?

If family members cannot help, simply keeping in contact with relationships, either by phone or text, can be the answer that magically yields that genuine offer of assistance when you least expect it and when you need it the most. Friends and new acquaintances can help you brainstorm through a challenge and find the best solution. Sometimes, a perfect stranger will reach out to you in the most surprising way!

"It is not how much you do, but how much love you put in the doing."

~ Mother Teresa

Decoding the Errand Debacle

Leavenworth Council on Aging Offers In-Home Support

Many caregivers do not know that the Leavenworth Council on Aging offers this valuable service to individuals age 60 and older, who are unable to take care of their own shopping needs at grocery stores, discount stores, etc., or would feel more comfortable with others providing this service for them.

Their professional errand staff is also available to assist with essential business errands such as going to the post office, taking a payment to a local business, picking up prescriptions and other general errands. Their errand service is very affordable at only around \$4.00 per errand. Contact them directly for more information: (913) 684-0777

Source: Articles written by Diane Greenlaw

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National Emotional Wellness Month

October 2022

HOPE

HEALTH

HEALING

- Be a Healthy Caregiver
- Grief and Loss
- Repetition
- Suspicions and Delusions
- Virtual Reality Experience
- Resources

 **You are not alone.**
ΛΟΝ ΣΤΕ ΠΟΤ ΣΤΟΝΓ

“Kindness is the language which the deaf can hear and the blind can see.” — Mark Twain

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October is National Emotional Wellness Month

Options, ideas, and alternatives will nurture emotional wellness.

Be a Healthy Caregiver

As a caregiver, you may find yourself with so many responsibilities that you neglect taking good care of yourself. But the best thing you can do for the person you are caring for is stay physically and emotionally strong.

Trying to do everything by yourself will leave you exhausted. Don't do it alone. Seek support from family, friends, your faith community, Dr. Buenaver's Dementia Caregiver Support Group at the Basehor Library which meets every month on the first Thursday of the month at 6:30pm, Dr. Buenaver's Basehor Library 'Facebook' Dementia Caregiver Support Group, and the many resources listed on page four of this newsletter. ***You are not alone!***

Grief and Loss

Allow yourself to grieve. An Alzheimer's diagnosis weighs heavy on Caregivers. No two people experience grief the same way. Grief hits different people at different times; some people need more time to grieve than others. Your experience will depend on the severity and duration of your loved one's illness, on your own history of loss, and on the nature of your relationship with your loved one who has Alzheimer's. Yes, Caregivers are heroes, and are strong, but they also need to let it out and allow themselves to grieve.

Everyone grieves differently and at their own pace.

Repetition

A person with Alzheimer's may do or say something over and over — like repeating a word, question or activity — or undo something that has just been finished. In most cases, he or she is probably looking for comfort, security and familiarity.

People with dementia who ask questions repeatedly may be trying to express a specific concern, ask for help, or cope with frustration, anxiety or insecurity.

How To Respond:

- **Look for a reason behind the repetition.** Does the repetition occur around certain people or surroundings, or at a certain time of day? Is the person trying to communicate something?
- **Focus on the emotion, not the behavior.** Rather than reacting to what the person is doing, think about how he or she is feeling.
- **Turn the action or behavior into an activity.** If the person is rubbing his or her hand across the table, provide a cloth and ask for help with dusting.
- **Stay calm, and be patient.** Reassure the person with a calm voice and gentle touch. Don't argue or try to use logic; Alzheimer's affects memory, and the person may not remember he/she asked the question already.

- **Provide an answer.** Give the person the answer that he or she is looking for, even if you have to repeat it several times. If the person with dementia is still able to read and comprehend, it may help to write it down and post it in a prominent location.
- **Engage the person in an activity.** The individual may simply be bored and need something to do. Provide structure and engage the person in a pleasant activity.
- **Use memory aids.** If the person asks the same questions over and over again, offer reminders by using notes, clocks, calendars or photographs, if these items are still meaningful.
- **Accept the behavior, and work with it.** If it isn't harmful, don't worry about it. Find ways to work with it. As, Dr. Buenaver says, “Let’s Meet Them in Their Reality.”

Suspicious and Delusions

A delusion is not the same thing as a hallucination. While delusions involve false beliefs, hallucinations are false perceptions of objects or events that are sensory in nature. When individuals with Alzheimer's have a hallucination, they see, hear, smell, taste or even feel something that isn't really there.

The first line of treatment for the behavioral symptoms of Alzheimer's is non-drug approaches, but if these strategies fail and symptoms are severe, medication may be appropriate. While antipsychotic medications can be effective in some situations, they are associated with an increased risk of stroke and death in older adults with dementia and must be used carefully. Work with the doctor to learn both the risks and benefits of medication before making a decision.

How To Cope:

- **Don't take offense.** Listen to what is troubling the person, and try to understand that reality. Then be reassuring, and let the person know you care.
- **Don't argue or try to convince.** Allow the individual to express ideas. Acknowledge his or her opinions.
- **Offer a simple answer.** Share your thoughts with the individual, but keep it simple. Don't overwhelm the person with lengthy explanations or reasons.
- **Switch the focus to another activity.** Engage the individual in an activity, or ask for help with a chore.
- **Duplicate any lost items.** If the person is often searching for a specific item, have several available. For example, if the individual is always looking for his or her wallet, purchase two of the same kind.
- **Share your experience with others.** You can join support groups, message boards, share which response strategies have worked for you, and get more ideas from other caregivers.

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NATIONAL

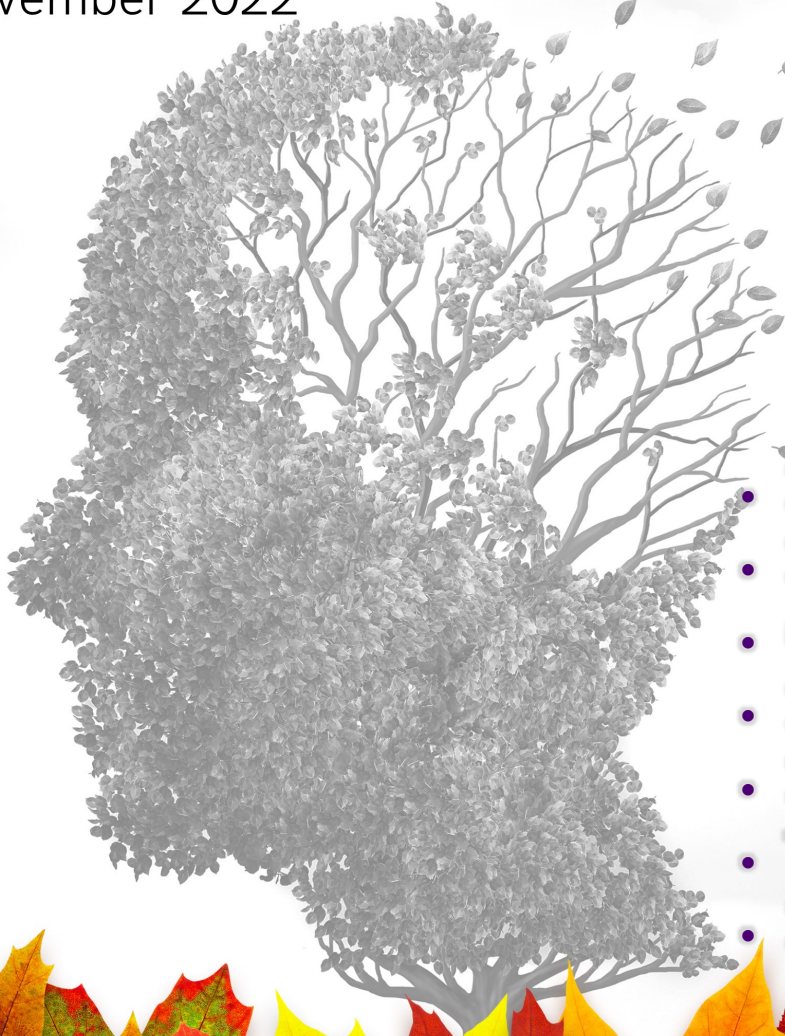
ALZHEIMER'S

DISEASE AWARENESS MONTH

November 2022



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ΛΟΝ ΣΙΕ ΠΟΤ ΣΤΟΥΓ



- **Reducing Holiday Stress**
- **Plan Ahead**
- **Caregiver Self Care**
- **Helpful Holiday Tips**
- **Be Kind To Yourself**
- **Virtual Reality Experience**
- **Resources**

Dementia Caregiver Support Group

Basehor Library:

Meets in person and by Zoom on the first Thursday of every month at 6:30 pm

Join us in this safe supportive environment for caregivers.

Dr. Maritza Buenaver, Geriatric Psychiatrist specializing in dementia education, will guide us as we share our experiences. Anyone is welcome to join us.

November is National Alzheimer's Disease Awareness Month

Reducing Holiday Stress

Holidays are meant to be fun and family-oriented. Caregivers certainly need and deserve the positivity of good times and the support of family gatherings.

However, Alzheimer's can make holidays a bit challenging. People suffering from any form of dementia can become agitated with the sudden transformation of the home, decorations, and other activities that are not part of their normal daily routine. This can cause confusion and can manifest into behavioral problems.



What is actually happening from their perspective ...

Decorations and/or a strange new environment contributes to the underlying fear of everything around them. Fear is compounded with friends and family arriving—which may feel like a “crowd” to them, constant knocks on the door, amplified sounds, constant chatter (especially, if they do not hear well, this can create confusion and even feelings of exclusion). If a family Thanksgiving gathering is on the schedule and your loved one suffers from sundowning, you may want to keep the home well lit.

Trying to do everything by yourself will leave you exhausted.

Don't do it alone. Seek support from family, friends, your faith community, Dr. Buenaver's Dementia Caregiver Support Group at the Basehor Library which meets every month on the first Thursday of the month at 6:30pm, Dr. Buenaver's Basehor Library 'Facebook' Dementia Caregiver Support Group, and the many resources listed on page four of this newsletter.

Plan Ahead

Though families want their senior loved one to have the best possible holiday, people with dementia are easily overwhelmed. Have a back-up plan to give your loved one a nice quiet room as a retreat in case they need a break.

Making plans to keep them involved with the celebration will keep them engaged and feeling included.





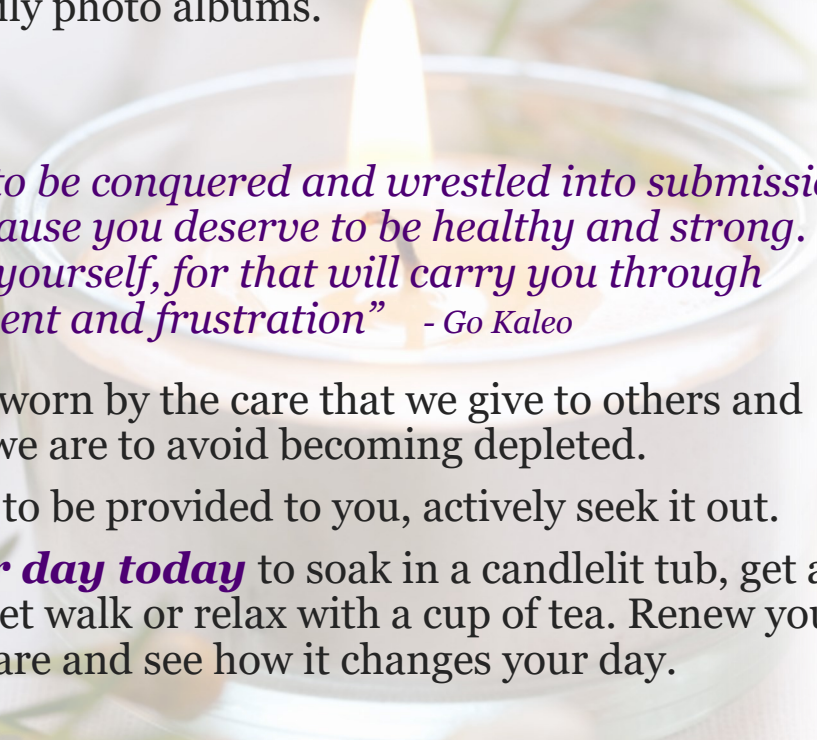
Helpful Holiday Tips

Spending the holidays should be a joyous occasion. When someone has dementia, however, maintaining the holiday spirit can take a little extra work. Make efforts to include them ... If your loved one isn't overwhelmed, invite them to set the table, give out party favors, or pre-dinner snacks. But, be sure to supervise, if needed, depending on the stage of dementia that they are in.

Create new memories ... Bake apple or pumpkin pie, cookies or holiday cake, and ask them to help decorate them. Watch a movie that they would enjoy (not anything with too much action or loud sounds). If you make party favors or gift bags, have them be part of putting them together.

Be proactive ... Look for any signs of agitation. If your loved one seems upset, too quiet, or bored, you can remove them from the environment which may be causing the anxiety, confusion, or fear. Do a quiet activity with them like reading or looking through family photo albums.

Caregiver Self Care



"Your body is not an enemy to be conquered and wrestled into submission. Eat well and exercise because you deserve to be healthy and strong. Be patient and kind to yourself, for that will carry you through discouragement and frustration" - Go Kaleo

Exercise ... Our bodies can be worn by the care that we give to others and therefore need our attention if we are to avoid becoming depleted.

You need care! Don't wait for it to be provided to you, actively seek it out.

Take some time out of your day today to soak in a candlelit tub, get a haircut or a massage, take a quiet walk or relax with a cup of tea. Renew your body with some kindness and care and see how it changes your day.

Be Kind To Yourself

Sometimes, the hardest thing for a caregiver is to stop, take a breath, and recharge. You can better assist during these holidays and support your loved one by making sure You are replenished and healthy. Once the activities are over, perhaps, a quiet and peaceful cup of coffee on the deck or a quiet read from a few pages of your favorite book in a cozy corner. Many caregivers also enjoy audio books. Perhaps, a nice brunch at your favorite local café with close friends or family. Even something as simple as a quick nap or pensive quiet time while gazing at nature always helps. Adding the occasional paragraph to your diary can be very freeing and empowering. Recognize your limitations and always leave some free time in your schedule for You (even if only in 5 or 10 minute increments). You deserve it and your loved one would want that for you.

Resources



A JOURNEY THROUGH ALZHEIMER'S DISEASE "VIRTUAL REALITY EXPERIENCE"

Find out what everyone is raving about!

"Enlightening" "Eye-Opening" "Empowering" "Informative"

Free Distance Learning Experience Through Zoom..

(Alzheimer's/Dementia/Lewy Body/Parkinson's)

Experience a journey through their eyes.

(A must for caregivers, families, doctors, and students.)

**Free Virtual Reality Distance Learning is made possible
by Dr. Maritza Buenaver's Iowa-GWEP/HRSA Grant.**

It's easy to sign-up!

**Schedule Your Free One Hour Virtual Reality Experience
and we will simply email the Zoom link!**

Send a message to the email below to get started:

VAcaregivereducation@gmail.com

Helpful Contacts:

- www.LeavenworthCounty.gov—Council on Aging
- www.ALZ.org—Alzheimer's Association
- www.AARP.org/KScaregiverresources (877-333-5885)
- www.TeepaSnow.com—A Dementia-Care Education Specialist
- [www.YouTube.com/Teepa Snow's Positive Approach to Care](http://www.YouTube.com/TeepaSnow'sPositiveApproachtoCare)
- www.Facebook.com—Basehor Library—Dementia Caregiver Support Group
- www.ArchRespite.org—Great for Caregivers
- www.mountosb.org/ministries/keeler-womens-center/
(913-906-8990) Free Services in Kansas City, KS
- www.Caregiver.org—Family Caregiver Alliance
- www.NHPCO.org—National Hospice and Palliative Care Org.
- www.ptsd.va.gov/apps/decisionaid/
- **CRISIS LINE: 800-273-8255—Free and Confidential**
- www.ptsd.va.gov/gethelp/help_for_veterans.asp

December 2022

education nurture activity
 circulation RESPONSIBILITY
 brain health quit smoking
 awareness NUTRITION
Alzheimer's exercise
 reduce alcohol
 PREVENTION cardiovascular
 healthy fats STRENGTH lifestyle
 STRESS dancing laughter writing
 FUN gardening SLEEP reading
 puzzles singing companionship LOVE

 You are not alone.
 FOR SILENT STRUGGLE

- Joyous Celebrations
- Make Sure Others Know
- Build On Traditions
- Involve Your Loved One
- Visiting Family & Friends
- Meaningful Activities
- Resources

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How Families Affected by Alzheimer's Can Prepare for Joyous Celebrations

While holiday celebrations are often joyous occasions, they can be challenging and stressful for the millions of families living with Alzheimer's.

Families and friends may be unsure of how to involve their loved one with Alzheimer's in activities without overwhelming them (or others). With some planning and adjusted expectations, the holidays can still be joyous for everyone.

We know that people living with Alzheimer's do better with familiar routines.

Keeping the celebrations simple with familiar holiday traditions will be easier for them and easier for their caregivers to manage.

Make Sure Others Know

Let guests know what to expect before they arrive and tell them how they can help. For example, what activities can they do with the person living with Alzheimer's and how best to communicate with them.

Build on Traditions and Memories

Take time to experiment with new traditions that might be less stressful or a better fit with your caregiving responsibilities.

For example, if evening confusion and agitation are a problem, turn your holiday dinner into a holiday lunch.

Involve Your Loved One

Depending on abilities and preferences, make sure to keep the person with Alzheimer's involved in the celebrations, such as packing cookies in tins or helping wrap gifts.

Making plans to keep them involved with the celebration will keep them engaged and feeling included.





Visiting Family and Friends

Routines are a safe space an unfamiliar environment can trigger anxiety for someone with dementia. However, planning and preparation can help you make the experience seamless and enjoyable for all. First, prepare friends or family members for the visit by explaining dementia and any changes it has caused. Go over any special needs, remind them to be patient and engaging with your loved one, and explain that the visit could be short or that you may need to change activities on short notice. You can also send an email or text message, if that makes it easier to reach everyone.

- It may be helpful to stay as close to your normal routine as possible. For example, keep meal and bed times on a similar schedule to that followed at home. Eating in may be a better choice than at a crowded restaurant.
- Be realistic about abilities and limitations. Always, have a quiet room/space option known and perhaps even introduce your loved one to that space so they know there is a quiet retreat available. Keeping it feeling familiar and close to home: You might pack a comfort bag with medications or extra supplies in case your visit lasts longer than expected, perhaps bring their favorite pillow, blanket, and comfort food, a change of clothing and/or undergarments/comfortable socks, perhaps even their favorite pajamas.

Meaningful Activities

Do something outside...

Take a walk, plant flowers, water plants, feed the birds, rake leaves, go to the park, sit on a bench or a swing, watch dogs at a dog park, play catch or toss a ball, play horseshoes, visit a beach or forest preserve, sweep the porch or patio, set up a picnic on the lawn or in the backyard, sit on the porch and drink coffee, hot chocolate or lemonade.

Do something inside...

Listen to the person's favorite music, look at family photo albums, prepare afternoon tea, watch a favorite sport on television, model with play dough, play checkers or dominos, name the presidents, look at photos in a photography book or magazine, identify states on a U.S. map, complete a puzzle together, read from one of their favorite books, watch a favorite movie or sitcom, watch a sporting event, ask the person about his or her childhood, siblings, school, pets or first car, read the newspaper together or read it to them, play a card game.

Do something personal...

Give the person a hand massage with lotion, brush his or her hair, give the person a manicure, make photos of the person and make a collage, encourage the person to talk more about subjects they enjoy, make a family tree posterboard.

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- www.Facebook.com—Basehor Library—Dementia Caregiver Support Group
- www.ArchRespite.org—Great for Caregivers
- www.mountosb.org/ministries/keeler-womens-center/
(913-906-8990) Free Services in Kansas City, KS
- www.Caregiver.org—Family Caregiver Alliance
- www.NHPCO.org—National Hospice and Palliative Care Org.
- www.ptsd.va.gov/apps/decisionaid/
- **CRISIS LINE: 800-273-8255—Free and Confidential**
- www.ptsd.va.gov/gethelp/help_for_veterans.asp