



FRIENDSHIP NOW connect smile healing
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- Series: Learn New Things - Step #3 - AFA 10 Steps to Healthy Aging Chart
- Challenge Your Brain
- 2 Step Slow Cooker Easy Recipe

★ March 19th Event: Dementia Education / Dr. Buenaver
 "To help erase the stigma and misunderstanding of dementia"

- Did you know these facts about women caregivers?
- Three Golden Rules of Dementia
- Why the Golden Rules are Important
- Other Tips for Communicating with Someone with dementia

★ March 6th Event: Dementia Caregiver Support Group

- Virtual Reality Experience
- Resources



"The simple act of caring is heroic."

- Edward Albert

You are not alone.

Dementia Caregiver Support Group

Basehor Community 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.

Co-Leaders: Dr. Maritza Buenaver, Geriatric Psychiatrist
 and Cathy Grigsby, MS, caregiver support specialists,

will guide us as we share our experiences. Anyone is welcome to join us.



Learn New Things

Challenge Your Brain

- Take up a new hobby like learning a language
- Play brain-stimulating games: chess or Sudoku
- Read about diverse topics
- Engage in mentally challenging activities
- Practice meditation for focus
- Seek out new information and experiences
- Try volunteering
- Learn to play a new instrument
- Brushing your teeth with your non-dominant hand stimulates the brain by forcing it to think outside of its normal routine
- Listen to new music and pay attention to the lyrics

This, essentially, pushes your brain beyond your comfort zone by taking-on tasks that require deeper thinking and problem-

solving. Stimulating cognitive development builds new neural pathways. Have fun with these ideas, you'll be surprised!



2 Step—Super Easy Recipe: Slow Cooker Beef Stroganoff

Ingredients

- 1 pound cubed beef stew meat
- 1 (10.75 ounce) can condensed golden mushroom soup
- 1/2 cup chopped onion
- 1/4 cup water
- 1 tablespoon Worcestershire sauce
- 4 ounces cream cheese

Cooking Directions

- 1.) Combine beef, soup, onion, water, and Worcestershire sauce in a slow cooker.
- 2.) Cook on Low for 8 hours or High for 5 hours. Stir in cream cheese just before serving over cooked noodles.

MARCH EVENT: Dementia Education

Dr. Maritza Buenaver is Inviting You to Join Us for this Free Event!

(Sessions are held Every Other Month on the third Wednesday of the month)

Wednesday, March 19th, 6:30 p.m.—7:30 p.m.

**Basehor Community Library
1400 158th St., Basehor, KS**

This program will be led by Dr. Maritza Buenaver, Geriatric Psychiatrist specializing in dementia education. The goal of this program is to help erase the stigma and misunderstanding of dementia by encouraging conversations about the disease, while advancing education and training that leads to compassionate care for individuals. This program will offer insight for people working with the public and for those working in health care.

March is National Women's History Month

Two-thirds of dementia caregivers are women. We applaud You!

Every day extraordinary dedication is carried-out by women who are dementia caregivers, both paid and unpaid. More details about our caregiver heroes:

- Women caregivers provide more intense care for longer periods of time.
- Caregiving responsibilities take a toll on women's health and well-being.
- Nearly half of all women Alzheimer's caregivers say caregiving is physically stressful.
- Women caregivers provide more caregiving tasks than men, and care for people with more cognitive, functional, and/or behavioral problems.
- Women are more likely to quit work either to become a caregiver or because their caregiving duties became too burdensome.
- Globally, women provide a substantial proportion of informal care to people with dementia.
- Approximately two-thirds of dementia caregivers are women. About 1 in 3 caregivers (30%) is 65 or older.
- About one-quarter are "sandwich generation" caregivers. This means that they care for both an aging parent and at least one child under 18.

Three Golden Rules of Dementia

- **Listen:** Listen to the person with dementia and learn from them.
- **Don't contradict:** Avoid arguing with the person with dementia.
- **Don't ask direct questions:** Avoid trying to correct their memories.

Why the Rules are Important

- People with dementia *may have a different reality than you.*
- Correcting their memories *can cause distress.*
- Focusing on their emotions is *more important than accuracy.*
- Acknowledging their version of reality *helps them feel understood.*

Other Tips for Communicating with Someone with Dementia:

- Start where they are at.
- Consider everything they say as interesting.
- Take care of their feelings first.
- Don't take it personally.
- Avoid topics that may upset them.

MARCH EVENT: Dementia Caregiver Support Group

Thursday, March 6th—Basehor Community Library

1400 158th St., Basehor, KS—6:30 p.m.—7:30 p.m.

*In a safe and welcoming environment, the Dementia Caregiver Support Group gives caregivers the opportunity to ask questions and share their experiences with others in similar circumstances. **The support group will be led by:***

Co-Leaders: Dr. Maritza Buenaver, Geriatric Psychiatrist and Cathy Grigsby, MS caregiver support specialists.

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/fellows/residents/staff.)

Free Virtual Reality Distance Learning is made possible

by Dr. Maritza Buenaver's Iowa-GWEP/HRSA Grant.



**It's easy to schedule a
Virtual Reality Session.**

***Just email your preferred
VR Session date and time to:***

vaCaregiverEducation@gmail.com

***Also, ask about our other
Virtual Reality Experiences including:
Vision/Hearing Loss and End-of-Life.***

- **Dr. Maritza Buenaver—Dementia Education, Next Session: March 19, 2025**
• **> Dementia Education Sessions are held Every Other Month on the Third Wednesday of that month, 6:30-7:30 p.m., at the Basehor Library**
- **Dementia Caregiver Support Group, Monthly, First Thursday, Basehor Library**
- **www.Facebook.com—Basehor Library—Dementia Caregiver Support Group**
- **www.LeavenworthCounty.gov—Council on Aging**
- **www.VA.gov/eastern-kansas-health-care/health-services/caregiver-support/**
- **www.ALZ.org—Alzheimer's Association**
- **www.TeepaSnow.com—A Dementia-Care Education Specialist**
- **www.mountosb.org/ministries/keeler-womens-center/**
(913-906-8990) Free Services in Kansas City, KS

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