PLEASE CONSIDER
IN YOUR YEAR-END
GIVING!

CLICK HERE to donate.
Did You Know

you can make a TAX-FREE donation to MemoryCare directly from your IRA?

An IRS provision allows retirees age 70 1/2 years and older to donate up to $100,000 tax-free from their IRA each year to a qualified charity, such as MemoryCare.

Generally, when you take a distribution from your IRA, it is treated as taxable income. Under this provision, the assets are excluded from income if the distribution is made directly to charity.

The distribution is not included in your income so you avoid all the effects that a regular IRA withdrawal creates, including taxes on Social Security benefits.

KEEP CALM & BE PREPARED!

The holidays are here again, and along with them the predictably jolly and often chaotic family gatherings we have come to expect as tradition. But when there is a person living with dementia in the family, some of those expectations can be unrealistic. Dementia causes changes, and different family members may have different perspectives on the situation, especially if it's been a while since they have visited. Assumptions can be made, misunderstandings can arise, and before we realize what's happening, an otherwise happy holiday can be spoiled by hurt feelings.

If you are the caregiver of a family member with dementia, it's easy to forget that others may be surprised or even upset by appearances or episodes that, to you, are normal. You live with this every day; they don't. They expect Mom to be the same as last time they visited. You expect them to realize that she isn't. You blame them. They blame you.

It is an argument waiting to happen.

But with a little advance communication, you have a better chance of dodging this bullet. Letting the rest of the family know what changes to expect can minimize the surprise factor and help their visit go more smoothly for everyone. As the "on site authority" in this area, it falls to you to update them on recent changes that may have occurred since they last saw Mom. Perhaps the easiest way to do this is send a letter or email in advance of their visit, something along the lines of the following:
In this series, Caregiver Network News (CNN) addresses a myriad of common symptoms of dementia, maybe even some that you hadn't been aware of, and will take a deeper look at what is happening and how you can respond.

Our focus for 2018 will be on what are commonly referred to as Executive Function skills, which include judgment, decision-making, insight, logic and reason, sequencing, safety awareness, social filters, and self-awareness. These are our higher thought processes, and are located in the prefrontal cortex of the brain. Nearly all forms of dementia target this area early in the disease - but often the changes are not obvious or even very noticeable to the casual observer.

Part 4 - LOSS OF IMPULSE CONTROL and SOCIAL FILTERS

"I can handle the forgetfulness, I can handle the constant changes - but Dad has started doing embarrassing things in public, and I don't know how to make him stop!"

It's one of the symptoms of dementia that is the hardest for families to face: as the disease robs their loved one's "thinking" brain, it also takes away a sense of social norms, of what is acceptable behavior, of when and how to control emotions and inhibitions. As a result, Dad may loudly accuse you in public of stealing his wallet, or Mom may make noisy comments about someone's appearance. Even undressing in public or making improper sexual overtures can happen.

These episodes are understandably distressing for us, but in most cases, the person with dementia isn't aware that they are acting inappropriately. Reminding ourselves that "it isn't Mom, it's her disease" helps us keep in mind that they aren't doing this on purpose - it's due to the changes in their brain.

What Can You Do?
"As my wife's Alzheimer's progressed, she lost her ability to use words that we could understand, or even to follow what we were saying to her. But even though she couldn't carry on conversation, she still loved it when someone would sing, and would often join in. When the holidays approached that year, we worried about how other family members, especially the children, would relate to her since they couldn't talk with her. Someone had given her several years earlier an apron with snatches of familiar holiday carols all over it. She loved that apron, and when we brought it out this particular year, she insisted on wearing it all the time. We quickly learned that we could point out one of the songs on her apron and begin singing it, and she would immediately sing along, usually finishing the whole carol herself. Not only did it provide a happy alternative to conversation, it became a popular game with the children. They never tired of coming up to her and picking out a song from her apron, and she never tired of singing with them. It created unexpected moments of joy that holiday season that we still treasure many years later. Although my wife is no longer with us, her apron is worn by the grandchildren every year, and we all share stories about her."
"The most precious gift we can offer others is our presence."

~Thich Nhat Hanh

Bearing the Burdens of Grief
Presenter: Bill Smutny

An unexpected complication that comes with a diagnosis of memory loss is having to deal with grief. Permeating our thoughts and actions, grief can affect the well-being of ourselves and our loved ones. Dr. Pauline G. Cerrato will illustrate how she and her husband, Laura, have dealt with these burdens in their journey through the maze of Alzheimer’s.

MemoryCare Education Series
Thursday, December 6, 2018
2pm - 3:30pm
Location: MemoryCare

ONGOING PROGRAMS
Open to the Public

MEMORYCAREGIVERS NETWORK
PEER SUPPORT & EDUCATION GROUPS

FLETCHER GROUP
First Tuesdays, 1:00-3:00 p.m.
Fletcher 7th Day Adventist Church
Howard Gap Road and Naples Road, Fletcher, N.C.
(just past Park Ridge Hospital)

NEW HOPE GROUP
Third Tuesdays, 1:00-3:00 p.m.
New Hope Presbyterian Church
3070 Sweeten Creek Road, Asheville, N.C. 28803
(across from Givens Estates)
"CAREGIVER COLLEGE"
MemoryCare's ongoing educational series for caregivers

A series of six lectures will be provided for anyone caring for a person with a memory disorder. The program is taught by one of the MemoryCare physicians, and is designed to improve caregiver understanding of different aspects of dementia care. Related presentation materials will be provided.

There is no cost for families who are enrolled in MemoryCare. For those not enrolled, the cost is $85 for the 6-part series.

**Course Content:**
- What Is Dementia?
- Transitioning from Independence to Interdependence
- Functional and Behavioral Changes of Dementia
- Dementia Treatment Options & Risk Reduction
- Caring for the Caregiver
- Dementia and Legal Planning Issues

The next **ASHEVILLE** session of Caregiver College begins on **Thursday, March 14, 2019**
and continues on consecutive **Thursdays** through April 18
2:00 - 5:00pm
at the **SECU Center for MemoryCare**
on the campus of Givens Estates

Watch this space for information about the next **Waynesville** session!

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Do you need a program for a group event?
The MemoryCaregivers Network staff presents on a variety of subjects, including Recognizing Early Warning Signs of Memory Loss, Facts and Fiction about Dementia, Better Communication Techniques, and more.

We are happy to speak at your event to raise awareness and knowledge about...
Dementia.

Contact Mary Donnelly at network@memorycare.org

To see a list of OTHER COMMUNITY RESOURCES for those living with dementia and their care partners,

CLICK HERE

Caregiver Network News and The MemoryCaregivers Network are auxiliary programs of

We rely on charitable donations to continue these programs!

Please consider donating...
perhaps in honor of a loved one’s birthday...
or a memorial...
or a sustaining gift to support families like yours
who depend on the services that MemoryCare provides!

Make a difference. Make a donation.
CLICK HERE to donate.

For more information about MemoryCare, click this link to visit our website:
www.MemoryCare.org

Thank you for your interest and support!

MemoryCare is a charitable non-profit organization whose mission is three-fold:
To provide specialized medical care to older adults with cognitive impairment;
to support caregivers with education, counseling, and improved access to services; and to provide community education.

Caregiver Network News is written and edited by Mary Donnelly.
Contact network@memorycare.org for more information.

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