



# Caregiver Network News

A newsletter for caregivers of loved ones with dementia

20  
anniversary  
years

MemoryCare™

Nationally Recognized Pioneers in  
Dementia Care  
*Supporting Families Since 2000*

MemoryCare's first priority is the health and well-being of the families we serve, our staff, and the community. All of us hope that you and your family are well and managing this unprecedented time with COVID-19! Please take care and know that we are here if there is anything you need.

From the **MemoryCare** team

## Be Healthy & Stay Well



- Avoid close contact with those who are sick
- Avoid touching your eyes, nose and mouth
- Wash hands often with soap and water for at least 20 seconds

The TOP 20 in 2020:  
Things to Do While Practicing "Self-Isolation"

We're all staying home a lot more these days. Caregivers are dealing with the closure of many of their support services, such as adult day centers, Memory Cafes, and other programs, as our communities hunker down to weather the COVID-19 pandemic. One caregiver compared it to having the children home during snowstorms – the first day may be fun, but then the isolation kicks in and fun is replaced by a desperate search for something to do! The following list contains a few suggestions to help keep you and your loved one with dementia engaged and entertained while weathering the coronavirus storm (*keep in mind that these address all stages of dementia, so not all of them will be appropriate for your family member*).

1. **Go for a drive.** Just because you're not supposed to be around other people doesn't mean you can't get outside and enjoy the arrival of spring. Maybe take a picnic along. The dog, too.
2. **Read aloud.** Many people with dementia retain their reading skills beyond the early stages. Try short pieces (think Readers Digest), or even books from childhood (think A.A. Milne or Mother Goose).
3. **Watch nature or travel shows on TV.** They're usually visually appealing, and have no plot for a person with a memory disorder to try and follow.
4. **Jigsaw puzzles** are always a good option. Look for ones with 500 or fewer pieces, and lots of color and contrast. There are also jigsaw puzzles online for tables and computers.
5. **Write an autobiography.** If your loved one is still able to write, you can simply provide some questions to them going. If not, you may need to ask them the questions yourself and record the answers. You can find suggestions for getting started online, such as: <https://www.wikihow.com/Write-an-Autobiography>
6. **Play games.** Scrabble, Monopoly, Yahtzee, and traditional Solitaire are familiar and fun for some, dominoes, checkers, or tic-tac-toe for those who need simpler rules.
7. Do some **internet-guided exercise**, such as chair yoga or tai chi. Try <https://www.youtube.com/watch?v=cEOS2zoyQw4> to get started.
8. **Get outside and walk** (if your loved one is able). It's hard to find a nicer month than April to be outside.
9. Get some **music** going, preferably something you can sing along (or dance along) with. Google YouTube.com, find the Search box, and type in your favorite crooner. By the way, YouTube is also good for finding clips from old shows like Ed Sullivan and Carol Burnett.
10. **Keep in touch with others virtually**, using Zoom or Skype or Facetime. This is especially helpful for visiting with family members who don't live in the area, or who are temporarily banned from personal visits due to the current virus restrictions.

11. **Do some gardening.** Find ways your loved one can participate: weeding, watering, planting seeds. Keep in mind that simple, repetitive tasks are easier than those requiring several steps.
12. **Cut coupons.** Whether or not you really use them, it can be a good task for a person with dementia.
13. **Go through that box of photos** you've been meaning to organize, and take advantage of the opportunity to reminisce while you work.
14. **Use your tablet for entertainment.** Solitaire, word searches, coloring sites – try [www.supercoloring.com](http://www.supercoloring.com) or [www.online-coloring.com](http://www.online-coloring.com) to get started.
15. **Shred newspapers or old magazines.** Like with gardening, simple tasks requiring only one or two steps are usually good for a person with dementia.
16. **Music, music, music!** Use Pandora, Alexis, or your own music collection. Look for songs from the past that your loved one might recognize. Singalong songs are typically more engaging than just instrumental music, but anything you can sing along with or dance to will work!
17. **Sorting anything:** poker chips, stacks of magazines, pens and pencils, spools of thread, even old rags...whatever you have a lot of. This may be something that you really need to organize (that odds-and-ends drawer that's been driving you crazy) or it may just be something to keep your loved one with dementia engaged for a little while.
18. Got a golf putter lying around? Try **putting in the living room** or in the yard. Doesn't have to be with golf balls, you can use tennis balls or whatever else you have that rolls. You can even improvise with a croquet mallet or some yard tools. The point is to have fun with it!
19. **Write a letter or card** every day to someone you know.
20. Try **"Doorbell Drop-ins"** – go by for a visit from outside the window or glass door. Bring pictures or other show-and-tell items or treats you can leave on the porch for later. We even heard about a child who taped a paper to the glass door so she and Grandpa could play tic-tac-toe!

For more ideas on how to make life a little easier during this stressful time, read this article [In the Moment: Tips for Families of Persons Living with Dementia by Karen Stobbe](#) (reprinted with permission).

## Accepting Voluntary Confinement

As the COVID19 shutdown continues, all of us are experiencing different

challenges with changes to our routines. In [this article](#), author Judith Tatelbaum acknowledges some of the somber parts of the situation, but offers suggestions for how we can put a more positive spin on our temporary confinement.

## Notable Quotable



**“If you can't do what you do,  
do what you can.”**

- Jon Bon Jovi



## Upcoming Events

### SAVE THE DATE!



***Strategies for Dementia Care:  
Teepa Snow Shares Her Positive  
Approach® to Care***

[Click here](#) for more information or to register.

**WHEN:**

Wednesday, September 23, 2020  
8:30am -3:00pm

**WHERE:**

Mountain Area Health Education Center  
(MAHEC)

With an aging population, dementia is an increasingly common challenge faced by professional and family caregivers alike. This conference will help caregivers better understand behaviors of those with dementia and effective strategies for communication and engagement. Participants will learn about normal aging, ways to reduce risks of dementia, and ways to facilitate meaningful interactions and activities for those with the disease.

## Educational Events

Join us to learn more about caring for your loved one and yourself! Courses are **free and open to the public** and will be presented as a [live online broadcast](#) from 2-3:30 pm on the below dates.

**Registration is required.** To register, click the corresponding course link below or visit the event page at <https://memorycare.org/spring-2020-edu/>.

You will be emailed instructions from Zoom on how to access the event after registration.

**May 7**

[Navigating the Maze of Alzheimer's](#)

Bill Smutny, MemoryCare Caregiver

**May 14**

[Protecting Assets & Quality of Life: Basics of Medicare, Medicaid, and Long-Term Care Planning](#)

Attorneys Andrew Atherton and Kathleen Rodberg with McGuire, Wood & Bissette Law Firm

**May 21**

[End of Life Care— Understanding Goals of Care in Progressive Dementia](#)

Dr. Virginia Templeton, MemoryCare Executive Director

**June 4**

[Carrying the Burdens of Grief](#)

Bill Smutny, MemoryCare Caregiver



MemoryCare is partnering with MAHEC, forming a team to participate in WNC Bridge Foundation's **2020 Drums & Dragons** event currently scheduled for June 13th (*stay tuned due to the possibility of rescheduling in response to COVID-19*).

[Click here](#) for more information and to learn how you can support Team MemoryCare!



**Ongoing Programs  
Open to the Public**

**MEMORYCAREGIVERS NETWORK**

**Peer Support & Education Groups**

During the COVID19 shutdown, all MemoryCaregiver Network support groups will be held on schedule (Tuesdays at 1pm) via Zoom. All current Network participants will receive a link via email to attend the Zoom meetings. If you are not currently attending a MemoryCaregivers support group, please email [network@memorycare.org](mailto:network@memorycare.org) and to receive an email invitation to join us. If you do not use email but would like to talk with a support facilitator, please call MemoryCare (828.771.2219) and leave your name and number, and we will return your call.

**FLETCHER**

First Tuesdays  
1:00-3:00 pm  
Fletcher 7th Day  
Adventist Church  
Howard Gap Road and Naples  
Road, Fletcher, NC  
(just past Park Ridge Hospital)

**NEW HOPE**

Third Tuesdays  
1:00-3:00 pm  
New Hope  
Presbyterian Church  
3070 Sweeten Creek Road,  
Asheville, NC 28803  
(across from Givens Estates)

**NORTH ASHEVILLE**

Fourth Tuesdays  
1:00-3:00 pm  
Newbridge Baptist Church  
199 Elkwood Avenue and  
Merrimon Avenue,  
Asheville NC 28804  
(enter at glass doors adjacent  
to the gym)

**Network meetings are open to the public.**

The Network relies on charitable support to keep its program going.

TO MAKE A DONATION, [CLICK HERE](#)

For more information about the MemoryCaregivers Network, contact:

**Mary Donnelly**  
828.230.4143  
network@memorycare.org

**Pat Hilgendorf**  
828.301.0740  
patricia.hilgendorf@gmail.com



## Caregiver College

A series of six lectures will be provided for caregivers of persons with memory disorders. Sessions are designed to improve caregiver understanding of different aspects of dementia care. The course will be led by Margaret Noel, MD with guest speakers; attorney Caroline Knox and MemoryCaregivers Network Coordinator, Mary Donnelly. Related presentation materials will be provided.

Caregiver College will be hosted for in-person attendance from The SECU Center for MemoryCare and broadcast live to satellite sites (locations to be determined).

Please check the MemoryCare [website](#) for more information or updates.

*Dates are subject to change in response to COVID-19 updates.*

**IMPORTANT:** As a part of a study to help evaluate course effectiveness, attendees will be expected to complete a 3-part participation survey: one prior to, one immediately post, and a final one several months after the course.

**You must register by calling our office at 828-771-2219.**

### Summer and Fall Caregiver College Dates

**July 9 to August 13, 2020**

Thursdays  
2-5:00 pm

**October 15 to November 19, 2020**

Thursdays  
2-5:00 pm

## Upcoming Community Events

*These events are not sponsored by MemoryCare and are provided to you as a courtesy.*

- Alzheimer's Disease and Dementia Care Seminar
  - August 31, 2020
  - [Click here](#) for more details and registration
- 2020 Parkinson's Disease Conference - Living Well with Parkinson's
  - September 25, 2020 (rescheduled from April 24)
  - [Click here](#) for more details and registration



### 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](mailto:network@memorycare.org)

## To see a list of OTHER COMMUNITY RESOURCES

[CLICK HERE](#)

*Caregiver Network News* and The MemoryCaregivers Network are auxiliary programs of



*Caregiver Network News* is written and compiled by Mary Donnelly.  
Contact [network@memorycare.org](mailto:network@memorycare.org) for more information.

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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.

[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.**

Thank you for your interest and support!

[Donate Now](#)

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