



# Caregiver Network News

A newsletter for caregivers of loved ones with dementia



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



## 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:* Top 20 Ways to Reduce Caregiver Stress

1. Get outside, even if it's only for a few minutes every

day. Take your coffee out on the porch and listen to nature waking up. Get a shot of Vitamin D at lunchtime. Enjoy the feel of the air after an afternoon rainstorm.



2. Call a friend and vent...or laugh...or both.
3. Make lists – songs that you can sing with your loved one (I've Been Working on the Railroad, etc), things that you need help with (consult it the next time someone offers), your favorite things (think chocolate and walks on the beach), your bucket list (Skydiving? Learning to knit?), good things that happened today....
4. Change something in your environment – move the furniture around, get a colorful sofa pillow, put up new towels in the bathroom, rearrange a shelf.
5. If you do Facebook, let friends hear from you. If you don't do Facebook, let friends hear from you anyway – call, write, or email them.
6. Clean out a drawer that's been bugging you.
7. Find something that makes you laugh, or at least smile – jokes on the internet, funny videos, etc. [Click here](#) to read *The Power of Humor* from the Jan-Feb issue.
8. Watch an upbeat movie – musicals, comedies, whatever makes you feel good.
9. Make popcorn, toast, or cookies – the smell alone can lift your spirits.
10. Go for a walk – alone or with a friend if you can, or bring your loved one if you can't leave them at home alone.
11. Look into getting a home care companion a few hours every week so that you can have some time to yourself (see Nos. 2, 6, 8, 10, 12....)
12. Acknowledge that there are some things you can't change, so let them go. Try writing them down on a piece of paper and then tearing up the paper.
13. If you can't go for a walk, exercise at home. The internet is full of stretching classes, yoga classes, balance classes...google "exercise for seniors" and see what you find.
14. Try to laugh at the strange things your loved one does instead of getting angry. Shift the blame from your loved one onto the disease: "Looks like Al was here again!" or "It must have been your evil twin!"
15. Do not fail to find time for yourself every day, even if it's only for 15 minutes. Focus on what restores you, energizes you, or makes you smile.
16. Deal with one problem at a time. Write them down and prioritize if necessary (see No. 3).
17. If you don't want to hire a home aide (see No. 11) then ask for help from family, friends, neighbors, church members, support groups. Don't wait for them to realize you need help. Share the care.
18. Talk to other caregivers. Find out what worked for them. There's nothing like getting wisdom from somebody who understands what you're going through.
19. Adjust your expectations. Keep in mind that your loved one's brain isn't working right, so they will make mistakes. Give them a break.
20. Remember that there is no such thing as a perfect caregiver. This is a hard job and you are doing the best you can. Give yourself a break.

## The Funny Side of Caregiving



My husband and I were sitting in church and the offering plate was passed to us. He reached in and took out a handful of money, then turned around and gave it to the couple sitting behind us. Nobody knew what to do, and I whispered urgently: 'Fred, what are you doing?' and he answered, 'Jesus says to give to the poor so that's what I'm doing!'"

## Notable Quotable

"Although the world is full of suffering, it is also full of the overcoming of it."

- Helen Keller



## Upcoming Events



### *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:

Online Attendance Only

**\*\*\* In response to COVID-19 and due to restrictions in place, this event will be available for online attendance only. \*\*\***

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.



## 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) 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 Mary Donnelly at 828.230.4143.

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

Pat Hilgendorf  
828.301.0740  
[patricia.hilgendorf@gmail.com](mailto: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.

The Summer course will be provided as a **live-broadcast for online attendance only**. The ability to access Zoom through a computer, tablet or smartphone with a reliable internet connection is necessary to attend. *Limited in-person attendance may become available as restrictions lift in response to COVID-19. If you are unable to attend virtually, we will place you on a waiting list to attend in-person should the opportunity become available.*

Related course materials will be provided via email. For a physical copy of the materials, you may reserve a binder for pick-up at our office for \$20 or we can mail one to you for an additional \$10 with request for mailing required by July 1st.

**IMPORTANT:** In an effort to evaluate course effectiveness, attendees will be expected to complete a 3-part participation survey: one prior to, one immediately post, and a final 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

*In-person attendance availability to be determined*

## Upcoming Community Events

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



MemoryCare is partnering with MAHEC, forming a team to participate in WNC Bridge Foundation's **2020 Drums & Dragons** event which has been re-scheduled for October 3rd (*stay tuned due to the possibility of further rescheduling in response to COVID-19*).

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

- **Alzheimer's Disease and Dementia Care Seminar**
  - August 31, 2020
  - Dr. Della Simon, MemoryCare Physician, will be presenting.
  - [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?

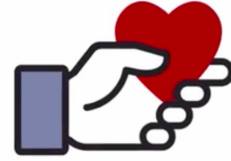
The MemoryCaregivers Network staff presents on a variety of subjects, including Recognizing Early Warning Signs of Memory Loss, Facts and Fiction about Dementia, Better Communication Techniques, and more.

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)

## Facebook Fundraising for MemoryCare

Encourage donations to MemoryCare while also increasing visibility into MemoryCare's work and mission to your Facebook Friends by inviting them to support your fundraiser. They will then learn more about MemoryCare, the reasons why you are supporting us, and hopefully in return, donate to our mission on your behalf.



Facebook makes raising funds easy and secure. You can set donation goals, track your progress towards your goal, and donors can enter their information securely and easily. With Facebook Fundraisers, you can celebrate your birthday, anniversary, or for no other reason than to support care for families affected by dementia in only a few clicks!

Click below to get started on your own Facebook Fundraiser today.

[Create a Facebook Fundraiser](#)

## 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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