

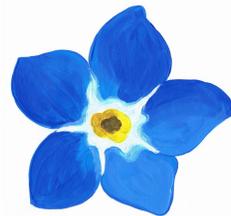


# Caregiver Network News

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
- Wear a face mask when in public settings

## Caregiver College

Fall

The Fall session begins soon! A series of six lectures will be provided for caregivers of persons

Oct 15 to Nov 19, 2020  
Thursdays; 2-5:00 pm

Registration is required. Please call our office at  
828-771-2219 or email  
[education@memorycare.org](mailto:education@memorycare.org) to register.

with memory disorders. Sessions are designed to  
improve caregiver understanding of different  
aspects of dementia care.

See the Ongoing Programs section towards the  
end of this newsletter for more details as well as  
the Winter and Spring 2021 dates.

## *The TOP 20 in 2020:* Top 20 Words of Wisdom About Dementia

1. **We are who we are, even if we sometimes forget.** (Agent K, *Men in Black II*)
2. **Sometimes the best way to hold on is to let go.** (Paulette Bekolo)
3. **We never think how great a gift it is to think.** (unknown)
4. **To love a person is to learn the song that it is their heart, and to sing it to them when they have forgotten.** (Arne Garborg)
5. **Life may be lived in chronological order. But memory finds its own path like water running downhill.** (James Latimore)
6. **Rejoice in the memories.** (unknown)
7. **Learning to ignore things is one of the great paths to inner peace.** (Linus)
8. **Even memory is not necessary for love.** (Thornton Wilder)
9. **Put on your own oxygen mask before assisting others.** (airline safety instructions)
10. **Caregiving often calls us to lean into love we didn't know possible.** (Tia Walker, *The Inspired Caregiver: Finding Joy While Caring for Those You Love*)
11. **Almost everything will work again if you unplug it for a few minutes, including you.** (Anne Lamott)
12. **Christopher is at a stage in his disease where he can't remember the word for moon, but it doesn't matter, he knows it's something beautiful in the sky, isn't that enough?** (Wendy Mitchell, *Somebody I Used to Know: A Memoir*)
13. **While no one can change the outcome of dementia or Alzheimer's, with the right support you can change the journey.** (Tara Reed)
14. **Dementia doesn't rob someone of their dignity – it's our reaction to them that does.** (Teepa Snow)
15. **The past, which is not recoverable in any other way, is embedded in music as if in amber.** (Oliver Sacks)
16. **Human intervention is the chemotherapy for dementia.** (Henry Simmons, Alzheimers Scotland)

17. Who is it that can tell me who I am? (Wm. Shakespeare, *King Lear*)

18. We need to change our minds about people whose minds have changed. (Dr. Allen Power, *Dementia Beyond Disease*)

19. I will forget today but that doesn't mean that today didn't matter. (Lisa Genova, *Still Alice*)

20. Some days there won't be a song in your heart. Sing anyway. (Emory Austin)



## Caregivers for Compromise

The COVID-19 pandemic has created many unforeseen caregiving challenges. Perhaps one of the more compelling issues is the no-visitors restriction at long-term care facilities. Since the middle of March, families have not been allowed to visit loved ones who live in long-term care settings such as Assisted Living, Skilled Care, and Memory units. Although most facilities encourage virtual options via technology or window/patio visits, many families have found that these alternatives may not work with loved ones who have dementia and can even create additional stress.

Prolonged human isolation, with its often accompanying cognitive and emotional decline, is an unintended yet detrimental side effect of the COVID safety protocols, and families are looking for better solutions. Mary Daniel, a caregiver in Florida who was prevented from seeing her husband with Alzheimer's for months, made national news when she got around this by getting a job as a dishwasher at his care facility. She, and others, are behind one of several national movements to explore ways that families can be allowed ongoing one-on-one visits with their loved ones.

If you are interested in becoming involved, or if you just want to know more, please check out the following sites:

[AARP article 8/19/20](#) outlining how several states have opened facilities for essential caregivers

[ABC interview with Bob Willson of NC Caregivers for Compromise](#)

For more information about what is happening locally on this issue, please email Mary Donnelly at [network@memorycare.org](mailto:network@memorycare.org).

Caregivers  
for  
Compromise



## Upcoming Events



### *Diamonds to Pearls - Using Teepa's GEMS® to Identify the Progression of Dementia*

**WHEN:**  
November 17 to December 15  
Five sessions on Tuesdays  
10:00-11:30 am

**WHERE:**  
Live-broadcast for  
online attendance only  
(Zoom)

This program will use Teepa Snow's GEMS® State Model to help caregivers better understand the progression of dementia and how it applies to their particular caregiving situation.

**Each session will focus on a different GEM®**

11/17: Diamond  
11/24: Emerald  
12/1: Amber  
12/8: Ruby  
12/15: Pearl

Prior to registering, we recommend that you review the description of each of the five individual GEMS® states to determine which GEM(s)® are most relevant for you. We welcome you to take any or all of the five sessions as you choose. [Click here](#) for a PDF flyer of the event.

Visit our website for more information on the GEMS® states and to **register:**

**Register**

## MEMORYCAREGIVERS NETWORK

Peer Support & Education Groups

During the COVID-19 pandemic, all MemoryCaregiver Network support groups are being held online only (via Zoom) every Tuesday from 1:00-3:00pm.

Participants will receive a link via email the day before each meeting.

If you are not currently attending a MemoryCaregivers support group, please email [network@memorycare.org](mailto:network@memorycare.org) to join the mailing list. If you do not use email but would like to talk with a support facilitator, please call Mary Donnelly at 828.230.4143.

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

### Fall

Oct 15 to Nov 19, 2020

Thursdays  
2-5:00 pm

### Winter

Jan 7 to Feb 11, 2021

Thursdays  
2-5:00 pm

### Spring

Mar 18 to Apr 22, 2021

Thursdays  
2-5:00 pm

*\*Surveys not required for this session\**

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 is led by MemoryCare staff members and attorney Caroline Knox.

Until further notice, courses 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. *If you are unable to attend virtually, please contact us to be placed on a communications list for the next in-person attendance opportunity.*

**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 two weeks in advance of the course start date.

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.

Registration is required. Please call our office at 828-771-2219 or email [education@memorycare.org](mailto:education@memorycare.org) to register.

---

## MemoryCare 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 for each course.

**To register** visit: [www.memorycare.org/fall-2020-edu/](http://www.memorycare.org/fall-2020-edu/) or click on the corresponding course date below. *After registration, you will be emailed instructions from Zoom on how to attend the event.*

Contact our office at 828-771-2219 or [education@memorycare.org](mailto:education@memorycare.org) with questions.

October 1

**Book Club:**

October 8

**"Lifestyle Choices that May Lower Your Risk**

**"Creating Moments of Joy"  
by Jolene Brackey**

*It is strongly advised that you read this book prior to attending this event. Limited copies of this book are available to check out for a 4-week period from the MemoryCare Resource Center at 100 Far Horizons Lane, Asheville, NC 28803. You may also purchase the book from [Amazon](#).*

Lindsey Kremer, BSW, MemoryCare Care Manager

**for Dementia"**

*A discussion on the latest research on lifestyle choices including physical activity, diet, cognitive engagement, and other healthy habits can impact one's risk for dementia.*

Dr. Stelley Gutman, MemoryCare Staff Physician

## Upcoming Community Events

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



### Drums & Dragons Goes Virtual! 6 Area Non-Profits to Receive 100% of Proceeds

MemoryCare is excited to partner with WNC Bridge for this year's virtual Drums and Dragons Fundraiser! WNC Bridge Foundation's premier fundraising event Drums & Dragons is going virtual from September 21-October 19. Visit <https://givebutter.com/DD2020> to find out more info.

- Participants can enjoy weekly wellness challenges from home to stay active and involved in the community during the pandemic.
- Always wondered about Dragon Boat Racing? Virtual demonstrations on paddling techniques, commands, and the fun that surrounds this unique sport which raises millions of dollars for charities throughout the country every year will be shared.
- Contests like Best Dressed Drummer and Best Dragon-Making Costume

Click the link below for the **Team MemoryCare fundraising page** and watch a video with our very own Mary Donnelly who shares her personal story and how our program has benefitted the community. A community that cares can truly change someone's life. Please support MemoryCare and WNC Bridge Foundation today. Thank you in advance for your generosity!

[Learn More](#)

## Book Club

MemoryCare's Lebedeff Eldercare Resource Center



is a comprehensive resource run as a traditional library and is stock full of pertinent, up-to-date information about aging, caregiving and more. These new materials, along with many others, are available for checkout:

**Alzheimer's Through the Stages: A Caregiver's Guide** by Mary Moller, MSW,

CAS

- Easy to read guidebook for caregivers from onset and diagnosis to end-of-life. Similar to The 36 Hour Day, this book may also be used in the style of a reference book rather than reading chapter by chapter. Caregivers can pick it up at any stage of their loved one's illness to receive practical guidance and support along their journey. Mary Moller also places significance throughout this work on self-care for caregivers.

**Elder Fraud Wars** by David Neil Kirkman

- Great read for anyone who works with, cares for, or has a loved one that falls in this age range. David Kirkman reports on real cases that he encountered during his work as an enforcement attorney for NC DOJ's Consumer Protection Division. He also details fraud vulnerabilities and tactics used by scammers, which anyone who falls into the above category should be aware of.

**The Caregiver's Encyclopedia: A Compassionate Guide to Caring for Older Adults**

by Muriel R. Gillick, MD

- This book really is an encyclopedia for caregivers. It details, in plain language, what caregivers need to know to help them along this journey including navigating the healthcare system, roles of various healthcare professionals that they will likely encounter, details for treating common acute health problems and when to reach out for help, as well as monitoring chronic health conditions and the additional attention required by them.

**Elderhood** by Louise Aronson

- Elderhood is for anyone who is "an aging, i.e., still-breathing human being", per the author Dr. Aronson (a geriatrician). It is structured from birth to death and details in essay/story form growing old in America. It is noted to be "cherished by anyone who hopes to keep on growing, aging, and learning."

**Happy Reading!**

*Thanks to generous donations and devoted volunteer support, the resource center is a comprehensive resource available to our community.*



## 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.

[Subscribe to Caregiver Network News](#)



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**

*MemoryCare is a 501(c)3 public charity as determined by the Internal Revenue Service, Federal Tax ID: 56-2178294.  
Financial information about this organization and a copy of its license are available from the Charitable Solicitation Licensing  
Section at 919-814-5400. The license is not an endorsement by the State.*

**Visit Our Website**