



Caregiver Network News

A newsletter for caregivers of loved ones with dementia



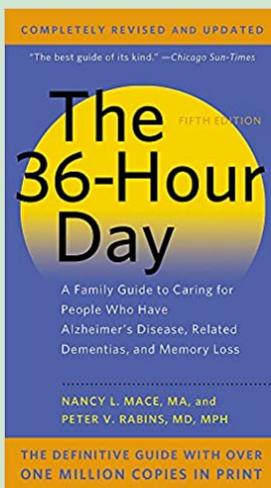
Nationally Recognized Pioneers in Dementia Care
Supporting Families Since 2000



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

We Need Your Help!



Have a copy of The 36-Hour Day you are no longer using?

If you have a copy you would be willing to donate, MemoryCare families are in need.

Consider helping a family by sharing your copy! If you have one you would like to donate, please feel free to drop it by or mail to our office at:

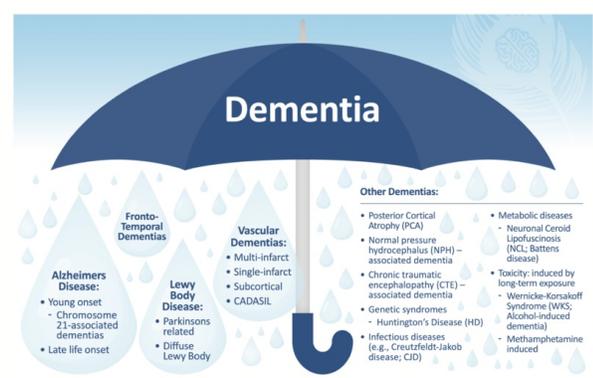
The SECU Center for MemoryCare
100 Far Horizons Lane
Asheville, NC 28803.

For any questions email grieco@memorycare.org.

The TOP 20 in 2020: Top 20 Facts Everyone Should Know About Dementia



1. Dementia is more than just memory loss. It also affects language, thinking skills, and personality.
2. The #1 risk factor for dementia is aging. By the time you reach age 65, your risk doubles every 5 years. By the time you reach 85, your chance is one in three.
3. Dementia is not a normal part of aging.
4. There are currently more than 110 different types of dementia.
5. The most common form of dementia is mixed dementia. Alzheimer's is frequently found as one of the components, followed by Vascular Dementia, Lewy Body Dementia, and Fronto-Temporal Dementia.
6. Mild Cognitive Impairment ("MCI") is a term often used to diagnose early-stage symptoms. It is a risk factor for developing dementia: 50% of persons diagnosed with MCI progress to some form of dementia.
7. Early-Onset Dementia is not the same as Early Stage Dementia. Early-Onset (or Young Onset) refers to a person whose symptoms were determined to have begun prior to the age of 65, whether or not they were diagnosed.
8. "Dementia" doesn't necessarily mean "Alzheimer's." "Dementia" is an umbrella term that refers to a condition that is caused by degeneration in the brain and can be caused by a number of specific diseases. So Alzheimer's is one type of dementia.
9. Dementia is not a mental illness.
10. Most types of dementia are terminal.



11. Some forms of dementia, particularly early onset Alzheimer's and Frontotemporal Dementia, have strong genetic links.
12. There is currently no cure for dementia, but research highlights lifestyle changes that may reduce risk and delay onset of symptoms.
13. A person with dementia may often continue to maintain a normal routine in the early

stage of the disease.

14. Most dementias last between 8-12 years.

15. Dementia (in its early stage) is often misdiagnosed as depression.

16. Dementia can be difficult to detect on routine medical examinations. Diagnosis is aided by professional cognitive assessments as well as by input from someone who knows the person with dementia well.

17. Researchers believe there may be a blood test within the next two years that identifies those most at risk for Alzheimer's disease.

18. Researchers have identified many risk factors for dementia including high blood pressure, diabetes, lack of early education, head injury, mid-life obesity, poor diet, smoking and being sedentary.

19. Working puzzles won't keep you from getting dementia, but researchers are studying whether keeping your brain active (taking a class, learning a language, playing an instrument, etc.) with things you enjoy can postpone onset of symptoms.

20. The #1 thing you can do for brain health is aerobic exercise.



Modifying Our Holiday Expectations for 2020



Most of us would agree that 2020 has presented us with unforeseen challenges. By now we are all used to wearing masks and practicing social distancing – but many families who have a loved one who is more isolated because of COVID, either at home or in a long-term care setting, are at a loss for how to create a virtual holiday celebration. How do we open gifts, how do we observe family traditions, how do we share the joys of the season when our loved one is not able to be with us?

- If your loved one is at home and able to be with a few close family members, then most of the suggestions in [this article from the December 2011 issue](#) will still be applicable. But if your loved one is in lockdown, you'll have to be a little more creative. While this situation does present more challenges, you can, with a little effort, come up with some ways to make this holiday special. We'll get you started with a few ideas:
- If it's feasible for your situation – that is, if the person has access to a tablet or phone as well as someone to assist – then by all means have regular holiday video chats. Make them festive by wearing Santa hats or using holiday backdrops, or even putting a wreath around your neck!
- Don't be discouraged if your loved one isn't able to participate in video chats. Many of

these ideas can work, or be modified, for phone calls.

- Have a planned “program” rather than just trying to have conversation about what’s going on (which, frankly, can get pretty boring for someone who’s in a lockdown situation). For instance, try telling a short holiday anecdote or memory, preferably with an accompanying photo. Or read a traditional holiday story (“The Night Before Christmas”) or scripture, whatever is appropriate to your person’s background. Reminiscing is the key here. Focus on what’s familiar to your loved one, not necessarily what’s the most entertaining for you.
- Less is more. Shorter calls made more often work better than longer calls. Observe the 10 Days of Light or the 12 Days of Christmas by doing one thing for each day. Or do a virtual holiday calendar, counting down the days to Christmas or Hanukkah.



- Music is easy to share virtually, and the holidays have a plethora of it. Try singing a favorite carol on each call. If you just can’t manage it on your own, no problem – find it on your playlist or Pandora and sing along. Whether or not your loved one joins in, they will enjoy hearing it.
- Never underestimate the joy that comes from receiving holiday cards, especially for a person who isn’t able to have visitors or participate in Zoom chats. Get the rest of the family to help out so that your loved one receives a card every day through the season
- Instead of trying to do a virtual holiday dinner, try doing cookies together on one call, hot chocolate or cider on another, etc. This would mean delivering the cookies, etc., to your loved one ahead of time (if they’re in a care facility, you will need to make arrangements with the staff about what is allowed).
- Have duplicate decorations: if you have a poinsettia, be sure your loved one has one too. If you have a wreath, take them one too. Point them out on the calls.
- If your loved one is in a care setting where masks are required, provide fun holiday ones. Get some for yourself, too, and wear them on the calls as a show of solidarity.
- Wrap and open gifts virtually. One or two is plenty per call. Be sure your loved one has something to do on their end – just putting bows on packages is enough – and that they have a gift to open on the designated day.

Get the idea? Once you get started, you’ll find some other ideas that will work for your family’s situation. And with any luck at all, this will be the only year you’ll need to use them!



Notable Quotable

MemoryCare began 2020 in anticipation of its year-long 20th birthday celebration. It didn't quite turn out as we planned.

As we reflect on the unexpected challenges that 2020 has brought us, we marvel at our collective resilience. For many of us there has been change; for some, even loss; but for all of us, a new appreciation of what "being together" means. Being together with each other - whether family, friend, neighbor, coworker, or passerby - is something that we have all missed. It will ultimately come back into our daily lives, but none of us who have experienced this year will ever take "being together" for granted again.

So as 2020 draws to a close, we send along to you our best wishes for getting back together in 2021...and we share a 2011 quote from Oprah Winfrey that seems particularly relevant for today:

"Cheers to a New Year and another chance for us to get it right!"



Upcoming Events

Fraudcast: Memory Issues and Fraud (12/9/2020)

On Wednesday, December 9th at 10:30am, MemoryCare Director, Dr. Virginia Templeton will be joining AARP representative Gretchen Batra for a "Fraudcast" to discuss the issue of elder fraud and ways of reducing risk.

Click below for more information!

[Learn More](#)

SAVE THE DATE!

Kari Berit presents

The S.A.N.E. Method of Self Care

Thursday, March 25, 2020
1:00 - 4:00 pm *via Zoom*

MemoryCare is excited to offer a special half-day seminar presented by Kari Barit!



86% of caregivers care for a relative. Typical family caregivers give and give until they simply run dry. We feel we have to or that we have no choice—they're family. While some consciously choose to give care, others simply fall into the role. It doesn't matter if you are currently in the midst of giving care or just beginning, whether you have chosen this role or

it fell into your lap, this presentation teaches you how to be a S.A.N.E. caregiver – Supported, Appreciated, Not guilty, and Energized. As our aging population explodes, this may be one of the most important presentations you attend this year.

Kari Berit brings years of experience and a passion for the subject of aging and caregiving. An author, speaker, radio show host and regular column contributor, Kari is known for her wit, energy, kindness and insight. She is, as KPNW radio hosts proclaimed, "bubbly, effervescent fun."

Check the January 2021 newsletter or our website at www.memorycare.org for updates on this unique opportunity.

Registration information will be posted on our website as soon as it available.



Ongoing Programs
Open to the Public

MEMORYCAREGIVERS NETWORK

Peer Support & Education Groups

During the COVID-19 pandemic, all MemoryCaregiver Network support groups are being held online only (via Zoom) every 1st, 3rd, and 4th 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 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

Pat Hilgendorf
828.301.0740
patricia.hilgendorf@gmail.com

(Mary and Pat are available on the 2nd Tuesday of every month as well.

Contact Mary for additional information if interested in participating)



Caregiver College

2021 Course Schedule

Thursdays from 2:00-5:00 pm

Winter

Spring

Summer

Fall

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 to register.

MemoryCare Educational Events



Move for Memory

Join us for MemoryCare's Adult Exercise Program, led by Dr. Tiffany Salido!

Classes are free and open to the public and will be provided weekly through Zoom for online attendance (choose which day(s) of the week to attend below).

This class is intended for people with memory impairment to participate *with* their caregiver in fun and simple exercises. The exercises incorporate movements that can improve daily activities and general mobility. Group exercise will be approximately 40 minutes, followed by a time to answer questions. Exercises can be performed standing or seated.

Please note you will be required read and acknowledge a disclaimer when registering to join. The ability to access Zoom through a computer, tablet or smartphone with a reliable internet connection is necessary to attend. Email education@memorycare.org or call 828-771-2219 with questions.

Mondays
9:30 - 10:30 am
January 4 through March 22

[Register for Mondays](#)

Thursdays
9:30 - 10:30 am
January 7 through March 25

[Register for Thursdays](#)



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

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 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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Section at 919-814-5400. The license is not an endorsement by the State.*

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