



Caregiver Network News

A newsletter for caregivers of loved ones with dementia

Emotional Rescue for Caregivers: *How to handle the challenges and take care of yourself*

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

MemoryCare is excited to offer a free half-day seminar
presented by internationally renowned **Kari Berit!**
(*See bio and registration information below*)

Tag—You're it! You've become an unexpected caregiver, a job that requires you to take care of someone who may not remember you, let alone like you. You need to show up every day, with a renewed sense of energy and creativity to handle both surprises and indifference from your loved one. When is there time to take care of your needs? Let me teach you how to carve out time for necessary self-care, set up clear boundaries to avoid family drama, and use creative tools in connecting with loved ones. 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, learn how to be a S.A.N.E. caregiver — Supported, Appreciated, Not Guilty, and Energized.

The Virtual Workshop will be divided into three sections:

1. Emotional baggage—What is it? Why do we hold onto it? How can we let it go?
2. Getting to S.A.N.E.—How can you feel Supported, Appreciated, Not Guilty, and Energized during your caregiving journey and when you are no longer a caregiver?
3. Creative Outlets—Learning how to creatively connect makes a world of difference in how you give care.

**Register
Now!**

Kari Berit is passionate about helping family caregivers find peace and energy as they give care. For 30 years, she has taught caregivers how



to find creativity and sanity in the ups and downs of family caregiving. She is the author of "The Unexpected Caregiver" and "Mental Fitness Instructor's Guide," both offering a wide range of simple, practical, and activity-oriented ideas to better connect with aging parents. Kari is an active writer, coach, and international presenter. Even virtually, her energy is contagious. Kari is fun, inspirational, and down-to-earth. Her goal is to help you become a healthier caregiver.

While this event is provided free of charge, MemoryCare relies on charitable donations to offer these programs. Donations are appreciated to help ensure our education continues to be available to all. *Thank you!*

[Donate Now](#)

How to Stay Afloat as a Caregiver

By Kari Berit

I think most of us have heard about the fable of the boiling frog: If you drop a live frog into boiling water it will jump out. But placing a frog into tepid water and slowly increasing the water temperature, and the frog perceives no danger and is slowly cooked to death.

This is often a fitting metaphor of what happens as we start down the caregiving path. We can't imagine putting an adult diaper on our husband, but incontinence creeps up and soon we find ourselves searching YouTube videos on how to change adult depends. Incrementally, the barriers are being broken down, and what we once said, "I draw the line at," we find ourselves doing. We never dream we'd be cutting up our loved one's food, let alone feeding them.

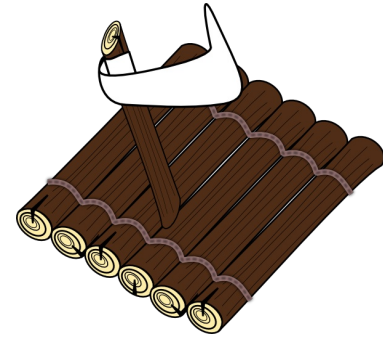
The truth is, much like the frog in the fable, these changes don't all-of-a-sudden happen. Over time, we adapt to many changes and we enter into a series of "new normals." What once was unthinkable has now become "just how it is."

At the same time we are adjusting to the new normal, our stress levels slowly increase. We may be eating more often and less healthy food, exercising less in favor of another hour of sitting in front of the tube. Previous to Covid-19 restrictions, many of us had already stopped dining out because it was too embarrassing or too difficult. We quit inviting friends to visit. Before too long, we also stopped reaching out. Isolation creeps in and we just can't put a finger on why we're feeling gloomy.

I wish I had a magic pill I could give to the thousands of family caregivers who are beating themselves up because they feel they need to handle all the care on their own. This pill would do two things: First, it would engage the left-side or logical side of your brain, sending you the clear message that you are doing everything you can, to the best of your abilities. The second thing this pill would do is ignite your inner self-worth and trigger the message that self-care

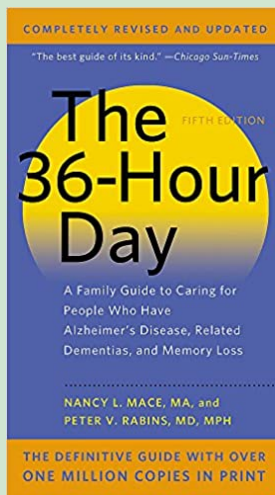
is vitally important. How can you be prepared for the emotional toll and strain of witnessing your loved one fade?

Unfortunately, I can't offer a magic pill, but on March 25th through a virtual workshop, I will share my 30 years of working as a professional and family caregiver, teaching you strategies that you can use right away to help you stay S.A.N.E.— Supported, Appreciated, Not Guilty, and Energized. You are "The Unexpected Caregiver," and that's why I gave my book that very title. Learn all that you can, lean on others, and understand that small changes will creep up on you. I don't want you to be the frog who unknowingly drowns because it got used to the heat.



Let's virtually meet on March 25th and I'll give you a life raft full of ideas and tricks to help you stay afloat throughout your caregiver journey.

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.

Thank you!



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



Upcoming Events

MemoryCare Educational Series

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 via Zoom](#) from **2-3:30 pm** on the below dates.

Check our [website](#) or the next newsletter in April for updates and registration information.

<u>June 3</u>	<u>June 10</u>	<u>June 17</u>	<u>June 24</u>
"Lifestyle Medicine for Brain Health"	Discussion TBA	"Restoring Balance when Dementia's Symptoms Escalate"	Discussion TBA
<i>Presented by Dr. Brian Asbill</i>		<i>Presented by Cloud Conrad</i>	



Ongoing Programs
Open to the Public



Caregiver College

2021 Course Schedule

Thursdays from 2:00-5:00 pm

Spring

April 15 to May 20

Summer

July 15 to Aug 19

Fall

Oct 7 to Nov 11

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.

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)

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

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