



# Caregiver Network News

A newsletter for caregivers of loved ones with dementia

## The Care Families Need

Help MemoryCare continue our important mission to provide specialized medical care to individuals with dementia and to support caregivers as they navigate the challenges of this disease.

When you donate to MemoryCare, you are helping:

- Individuals with dementia receive the **best quality care**.
- Caregivers receive **education and tools** to better manage this disease.
- Low-income families **access our services**, regardless of the ability to pay.
- Our dedicated **staff** be here to coordinate all our program offers.

Please consider making a generous donation online at [www.memorycare.org/donate](http://www.memorycare.org/donate) or via mail by June 30 to:

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

***Thank you!***



MemoryCare's "Care Bear"  
Hendersonville's 2021  
Bearfootin' Art Walk

*"My heartfelt thanks to MemoryCare for the kindness, care, and compassion they give us."*

- MemoryCare Caregiver

## Lifestyle Medicine for Brain Health

Join us for a special event presented by Dr. Brian Asbill Cardiologist, *the first person in the world to be certified in Lifestyle Medicine!*

Can your risk for Alzheimer's and other dementias be lowered? What foods are



best for our brains? What effect does exercise have on brain function? What about the importance of sleep and social connection? Come join us for a presentation and discussion of why healthy lifestyle behaviors are critical for optimal brain function!

**June 3, 2021**  
2:00 - 3:30 pm

To Register:  
[memorycare.org/event/6-3-21](https://memorycare.org/event/6-3-21)

## THE LONG-TERM CARE DECISION Part 2

### MAKING THE MOVE



You have completed the first steps: you've done all your homework, you've chosen the new place, and you've put the wheels in motion. Now you need to let your loved one know what's happening.

As much as you may feel that you should, try not to announce the move too far in advance. For most persons with dementia, this will simply create "anticipation anxiety." One of the biggest mistakes families make in this situation is trying to convince their loved one to understand the decision and agree to the move. These conversations seldom go the direction you want them to, and you will likely be setting yourself up for disappointment - and your loved one for anxiety - if you tell them too much too soon. Keep in mind that by the time most PWD are ready to move to a care facility, they are often past comprehending your lengthy explanations about it. By putting this off, it may feel to you like you are being sneaky but if you look at the whole picture, you are actually being kind.

After all the plans are in place, you will eventually need to share the news with your loved one. This may be done a couple of days before the move, or the day before, or even the morning of, depending on your particular situation. You will want to think ahead about what you'll say so you don't say too much.

Here are a few ideas that other caregivers have used:

- "You're going to a nice place where they can look after you better."
- "The doctor wants you to stay somewhere else for right now."
- "I know you don't want to leave. I don't want you to leave either, but I want you to have people around who can take care of you" or "...we need to do what the doctor says."



- Some families blame it on the caregiver's health: "The doctor wants me to rest because I'm not feeling well. It would help me if you can stay here for right now." If they ask how long they have to be there, you answer truthfully, "I don't know. But I'll be here with you as much as I can."
- If your loved one asks, When will I come home? - "I know you want to be home. I want you home too. Let's see what the doctor says." Or you can throw in a little humor to lighten the tone: "Who will you miss most, me or the dog?"
- If there's pushback ("I'm staying right here"), do not argue or cajole or explain. Simply let it go and say no more about it in that moment. But this may give you a heads-up that talking about this issue could cause more problems than keeping quiet, and that you may have to resort to a more roundabout method of getting the person in the car on moving day.

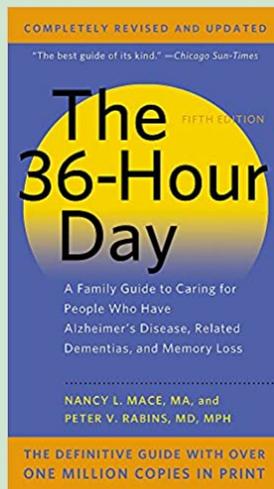
Be prepared for repeated questions – after all, this is a person with memory loss - so you may need to go through this more than once, but try to do it without adding too much detail. You'll have to decide what will work best for your loved one, but whichever way you go, keep in mind that *less is more* in this situation. Telling your loved one all about the new place and talking about the nice people they'll meet there and all the activities they have is way more than a person with dementia needs to hear.

### The Caregivers' Perspective:

*"Once I gave myself permission to accept that my care for Mom would take a different form, I enlisted my brother's help to make the change. Although he was only able to take her out of town for a short weekend, this gave me a chance to take care of details I could only manage with Mom not close enough to be suspicious. I set up her room and made it as inviting as possible with her things close by. Then my brother returned with her and we "had the talk" letting her know what was about to happen. We let her know we were concerned about her health. Then we all went to her new home together and introduced her. She accepted it so much better than I ever thought she would and has never asked to move back to our house."*

[Click here](#) to read the full article!

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

*Thank you!*

**Ongoing Programs  
and Events**



## MEMORYCAREGIVERS NETWORK

Peer Support & Education Groups

During the COVID-19 pandemic, all MemoryCaregiver Network support groups are being held online (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](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)

*(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*

#### 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, Caregiver College 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.*

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

## MemoryCare Educational Series

June 3

"Lifestyle Medicine for Brain Health"

*Presented by  
Dr. Brian Asbill*

June 10

"Planning Ahead: A Practical Guide to Advance Care Planning and End of Life Decisions"

*Presented by  
Dr. Stelley Gutman*

June 17

"Restoring Balance when Dementia's Symptoms Escalate"

*Presented by  
Cloud Conrad*

June 24

"Let's Talk Caregiver Resources"

*Presented by  
Lindsey Kremer,  
BSW, and Carly  
Woods, BSW*

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. Click on the corresponding course date for more information and to register. *You must register for each individual session you would like to attend.*



### Move for Memory

Join us for MemoryCare's Adult Exercise Program, led by Dr. Tiffany Salido! **Classes have been extended through October!** (if you were previously registered, you must re-register to attend these new sessions)

**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](mailto:education@memorycare.org) or call 828-771-2219 with questions.

**Mondays**  
9:30 - 10:30 am  
through October 25

[Register for Mondays](#)

**Thursdays**  
9:30 - 10:30 am  
through October 28

[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](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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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](#)