

May 2, 2016 Volunteer Meeting

At our May 2nd Volunteer meeting Jess Steinbrenner joined us to share some of her vast knowledge on Alzheimer's disease. Jess is the Program Director for the Minnesota/ North Dakota Region of the Alzheimer's Association and an excellent educator. We opened this meeting up to the public and had 65 people in attendance. Jess talked about the stages of Alzheimer's disease and we gained some valuable tips as to how we can improve our communication with our friends and loved ones dealing with the disease.

Key points to remember

1. *Respect and Empathy are key. Respect the person as the adult he or she is, and adjust your communication based on what is meaningful to the person today. The essence of the person continues.*
2. *Join the person's reality to uncover the source of reactions and to connect. Remember behavior is a form of communication, and by seeing the world through his or her eyes, you can get clues about what the person is responding to.*
3. *Understand and accept what you can and cannot change.*
4. *Focus on feelings, not facts. Responding to feelings first can help avoid resistance.*
5. *Try to decode the person's communications. The emotions behind the words or behavior being expressed are your most powerful tools when attempting to decode communication and connect with the person with dementia.*
6. *Recognize the effects of your mood and actions. 55% of our communication is expressed in our body language, 38% by the tone of our voice and 7% in our words.*
7. *Help meet the needs while soothing and calming the person. Provide what you can to meet the person's needs, remembering to help the person feel safe and content.*

If you need a copy of the Handouts from the presentation please give us a call and we will get them to you.

Refer to page 3 for some pictures of this event and quotes regarding Alzheimer's Disease.

Jean Bristow 320-763-9084

"Let us not seek the Republican answer or the Democratic answer, but the right answer. Let us not seek to fix the blame for the past. Let us accept our own responsibility for the future."



John F. Kennedy

Do You Remember 50 years ago 1966:

Lyndon Johnson was President.

US population was 196,560,338.

Life expectancy was 73.9 Years.

Troops in Viet Nam 184,314, this number rose to 549,500 in 1969.

Medicare enrollment began on July 1, 1966.

Quaker Oats introduced instant oatmeal.

The top grossing movie was "The Bible In The Beginning".

Walt Disney succumbed to Lung Cancer at the age of 65.

Billboard's number one song was the "Ballad of the Green Berets".

Montreal won the Stanley Cup and Boston was the NBA Champion.

Introducing Pamela Kamholz, Respite Coordinator

Happy Spring! I'm excited to be part of this team and involved in the service our organization provides for the community. I'm in the process of meeting our clients and all of you our volunteers, the heart of the program. The world is truly hugged by the faithful arms of volunteers. I'm a Registered Nurse and my career path began with the care of Elders and has taken a winding path back to my passion, working with Elders. Along the way I've been an Oncology Nurse, staff nurse on Medical, Surgical and Pediatric Units, Addiction Treatment Nurse, Director of an Adult Day Program and taught LPN and Nursing Assistant Courses.

My story began in Montevideo, MN, the oldest of 3 siblings. I attended a "one room school house" until we moved to Owatonna, MN. In the early 70's our family moved to Alexandria and this is where I chose to raise my family. We have 2 living children, 1 grand daughter and 2 grand puppies! My husband, Joel and our puppy live shortly north of Alexandria.

Pamela Kamholz, cont. from page 1

These are the “threads”, of my story and we all have a story. I’m excited to learn the threads of your stories because when you pull a thread here and there you’ll find it’s attached to the rest of the world. The joy is in finding our interconnectedness. That does embody what we all do at Elder Network.

Enjoy these lovely spring days and thank you for volunteering.

ATTENTION RESPITE CARE VOLUNTEERS

The next monthly volunteer meeting is June 6. If you are currently an active respite care volunteer or Gathering volunteer or if you are interested in doing so, please plan to meet briefly after the large group presentation. This will allow me the opportunity to “take a pulse” and hear what’s working or what needs to work better, ask questions and maybe answer a few. We can also briefly review some “housekeeping” rules. Hope to see you all there! Pamela K

Top Ten Ways To Care For Yourself

1. Keep a diary. Start today. Describe your fears as well as your hopes, the reality of what each day is like, Don’t be afraid to write about the losses, big or small.
2. Stick with your diary. Let yourself record the little victories, go back and review the earlier months and years. Notice the personal, physical, emotional goals and successes you and your loved one have achieved.
3. Create a simple communication network. Think of this as a designated communicator. Choose a friend or relative who will make all the calls and tell all the news when there are calls to make and news to tell, you might want to save the “big successes and wonderful news” sharing for yourself, but you will be worn out if you are constantly on the phone retelling the details of the last days or weeks over and over.
4. Let your friends help you. When someone asks “Can I do anything for you?” give him or her something to do. Let your friend run an errand or stay with your loved one while you take a break and get out on your own.
5. Visit with people you love. You may often have to ask your friends or family to come to your house or keep you company while waiting for your loved one’s treatment to be over. You need to be a whole person who has friends and interests and can think about something besides the responsibilities of caregiving. You shouldn’t have to reinvent your life when your caregiving responsibilities subside.
6. Stay involved in your loved one’s personal life. Be careful that your loved one does not slip from the role of loved one, family member, friend into the role of patient. Don’t let yourselves lose the relationship you had prior to the need for caregiving.
7. Talk about it! There are innumerable fears and anxieties associated with any illness or disease, which can and will tear a person apart. Talk to your friends and your loved one about your feelings. The worst thing you can do is build a wall around yourself to protect others.
8. Keep the romance alive. Couples facing caregiving situations are apt to forget to nurture the relationship that brought them together up till this point. These relationships need just as much, if not more attention, now that one of you is ill, than they did before.
9. Include your loved one in your changes. As time passes we all change in small and big ways. If you find a new friend, discover an interest in a new genre of books or music, find a new recipe or a great place to eat, share these as much as possible with your loved one. Introduce your new friends, have them visit, if your loved one cannot easily leave the house.

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10. Spend time reading the new books aloud, listen to the new music together. Keep setting goals. Before you were a caregiver, you set personal goals. Your life did not end because you became a caregiver. When the caregiver duties subside, you should not “Return” to your life, you should continue with your life.

Courtesy the Caregiver Newsletter

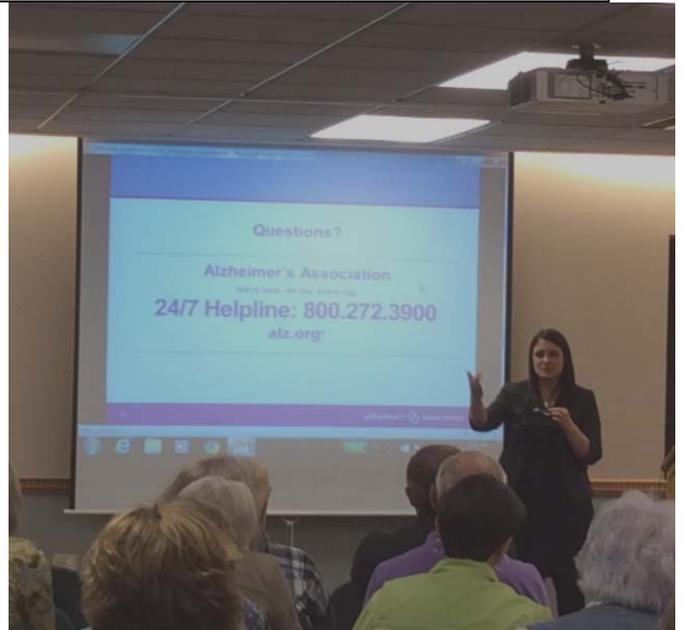
**“I want to tell you how much
I miss my mother.
Bits of her are still there.
I miss her most when
I’m sitting across from her.”**

**- Candy Crowley,
CNN Chief Political Correspondent** alzheimers.com

**“We’re really a
composite of our life
experiences – memory
layered upon memory
and Alzheimer’s steals
that away.”**

- Meryl Comer

alzheimers.com



“It hurts to know you will never remember the things I’ll never forget” [Tiffany Williams](#)



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Make a difference in the lives that follow.

In-service (1:00-2:00 p.m.) is held at Calvary Lutheran, 605 Douglas Street, Alexandria. The next one will be June 6, 2016. The presenter will be Scott Kent from the Alexandria Police Department. These in-service trainings and supervisory meetings are all held at Calvary Lutheran on the first Monday of each month. If there is any change to this you will be notified.

****July Supervisory Meeting:** There will be no meeting in July as the first Monday is July 4th. Have great Holiday.

If you no longer wish to receive this newsletter, please send an e-mail to eldernet@embarqmail.com or call us at 320-763-9084.

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