



SUPPORT GROUPS

1st Tuesday @ 1:00 pm
*Support group and
 Activity group for loved ones*

The Shambles Village
 2126 N. McCulloch Blvd. Suite 7
 Lake Havasu City, Az.

2nd Tuesday @ 1:00 pm
*Support group and
 Activity group for loved ones*

The Shambles Village
 2126 N. McCulloch Blvd. Suite 7
 Lake Havasu City, Az.

3rd Tuesday @ 1:00 pm
*Support group and
 Activity group for loved ones*

The Shambles Village
 2126 N. McCulloch Blvd. Suite 7
 Lake Havasu City, Az.

4th Thursday @ 1:00 pm
Support group

Havasus Community Health Foundation
 94 Acoma Blvd. S. Suite 101
 Facilitator, Paula Anderson

CONTACT US

928-453-9160

Dementia Connection of Havasu
 94 Acoma Blvd. S. Suite 101
 Lake Havasu City, AZ. 86403

**Dementiaconnectionof
 havasu@gmail.com**

***We Are Here to Help with
 Support and Education!***

An Old Space - a New Place

Dementia Connection is pleased to announce the refurbishing of the former office location of the Havasu Community Health Foundation. Suites #5 and #7 in the Shambles Village are now occupied by the HCHF Learning Center. The center will be occupied by Dementia Connection of Havasu for monthly support groups on the first, second and third Tuesdays, and facilitated by Beth Biehn, MSW. The Virtual Dementia Tour will also be conducted at this location, and will be scheduled on the 4th Tuesday by appointment. Persons wishing to take the tour can schedule an appointment by calling the Foundation office. Free Memory Screens will also be offered at the center by appointment, and we hope eventually to have educational programs at the center as well. Board meetings and the 4th Thursday Support group for Caregivers will continue to be held at the Foundation office on Acoma Boulevard. We are excited to have this facility, which enables us to continue serving the community.



Steady as she Goes

Our newly organized Parkinson's Support Group, appropriately named "Strong and Steady" is making a difference in the lives of those with Parkinson's Disease. Facilitated by Rebecca Duffy, DPT, the group meets monthly at the Foundation office in the Conference Room on the 3rd Thursday of each month. This group also interfaces with Stroke Support. In addition to Support Group meetings, Rebecca also sees several of the participants in her clinic at Lake Havasu Health and Fitness.

3rd Annual Movin' for Memory Walk



The 3rd Annual Movin' for Memory Walk was held at Rotary Park on Saturday, November 4th, 2017. Over 200 walkers registered to Move for Memory and raise awareness in support of persons with Dementia. Proceeds from this event enable Dementia Connection to provide support and education to the Community. Sincere thanks to all of our supporters for this event, which included local businesses, health professionals, civic organizations and private donors. We sincerely appreciate your generosity.

The Memory Walk Committee has already started planning the 4th ANNUAL MOVIN' FOR MEMORY WALK, which is scheduled for Saturday, November 3rd, at the same location in Rotary Park, so SAVE THE DATE, and join us. Volunteers for this event are always appreciated! **To volunteer, call the Foundation at 928-453-9160, and leave your name and contact information.

HELP Community Growth Serve **Serve Connect Help** COMMUNITY Connect VOLUNTEER VOLUNTEER VOLUNTEER Connect Growth Growth CONNECT

Would you like to be a Volunteer?

We are in the process of organizing our volunteer associates under the direction of Board Member, Pam Ford. Whether you can give two hours or ten, everyone has a different skills set, and we welcome your time and talent for the good of the organization.

If you are interested in joining our associate volunteers, please call Dementia Connection at the Foundation, 928-453-9160



"TREE of REFLECTIONS"

The Tree of Reflection Ceremony was held at the Shugrue's Island Mall on Sunday, December 11th. This is an annual event which is held to remember loved ones affected by Dementia. Our speaker was Regina Olson, who, along with her sister, authored the book, *Losing Mother Twice*, which is the story of her personal journey taking care of her mother. Music was provided by the Lake Havasu Community Choir and Heidi Bybee.

Do you need a Fidget Quilt?

Fidget quilts are a colorful and practical solution for loved ones with Dementia who are restless or anxious, picking at clothing or bed clothes, and need that special something to keep their hands busy.

Our fidget quilts are crafted by the ladies of Our Savior, Lamb of God and Mount Olive Lutheran Churches at the direction of Leslie Mansfield, Board Member. We are so grateful for the skilled hands of these volunteers.

Dementia Connection has provided these small lap quilts to hospital patients as well as residents of care centers. If you are looking for a solution that is calming and comforting for those "busy hands", please contact Dementia Connection, and we will be happy to provide a Fidget Quilt for your loved one. 928-453-9160

Remember, the Fidget Quilts are provided **FREE OF CHARGE** for persons with Dementia who need something to keep their hands busy. It is a non-medicinal approach for those who deal with restlessness.



A Change in Numbers:

The phone number for Client Support is now the number for the Health Foundation, 928-453-9160. The previous number, 855-6000, is no longer in service. A Call List of Dementia Connection Board Members has been established for client support. Calls for support will be referred by the Community Health Foundation staff.





Teepa Snow,
MS, OTR/L, FAOTA
created the GEMS
model for better
understanding of
Dementia Stages



Positive Approach to Care a positive experience!

An audience of two hundred people attended a two-day conference with Teepa Snow, nationally renowned Dementia specialist.

All participants agreed that it was an enriching two days, jam-packed with a wealth of information ranging from Dementia 360, to the Gems model, to useful tips for hands-on care.

The conference was held at Shugrue's Bridgeview Room, where participants enjoyed an intimate setting and many interactive demonstrations on how to deal with persons with Dementia at various stages of the disease.

The conference was also attended by several Vendors representing the many facets of care, including care centers, Hospice care, Medical Safety Devices and Legal Considerations.

The event was chaired by Paula Anderson, Founder of Dementia Connection. Our thanks to Paula and her committee, Dementia Connection Board, Health Foundation staff, and the many volunteers who worked on this special event.

A special thanks to Teepa Snow for sharing so eloquently, her wealth of knowledge on Dementia Care.





Sincere thanks to the following organizations who have made generous donations to Dementia Connection:

The Elkettes (proceeds from See's candy sales)
Calvary Sunday School (proceeds from Garage Sale)
Havasu 4-wheelers (Charitable donation)

LIFE AFTER CAREGIVING



As many of us know, caring for someone with Dementia can be all consuming. The days are filled with managing the household, tracking medicines, doctor appointments, addressing legal considerations and finances, as well as managing the physical, behavioral and emotional needs of the person with dementia. All of this leaves very little time to care for oneself. It stands to reason, then, that when the loved one dies, it leaves a huge void in the day-to-day schedule. Even though there may be a sense of relief, there is also a sense that the caregiver has lost their "purpose", and it may even feel like you have lost your "job". The passing of a loved one leaves a void, but so does the end of "caregiving".

It is sometimes very difficult to get past the loss, and to find a renewed purpose, and recapture the "joy". Here are a few suggestions that may help you to find your "life" after caregiving. Julie Mayer, Clinical psychologist, suggests that grief is a mixture of sadness and love; sadness for the impending loss, but deeper love for the privilege of caring. It is sometimes wise to seek support from bereavement services in your community to work through those feelings.

Secondly, lean on YOUR strengths, many of which you have fostered through the caregiving process. They include strength, commitment, persistence, tenacity, courage and yes, even humor. Seek support through caregiver support networks. There is no greater validation, than that which comes from those who can identify with your journey.

Stay active! Often, caregivers put their own health concerns on the "back burner", and some even succumb before their loved one due to compromised health and wellness. Be sure to address the basics of adequate diet and exercise, and sleep. Some may choose to return to former job interests, or pursue a sports hobby. Others may continue in a caregiving role, sharing their expertise, or even author a book about their experiences. Whatever the strategy, do not curl up and retreat. Your loved one would not want that!



Volunteering can often be a natural "next step" from a caregiving role. There may be a specific outlet based on a diagnosis, such as cancer or Parkinson's. That said, for some, it may be too painful to immerse yourself in the very thing that took your loved one. It is a personal choice.

Lastly, TAKE TIME! Each person's journey is different, and there is no suggested time line by which you should be expected to "recover" or move on. Experts advise to take a full year to work through grief, and to experience all the "firsts", including birthdays, anniversaries, holidays and special events. Wherever your personal journey takes you, remember that there are no "wrong" approaches, or timelines, and remember to embrace all the good memories, so that you truly do have "life" after caregiving.