



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

CONTACT US

928-453-8190

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!***



Dementia Connection of Havasu is a partner under the umbrella of Havasu Community Health Foundation, a 501(c)3 Taxpayer ID# 20-1839858

SETTLING IN

Dementia Connection is settling in at the HCHF Learning Center in the Shambles Village, Suites #5 & 7. Support Groups are going well, and will continue through the summer on the 1st, 2nd and 3rd Tuesdays each month at 1 P.M. If you need to bring your loved one, please remember to call ahead to the foundation to alert our caregiver. The 4th Thursday support group will continue as well at 1 P.M. at the Foundation office on Acoma Blvd. Virtual Dementia Tour is being conducted by appointment on the 4th Tuesday of each month, as well as FREE memory screens, which can be scheduled on request by calling the Health Foundation at 928-453-8190.



CONGRATULATIONS IN ORDER !!

We are pleased to announce that Dementia Connection Board Member, Vilma Urbina, Owner of Gems Assisted Living, has been selected Woman of the Year, 2018/2019 by Women with Willpower, a charitable non-profit organization that gives persons in need "a hand up". Vilma was one of three finalists, all of whom were young business women who established their career goals early in life, and strived hard to achieve them. Vilma now owns three assisted living facilities here in Lake Havasu. She was nominated by two of her very supportive managers, Charlene Pruden and Denise Johnk.



Also receiving recognition was Sarah Stinnett, Dementia Connection Associate member, who placed second in the competition. Sarah also is living her dream of caring for the elderly as Marketing Director of Lake View Terrace Memory Care.

Congratulations to both of these accomplished women who provide excellent care to their residents every day, and enhance their quality of life.



Save the date

November 3, 2018

Plans are underway for the 4th Annual Movin' For Memory Walk at Rotary Park. Mark your calendar and plan to join us as we raise awareness for persons with Dementia and their caregivers.

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. 928-453-8190

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.



CLIENT SUPPORT

The phone number for Client Support is now the number for the Health Foundation, **928-453-8190**. 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.

HELP Community Growth Community 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, 928-453-8190



Health & Wellness 101

An educational program to give you the information you need to live a healthier life.

1st Tuesday of
each month
4:30 - 5:30 pm

**Attendance is
Free!**

For more
information
call
928-453-8190

*Living Longer by
Living Smarter*

**June 5, 2018
4:30 pm to 5:30 pm**

W.E.A.A.D.

Safety: Are you a  **?**

Detective Michael Fuller

Lake Havasu
Police Department



Michael Fuller is a detective with the Lake Havasu City Police Department. Detective Fuller, who was selected as Kiwanis Police Officer of the Year in 2016, has been in law enforcement for over 17 years, working in various capacities within the department, including Patrol, K9 Handler, Street Crimes Unit, SWAT, and his current assignment, Criminal Investigations Unit. As a detective, he primarily investigates Financial/Fraud/Identity Theft related crimes.

**Held at Havasu Regional Medical Center
Learning Center
1785 McCulloch Blvd. N.
Lake Havasu City, AZ**

***For more information call 928-453-8190
Havas Community Health Foundation
www.havascommunityhealth.org***

Health & Wellness 101 is a program under the umbrella of **Havas Community Health Foundation**, a 501(c)3 public charity.
94 Acoma Blvd. S. Suite 101, Lake Havasu City, AZ 86403



“PILLARS FOR BRAIN HEALTH”

On Thursday, April 26th, Alzheimer Nevada held a Spring Conference in Laughlin, Nev. Among the presenters was Kat Hartley, who represented the Lou Ruvo Center in Las Vegas, which is affiliated with Cleveland Clinic. Kat shared the following "Six Pillars" for Brain Health:



1. EXERCISE YOUR BODY REGULARLY

Pump up your heart to increase oxygen to your brain. Program strengthening, flexibility, and balance into your routine. Remember that any physical activity is better than none at all.

2. KEEP MENTALLY FIT

Exercise your brain! Play games, work puzzles, learn new skills, practice writing with the opposite hand, go back to school.



3. EAT SMART - EAT FRESH

A plant-based diet, rich in fresh fruits and vegetables, whole grains and fish. These foods are rich in

antioxidants, and help to reduce inflammation. In addition, adding dark chocolate, spices, such as turmeric, cinnamon and ginger, and an occasional glass of red wine are recommended as well.

4. SOCIALIZE

Stay connected with friends and neighbors. A full social network provides support and reduces stress, and gives life purpose. Adopting a pet can provide comfort and foster a positive relationship with another living being.

5. REST WELL

A good night's sleep, 7-8 hours, keeps you energized and helps reduce plaque build-up in the brain. A more restful sleep can be promoted by engaging in regular exercise, by controlling light levels in the bedroom, and avoiding electronics such as TV, computers and I-pads, and maintaining a regular bedtime routine as much as possible.

6. MANAGE RISK FACTORS

Keeping your medical health in check helps reduce the risk of developing Dementia. Managing blood pressure, cholesterol, healthy eating to avoid overweight, and being aware of signs of depression, all help to keep brain health in the balance.

A HEALTHIER BRAIN - A HAPPIER YOU!!