



Education



Resources



Support

The Quarterly Gem

SUPPORT GROUPS

1st, 2nd, 3rd
Tuesdays
each month
1:00 pm

Support group &
activity group for
loved ones.

4th Thursday
each month
1:00 pm

Support group only.

Dementia Connection of Havasú

Acoma Executive Plaza
94 Acoma Blvd. S.
Suite 101
Lake Havasu City,
AZ 86403

928-453-8190

under the umbrella of



Havasú Community Health Foundation

a 501(c)3 public
charity.

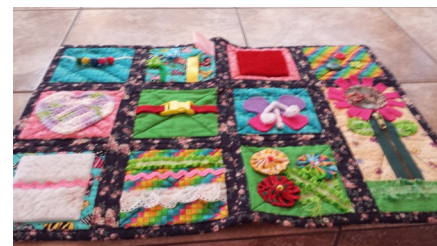
Tax ID 20-1839858

FREE Memory Screens – always available.

Do you have concerns regarding your memory or periods of forgetfulness? Dementia Connection offers FREE Memory Screens on request. Simply call the Health Foundation at 928-855-5000 and request an appointment and a member of our team will be in touch to schedule your screening. The actual Memory Screen takes approximately 20 minutes to complete. If any concerns are identified, you will be advised to seek further assessment by your PCP or a specialist. The FREE Memory Screen is a baseline screening, recommended for anyone. We encourage you to take advantage of this opportunity.

Fidget Quilts Available

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. The Dementia Connection provides these small lap quilts to individuals, hospital patients and residents of care facilities. Please call us and we will be happy to provide a quilt for your loved one.



A Time of Sharing

Recently our own Leslie Mansfield, Dementia Connection Volunteer, shared her expertise with the Knotty Knitters, on how to make crocheted or knitted Fidget Quilts. These are made by crocheting or knitting a rectangle approximately 12x18 inches, and then attaching items that draw the interest of a person with Dementia, to keep idle hands busy when they need to "fidget". The use of yarn, as opposed to quilted fabric provides additional texture and warmth, as well as bright color. Thank you, Leslie, for sharing your skill with the Knotty Knitters group.



Spring Caregiver Conference a Success

The Spring Caregiver Conference, "Brain Body Connection and Caregiver Solutions", was held at Mount Olive Lutheran Church on March 21st. Sixty-five people attended the event. Our Keynote speaker, Nancy Nelson, gave an inspiring presentation about her personal journey with an Alzheimer diagnosis, later diagnosed as Mild Cognitive Impairment.

Dr. Pamela Meyers, Nutritionist, presented a comprehensive review of Foods and supplements for the brain, and how and why they work.

The afternoon session included a presentation by Lavon Rutledge, a Teepa Snow PAC trainer, on "It's All in the Approach", demonstrating how the appropriate approach for person's with Dementia impacts caregiver success.

The last presenter was John Twomey, who spoke on issues of Caregiver Safety.

Nancy Nelson did a book signing to introduce her Third Edition of *Blue, River, Apple*, a collection of poetry and caregiver letters. Refreshments were sponsored by Gems Assisted Living and Jasmine Place, and lunch was sponsored by Haven Health Group. WACOG, (Western Arizona Council of Governments), was also a major sponsor for the event.



Dementia Connection looks forward to providing future educational events for caregivers, families, and the General Public.



Nancy Nelson &
Jenn Drummond



Pam Meyers, PhD



Lavon Rutledge



John Twomey, PT



Education article: Is It Delirium or Dementia?

The symptoms of Delirium can often be misinterpreted as the confusion and distress associated with Dementia. The importance of making an accurate assessment is that Delirium signifies a medical emergency, and is an acute condition that can cause confusion and an altered state of consciousness. Unlike Dementia, Delirium is more sudden in onset, and is not related to a pre-existing condition. That said, the onset of infection or other medical instability can worsen the confusion or behavioral changes which we typically associate with Dementia.

Symptoms of Delirium tend to become worse at night, and so, what the caregiver reports may be totally different than what the doctor observes during the day. There are 3 levels of Delirium; Hyperactive, Hypoactive, and a combination of the two. Each represents a particular level of agitation and anxiety. In all three scenarios, treatment with medication may be employed, without identifying the root cause of the behavior.



It is important to note that persons with Dementia, although affected by mood disorders, are not psychotic; especially those with Alzheimer's Disease. Misperceptions that are demonstrated by the person with Dementia are due to the death of brain cells, not to a reversible condition, such as infection. Therefore, when a person with Dementia presents with a so-called psychotic behavior, Delirium should be suspected.

When Behavioral changes that are super-imposed on Dementia are reported by the caregiver, complaints are often vague, such as "they are not themselves", OR "one minute they are fine, and the next minute they are wild". Research has shown that it is the caregiver rather than the professional who is able to differentiate between Dementia and Delirium. The danger here is that the adverse behavior may be dismissed as "just another symptom" of Dementia, rather than investigating other causes.

All behavior has meaning, and represents non-verbal communication to express an unmet need. Care providers tend to be the most accurate in interpreting the behavior, as they provide ongoing care. Health Care providers should be willing to do an assessment of the behavior, to determine if it indicates a Delirium, and then work toward the reversal of the adverse behavior. Without this effort, sadly, persons with dementia may be subjected to unnecessary chemical or physical restraint.

Source: Delirium: The Mistaken Confusion by Debra Cason-McNeeley





On Growing Older

Lord, Thou knowest better than I know myself that I am growing older, and will someday be old.

Keep me from the fatal habit of thinking I must say something on every subject.

Release me from craving to straighten out everybody's affairs.

Make me thoughtful but not moody, helpful, but not bossy, for with my vast store of wisdom, it seems a pity to not use it at all. But Thou knowest Lord that I want a few friends at the end.



Keep my mind free from the recital of endless details. Give me wings to get to the point.

Seal my lips on my aches and pains – they are increasing, and love of rehearsing them is becoming sweeter as time goes by.

I dare not ask for grace to enjoy the tales of other's pains, but help me to endure them with patience.

I dare not ask for improved memory, but for a growing humility, and less assuredness when my memory seems to clash with those of others. Teach me that I may be occasionally mistaken.

Keep me reasonably sweet. I do not want to be a saint –some of them are so hard to live with. BUT – a sour old person is one of the crowning works of the devil.

Give me the ability to see good things in unexpected places, and talents in unexpected people—and Lord, give me the GRACE to tell them so.

Author Unknown

