



**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  
Havasu**

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

**928-453-8190**

*under the umbrella of*



**Havasu  
Community  
Health  
Foundation**

a 501(c)3  
public charity.  
Tax ID 20-1839858

**It's Time Again to be "Movin' for Memory"**

Committee meetings are in progress as we plan for our 5<sup>th</sup> Annual Movin' for Memory Walk. So-SAVE THE DATE – Saturday, November 2<sup>nd</sup> at Rotary Park. This is the major Fundraiser for Dementia Connection, and allows us to provide ongoing education and Support to the community. The success of this event is largely dependent on the generosity of our sponsors, local businesses, our health care community and those who volunteer their time and effort. Of course, we cannot be successful without the participation of the walkers, who, by their very presence, support and encourage an increased awareness of Dementia education for our community, and advocate for persons living with Dementia. It's not too early to spread the word for this popular event, coming this Fall, the first Saturday in November. Registration information will be available on the Havasu Community Health Foundation soon.



**Movin' for Memory**  
The DEMENTIA CONNECTION OF HAVASU

**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.





## Dementia Care Conference

with

**Teepa Snow**

*"Today's Voice for Dementia Care Education"*

**February 4 & 5, 2020 / 8:00 am to 4:30 pm**

**Lake Havasu Aquatic Center/Relics & Rods Hall**

Teepa Snow is one of the world's leading advocates and educators for anyone living with Dementia. She is an occupational therapist by trade and has over 35 years of clinical experience in the field of geriatrics and dementia care. Teepa provides a unique educational approach in teaching how to deal with the many challenges one can face in caring for the person with dementia. Don't miss the opportunity to attend this informative seminar.

**Registration fee is \$25 per day or \$40 for both days.**



Register or find Sponsorship information at  
**Havasu Community Health Foundation**

94 Acoma Blvd. S. Suite 101

or online at **[havasucommunityhealth.org](http://havasucommunityhealth.org)**

**928-453-8190**

For information on hosting a vendor table, contact Melissa Henak at [mhenak@jacksonwhitelaw.com](mailto:mhenak@jacksonwhitelaw.com) or call 928-727-0689



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

## Summertime Schedules

**The Dementia Connection Committee** will not be having their monthly meeting in July or August, and the **Virtual Dementia Tour®** will not be scheduling tours in July or August. Support Groups will continue to meet throughout the summer months at their usual times. If you have any questions or need assistance, a member of the committee is assigned each week, and can be contacted through the Foundation at 928-453-8190

## MEET OUR TEAM

This will be a new section of our newsletter, where you can get to know the members of the Dementia Connection. With each Newsletter we will be posting a short "Bio" on one or two of our members. All are dedicated volunteers, and are able to provide valuable support and resources.

### Meet Heather Minery

Heather is likely familiar to many, as she is involved in several activities of the Dementia Connection. Heather moved to Lake Havasu 16 years ago from Fullerton, California, where she graduated from Fullerton Junior College. She has been married to husband, Mike, since September, 2005. She is "mom" to three dogs whom she adores.

Heather currently is employed by Gems Assisted Living, and has been the manager for Gems 1 for a little over a year. She loves her residents, as well as their families, and strives to keep their lives full and meaningful through a variety of activities, and personal attention to each one. Heather says, "Life is a lot of fun with the residents in my life."



In addition to her responsibilities at Gems, Heather is involved in several areas of Community Outreach. Through the Havasu Community Health Foundation and her association with Dementia Connection, Heather is active with Healthy Striders, the Movin' for Memory Walk, Tree of Reflection, and the Virtual Dementia Tour. She also participates with the "Wise-up" Lecture Series, and is co-chair for the Teepa Snow Conference coming up in February, 2020. Heather also assists with the Tuesday support groups by providing loved one care during the sessions. When asked for her words of wisdom, Heather stated:

*"You are never too old to set another goal, or to dream a new dream."*

Thank you Heather for all you contribute to the community. You are a valued member of the team.



## Managing Anger and Anxiety to “connect” with a person living with Dementia

When people living with Alzheimer’s disease, or other dementias feel threatened or fearful of things they can no longer comprehend, gut responses of “fight, flight or fright” can overtake. Although these responses are physiological and triggered in the Amygdala deep within the brain, they can cause the person with dementia to be labelled as combative or aggressive. If a person tries to “get away” from the situation they can be labelled as a wanderer. Unfortunately, the management of these situations can result in medicating or sedating the person.

It is important for care partners, and caregivers to utilize responses and strategies to reduce tension and to diffuse volatile situations, rather than reaching for medication. Expressing appreciation and understanding of the loved one’s position can help to improve the relationship and make caregiving and support easier. Below is a sampling of responses that can be employed to de-escalate a situation when agitation is building:

1. You have a right to feel angry and sad.
2. You are right/I agree
3. You’re not alone
4. I will hold your hand
5. You are important to me
6. I’m lucky to have you with me
7. I feel good when we’re together
8. I love the way you tell stories about your life
9. I love the way you don’t give up
10. I enjoy listening to music with you
11. I enjoy helping you
12. I enjoy the touch of your hand
13. I’m glad we’re spending time together
14. I’m glad we can overcome challenges together
15. I’m glad we can share joyful moments together
16. I’m glad we have each other

As you can see, the recurring theme in many of these statements is positivity, with a focus on the person and their worth, not their behavior. Being able to focus on a person’s value can promote reassurance and comfort. Although not always “easy” when agitation is evident, using a more positive approach, as opposed to saying “don’t do that” or “don’t feel that way” can be an effective strategy.

*Source: My Alzheimer’s Story by Susan Macaulay*

