



**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  
Havas**

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

**928-453-8190**

*under the umbrella of*



**Havas  
Community  
Health  
Foundation**  
a 501(c)3  
public charity.  
Tax ID 20-1839858

**5<sup>th</sup> Annual "Movin' for Memory Walk" coming soon**



Please join us on Saturday, November 2<sup>nd</sup> at Rotary Park, Ramada C and "walk a mile in their shoes", to raise awareness for persons living with Dementia. Bring your friends and family, or be part of a team through your organization or workplace. Our committee is currently looking for sponsors for the event, as well as donations of gift baskets for our raffle. Once again, the Elks will provide hot dogs and chips at the end of the walk. Register TODAY for this fun event. Registration forms are available on the Havasu Community Health Foundation website, or can be submitted at the Foundation office, 94 S. Acoma Blvd. We hope to see you at the walk!!

**Partnering "for your health"**

Did you know that there are multiple partners under the Health Foundation that provide a wealth of resources and support for several health conditions, causes and concerns? Included in this spectrum of services are groups for Cancer, Diabetes, COPD, Fibromyalgia and Suicide Awareness, to name a few. Please visit the Health Foundation website, or stop by for information on all the support services that are offered.

### Virtual Dementia Tour®

The Virtual Dementia Tour is a sub-group under Dementia Connection of Havasu. VDT is a contracted program through Second Wind Dreams, which is intended to offer a “look” into the world of a person with dementia. The tour is appropriate for caregivers, as well as health professionals, and any interested persons. It is conducted monthly on the 4<sup>th</sup> Tuesday and is held at the Shambles facility. You can schedule an appointment by calling the Health Foundation. Appointments are scheduled between the hours of 12 noon and 1:30, and the tour takes approximately 30 minutes. Currently there are five members of the Virtual Tour team who are updating their certification as facilitators through Second Wind Dreams. You can visit the Virtual Tour and Dementia Connection tables at the Health Fair on October 5<sup>th</sup> at the Aquatic Center for more information.

### Lending a Hand

Dementia Connection of Havasu continues to offer FREE Memory Screens on request, by appointment. Memory Screens are recommended to establish a “baseline screening” for memory issues. It also serves as a “first step” for anyone concerned about memory problems. You can request a free screening by contacting the Health Foundation. You can also sign up at the October Health Fair to request a screen and schedule an appointment.

Dementia Connection also offers Fidget quilts on request, which can be used to occupy the busy hands of a person with Dementia. Additionally, we have a lending library with reading resources and DVD’s that can assist caregivers with gaining insight into the care issues for a person living with Dementia. You can contact a member of the DCH team to access these resources.



### Teepa Snow – 2020

On the next page is a flyer for our upcoming Spring Conference featuring Teepa Snow, well-known Dementia Specialist. Dementia Connection of Havasu is delighted to bring Teepa back to Lake Havasu for this enlightening and “reasonably priced” 2-day conference. Please share with friends and caregivers.





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

## **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.

### **Day 1 - February 4**

8:00-8:45: Registration/Vendor Visits  
8:45-10:15: Understanding the Different Dementias  
10:15-10:30: Break  
10:30-12:00: How Life Long Personalities, Traits and Personalities Impact Dementia  
12:00-1:00: Lunch/Vendor Visits  
1:00-2:30: PART 1 - Coping with Challenging Situations in Dementia Care  
2:30-2:45: Break  
2:45-4:30: PART 2 - Coping with Challenging Situations in Dementia Care

### **Day 2 - February 5**

8:00-8:45: Registration/Vendor Visits  
8:45-10:15: Spousal Caregiving: What is special and Unique About Caring for Your Significant Other.  
10:15-10:30: Break  
10:30-12:00: Making Moments of Joy for Those Living with Dementia  
12:00-1:00: Lunch  
1:00-2:30: Hospitalizations: How to Help in Challenging Times  
2:30-2:45: Break  
2:45-4:30: Learning the Art of Being an Advocate and Partner



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

## One Man's Story

Several months ago there was an article posted in the Alzheimer Foundation Care Quarterly about a man who was diagnosed with "early onset" Alzheimer's Disease. In the article, he shared how he coped with his diagnosis, and what it was like living with Alzheimer's. His name is Brian.

His age at diagnosis is not as important, as the ways in which he coped with the changes that confronted him. Many of the strategies that he adapted can be applied by anyone in the early and middle stages of the disease, and includes the impact on caregivers as well.

Initially, Brian withdrew from "life", but after a few days of retreating to his bedroom where he shut out the world, he made the decision to face his circumstances, and decided to "try and make a difference".

Brian was not a stranger to Alzheimer's, as his maternal grandparents and his mother all had Alzheimer's, and his father was diagnosed with vascular dementia. He was prompted to seek intervention after getting "lost" on a few occasions while driving to familiar places. Once the diagnosis of "early onset" was confirmed, and he had a chance to process the meaning of what was to come, Brian decided to openly share his experience, aiming to raise awareness. He wanted to reduce the 'stigma' of the diagnosis, and to be a "voice" for those who could no longer speak about their experience. As a public relations and marketing professional, he used his skills to "get the word out".

In describing the effects of Dementia, Brian uses the analogy of a "fog" rolling in, which comes at intervals, if only for a few moments, to cloud the memory, but still allows periods of clarity.

Brian acknowledges that there are things that he can no longer do, or is able to enjoy. He speaks of his "new life" with Alzheimer's – not the end of living. He advocates for 'getting up' and 'getting out', and staying socially engaged. He also found that the stimulation of music and hobbies were beneficial. He loved Disneyland, and the fond memories it provided. He still tries to go to Disney to re-capture those memories and positive feelings.

Among the suggestions that Brian offers for success with the "new normal":

A strong support system for comfort and safety – a virtual "safety net"

Making sure that medical and financial affairs are in order, so the patient is a part of the decision making process.

Reducing stigma through open communication and sharing of the diagnosis

Realizing that behaviors, and deficits are a part of the disease, and acknowledging that there is still a "very real person" inside.

As Brian says: "I have Alzheimer's, but "it" doesn't have me, for I don't allow it to define who I am!"

Source: AFA Care quarterly, Winter, 2018

