



March—April 2011

Volume 30, Issue 2

President's Message

By Sheryl Ashby

The Alzheimer's Aid Society has many exciting things happening. Jerry Moore of Helping Hands is our new Website Designer/Manager. He will also be monitoring and managing our Facebook account and will have us on Constant Contact, among other things that his many talents afford us at the Society. We are excited about the opportunity to work closely with Mr. Moore.

We are also excited because our Modesto Office is undergoing construc-

tion. The Patients' Support Group outgrew its meeting space. People from the Caregivers' Support Group and from the Patients' Support Group are combining their efforts to get the new meeting space constructed. We are so grateful for all they are doing to make this new meeting place for the Patients' Support Group. This construction also involves moving the reception area and bringing forward the Office Manager's office in order to accommodate the support group area. If you would like to

see how the construction is progressing, please go to www.aasmod.org and you will be able to see the pictures that are posted there.

Please see the information below to learn about Mini-Seminars in March and April. We will be repeating these programs in other locations throughout the year. They are free of charge and refreshments will be served.

Wishing you all a Happy Easter!

Sheryl Ashby



2641 Cottage Way #4
Sacramento, CA. 95825
916-483-2002

700 McHenry Ave. #B
Modesto, CA. 95350
209-238-0538

Tax ID 94-2721961

Toll Free: 800-540-3340

Inside this Issue:

Kim's Korner.....	2
Legal Issues.....	3
Notes.....	3
The Caregiver.....	4
Support Groups.....	5
Volunteer Profile.....	6
Remembrances.....	7
Art Therapy.....	7

Mini Seminars

These smaller seminars will be held in various locations throughout the year. Each will feature two or three topics and speakers. They are free of charge. Refreshments will be served.

<u>Modesto</u>	<u>Modesto</u>	<u>Carmichael</u>
<p style="text-align: center;">Saturday, March 12, 2011 9:30 am—Noon Alzheimer's Aid Society 700 McHenry Ave. #B</p> <p style="text-align: center;"><i>"Behaviors & Joys of Caregiving— The Full Spectrum"</i> Joanne Lyons, Program Director for Miller's Place</p> <p style="text-align: center;"><i>"Legal Issues"</i> Max Perry, Legal Assistant with the Law Office of Arturo Benavidez</p> <p style="text-align: center;">RSVP: 209-238-0538 By March 9, 2011</p>	<p style="text-align: center;">Saturday, April 9, 2011 9:30 am—Noon Alzheimer's Aid Society 700 McHenry Ave. #B</p> <p style="text-align: center;"><i>"Grief & Loss: How Hospice Can Help the Families of Alzheimer's Patients"</i> Teri Collette, Director of Social Services for Community Hospice</p> <p style="text-align: center;"><i>"How to Speak Alzheimer's"</i> Robert Hopper of A Place Called Home</p> <p style="text-align: center;">RSVP: 209-238-0538 By April 6, 2011</p>	<p style="text-align: center;">Saturday, April 30, 2011 9:30—Noon Sunrise Senior Living of Carmichael 5451 Fair Oaks Blvd.</p> <p style="text-align: center;"><i>"Be The Best Caregiver: Understanding the Behaviors"</i> Cynda Rennie, Program Director for the Alzheimer's Aid Society</p> <p style="text-align: center;"><i>"Legal Issues"</i> Max Perry, Legal Assistant with the Law Office of Arturo Benavidez</p> <p style="text-align: center;">RSVP: 916-483-2002 By April 27, 2011 Directions? 916-485-4500</p>

Kim's Korner

By Kim Winters, BSG, M.Ed.

Kim Winters is the Community Education and Family Services Director for Primrose of Sacramento

Communication

Successful communication with a cognitively impaired person requires the right approach and an understanding of two types of communication:

Verbal Communication and Cues – Using words and gestures to convey facts, ideas, or emotions.

Non-verbal Communication – Also called “body language” which conveys your emotional state and may not be matching the words you are using. This can result in mixed messages!

Verbal communication is easier to understand if you are facing the person. Speak slowly, and wait for a response. Your best smile should always accompany any type of communication or cuing. If you must repeat what you said, be attentive and respect any attempt to communicate, even if the responding facts are incorrect. A person with dementia will then feel supported, and will tend to communicate more freely and openly.

Ask only one question at a time. Provide simple options, “Would you like to wear the blue shirt or the red shirt?” Not, “What do you want to wear today?” Wait for the answer. If there is difficulty with the answer, provide cues, “Look Anna, this red shirt goes well with these blue jeans.” Foster participation in the choice, this will reduce the frustration level of your loved one and will help him/her feel part of the decision making process.

Speak in a positive manner of persuasion, “Let’s stay inside, it is very cold outside today.” Vs. “Don’t go outside.” Keep the situation positive. Telling someone what not to do leaves room

for many other alternative behaviors and does not make clear what you do want.

Non-verbal communication is largely unintentional and tends to convey our true emotions, whether we want to communicate them or not. Non-verbal communication includes how we sound, as well as what is commonly referred to as “body language.” This is an exchange of information without the spoken word, through facial expressions, gestures, raised eyebrows, and how one holds their body while either in verbal communication status, or not.

Non-verbal communication during conversation can be helpful in developing or maintaining a relationship of trust. It is so important to be mindful of non-verbal communication when assisting those we care for. It is important to approach from the front so you can be seen before saying anything. Make sure you use one of the five senses to be certain of having the person’s attention. For example, say the person’s name and touch his/her shoulder. Respect personal space, and unless the person is hard of hearing, do not converse too close to the individual. This can be frightening or uncomfortable; you are invading another’s personal space.

When giving instructions, demonstrate the action and, if necessary, help start the motion being described. For example: when saying, “brush your hair,” make a brushing motion with your hand to the area of your own hair. It may also be necessary to help the person begin the brushing motion.

Many aspects of non-verbal communication (e.g., eye contact, gestures,

Non-verbal Communication is largely unintentional

touch and personal space) are particularly sensitive to cultural differences. If someone outside your family provides care for your loved one, be sure the caregiver is aware of your loved-one’s culture. It may be the success or failure of the attempt at communication.

It is very important that verbal and non-verbal messages match. If they are different, the person with dementia probably won’t understand and may become untrusting or suspicious.

The techniques described should be modified as the disease progresses. Over a period of time caring for your loved-one, you will discover that by developing a relationship based on trust, you are actually gathering the tools to provide care by relying increasingly on non-verbal (emotional) communication rather than on words. Continue to encourage verbal communication, and please make sure you continue to verbalize your intentions as a caregiver. Individuals with dementia continue to hear information, they are just unable to process in sequential thought patterns to respond.

The techniques should be modified as the disease progresses.

Ask only one question at a time. Provide simple options.

Did You Know?

These famous people had Alzheimer’s:

Ralph Waldo Emerson

Michael Farraday

Arlene Frances

Barry Goldwater

LEGAL ISSUES

By William J. Walker, Esq.

William J. Walker, Esq. is from the Law Office of William J. Walker.

POWERS OF ATTORNEY

Part I Health Care Directives

There are two different Powers of Attorney available in California. One is specifically for health care decisions, and one is for financial decisions that do not include health care decisions, or end-of-life decisions. Many states follow a similar division between health care decisions and general (financial) powers of attorney. It is important to understand the distinction.

California's Advanced Health Care Directive is authorized by California Probate Code Section 4701, which confers the legislative right of an individual to give instructions regarding health care. To do so legally is a matter of whether the person is capable of communicating with medical personnel. When a per-

California's Advanced Health Care Directive confers the legislative right of an individual to give instructions regarding health care.

son is unable to communicate, they no longer have any "say" in how decisions will be made (or disputed). Writing down the instructions, having the writing witnessed, and publishing (presenting) the written instructions, insures that a person's wishes will be honored to the degree that is physically and humanly possible.

Additionally, a person can name another person (and successors if the first named person cannot serve) to act for them to insure that the instructions are carried out. This creates the power-of-attorney, whereby someone (the agent) can act in your behalf (the principle). Agents under power-of-attorney are only authorized to carry out the stated health care decisions of the principal.

Most hospitals and health care plans have their own forms of Health Care Directives, but these may not be sufficient beyond their facilities. For example, the Veterans Administration has a form that may not be recognized or be

valid in some states. The VA form does not comply with California's requirements, so it would only be honored at a VA facility. Some VA clients simply attach their home state directives to the VA form as, "see attached." This could be done with any other health care provider, or hospital.

It is wise to include a copy of your Health Care Directive(s) with your medical file.

It is wise to include a copy of your Health Care Directive(s) with your medical file. It is also wise to have a copy available for emergency responders. People who are at risk and live at home should attach a copy to their refrigerator, because first responders are trained to look in the refrigerator for medical prescription information including a medical contact.

Your agent(s) should also know where to find a copy. Let people know who your agent is—how else will anyone find that out? Hopefully, they will find out by reading your properly executed and distributed Advanced Health Care Directive.



Notes From Our Offices

Modesto

Our Modesto office is entering 2011 making some interior changes! Less than one year in the new office and we've already outgrown a portion of it. The early stage memory impaired group has grown along with the caregiver group. A volunteer caregiver and retired contractor are heading up the project, with assistance from two experienced members of the early stage group, and other assorted volunteers. We hope to have this completed by mid-March.

We are also looking forward to our first mini-seminar on Saturday March 12 from 9:30-Noon. We're also working on our first Annual Conference, which will be Saturday Jul 30.

Be sure and check our exciting new website for new information in the Modesto area at www.aasmod.org.

-Cindy DenBrave,
Peer Counselor Coordinator

-Len DenBrave,
Office Manager

Sacramento

The "Forget Me Not Club," is blooming! That's the name for our caregiver and patient groups that meet here in the office on Tuesday mornings. We had to say a temporary good bye to Janece Sargis, leader of the caregiver group, who has taken a job that requires much travel. She will be back in September, and in the meantime, Sheryl Ashby is leading the group with Kim Winters (yes, of "Kim's Korner" in this issue) serving as substitute when needed. We are so lucky to have these wonderful facilitators! I continue to lead the patient group and have loved every minute for 12 years.

Did you know this year the Alzheimer's Aid Society celebrates our 30th year of caring and sharing? I must say I am very proud to be among the dedicated and committed volunteers and staff from both offices who have made it possible for us to be here for YOU!

-Cynda Rennie
Program Director

FORGET ME NOT

The Caregiver

By Margie Eisenhower

Margie Eisenhower has been involved with the Alzheimer's Aid Society since 1991. She has been a volunteer, a peer counselor, a board member and the Sacramento office manager. Currently retired from these positions, we are so fortunate to have her continued support as she writes for caregivers.

There is a wonderful saying that goes like this (anonymous): 'Today I bent the truth to be kind, and I have no regrets, for I am more sure of what is kind, than I am of what is true.'

As caregivers of a patient with Alzheimer's Disease or other dementia, there will be times when the patient imagines things that aren't real. Because of their confused and jangled minds, they become frightened or stressed by these things. You can try to relieve them of the worry from these things if they can't let it go. For instance, one woman in a care home 'imagined' there were two children coming in and out of her room, and she was afraid they'd be hurt. She called her husband, very agitated; she didn't know what to do. He told her, "not to worry," -- the police department knew about them and was sending someone right out to take them to their parents. She was so relieved.

My own mother told me the neighbor boys were coming into her home and stealing money. She lived a great distance from me but I knew the neighbors well, and knew this couldn't be so. Contradicting her and trying to reason with her about the impossibility of this would have been futile. Instead, I said, "Yes, I know about that, Mom, it's terrible! However, I've talked with the parents and they will make sure it doesn't happen again." That truly appeased her. When it came up again another time, I said the same thing, and again she was relieved. Eventually, I moved my mom closer to me, and

when I packed up her home, I found several rolls of twenty-dollar bills -- one roll inside a cereal box, one inside a roll of paper towels, one hidden in a secret drawer in an old trunk, and rolls in a couple of other places. It was a "Catch-22." She'd go to the bank and draw out money. She'd worry about the neighbor boys stealing it, so she'd "hide it," from them. When she needed money she couldn't remember hiding it; hence, the neighbor boys took it!

One daughter told me her mother was very frightened, as she thought a burglar had entered her home and she feared he'd be returning. The daughter told her mom she had called the police and they'd already caught and arrested the burglar, so she needn't worry any more. That's all it took.

As a Peer Counselor for Alzheimer's Aid Society, I've had both men and women tell me that they can't imagine lying to their own mothers. But, that's where the quote above comes in. This 'white lie' you're telling is a way to bring comfort to that mom (dad, sibling or friend) whom you love, respect and want to protect.

I had someone explain to me once, that having Alzheimer's or dementia, is like having someone fly you to a foreign country, set you down on a bench in the city and just leave you! You can't speak the language, you don't know where you are, you don't know where to go, you don't know anyone around you. Can you imagine the fear and anxiety this would bring? Many patients deal with confusion and stress on a regular basis. They forget they have Alzheimer's but they know something is very wrong with them and it is al-

ways frightening.

A simple rule when dealing with loved ones: Be Kind. Don't argue with them. Don't tell them they are wrong. Don't tell them they don't make sense. Don't say, "You already asked me that!" Don't say, "You've told me that five times!" They can't help it that their brain is off balance and mixed up. Ask yourself, "How would I want to be treated if that were me?"

When your loved one is gone, you will be happy that you treated them with kindness, love and respect. But don't be hard on yourself either. Joe Frazier, the great boxer once said, "If I lose [a fight], I'll walk away and never feel bad, because I did the best I could, and that's all I can do."

This job isn't easy! Caregiving is probably the toughest occupation out there right now. Call our office for help. P-l-e-a-s-e take yourself to a Support Group. Not only can you visit with people who are going through the same thing you are, but you will pick up ideas and suggestions that will make your job much easier. No one knows how difficult this job is unless they've done it themselves. And sometimes other family members make it tougher instead of easier because they simply 'don't get it.' What they don't know is that unless they spend two full days with the patient, they have no idea how bad the disease is or how hard it is for you, the caregiver.

I salute you! I admire you! I wish you well!

*"Today I bent the truth to be kind, and I have no regrets, for I am more sure of what is kind than I am of what is true."
-Anonymous*

*A simple rule when dealing with loved ones:
Be kind.*

They forget they have Alzheimer's but they know something is very wrong...

*I don't know the key to success, but the key to failure is trying to please everybody.
-Bill Cosby*

FORGET ME NOT

Support Groups

Caring and Sharing Since 1981

Auburn 1st and 3rd Friday
12:00 noon – 1:30 am
Auburn Presbyterian Church
13025 Bel Air Drive
Facilitator: Sue Galvez
530-878-2428

Amador County 4th Wed.
10:00 am
Senior Center
229 New York Ranch Rd., Jackson
Facilitator: Laurie Webb
800-540-3340

Carmichael 1st Wednesday
7:00 – 8:30 pm
Aegis of Carmichael
4050 Walnut Avenue
Facilitator: Cynda Rennie
916-723-4444

Folsom 3rd Wednesday
6:30 – 7:30 pm
Emeritus at Folsom
780 Harrington Way
Facilitator: Darlene Moeaki
916-983-9300

Lake County
Call Caroline Denny
707-263-9481
For information regarding
Days, times and location

Lodi 1st Monday at 2:00 pm
And 4th Thursday at 6:00 pm
Emeritus at Austin Gardens
2150 W. Kettleman
Facilitators: Jenanne and Stacey
209-333-8033

Manteca 3rd Saturday
1:00 pm
Merrill Gardens
430 N. Union Road
Facilitator: Sharee Thomas
209-823-0164

Manteca 3rd Wednesday
12 noon
Prestige Senior Living
1130 Empire Avenue
Facilitator: Taylor Mead
209-239-4531

Modesto Every Monday
At 9:30 am AND
Every Monday at 5:30 pm
Alzheimer's Aid Society
700 McHenry #B
Facilitators: Cindy DenBrave
& Jill Aja
209-238-0538

Placerville 3rd Monday
10:00 am
Elder Options Annex
82 Main Street
Facilitator: Carol Heape
530-626-6939

Roseville 3rd Wednesday
7:00 – 8:30 pm
Palms of Roseville
100 Sterling Court
Facilitator: Cynda Rennie
916-723-4444

Sacramento Every Tuesday
10:30 am – 12:00 noon
Alzheimer's Aid Society
2641 Cottage Way #4
Facilitator: Sheryl Ashby
916-483-2002

Sacramento Every Wed.
10:00am
Primrose
7707 Rush River Drive
Facilitator: Kim Winters
916-392-3510

Sonora
Call Joan Peixott
209-533-7180
For information regarding
Days, times and location

Stockton 2nd Tuesday
10:00 am
Sommerford Place
3530 Deer Park Drive
Facilitator: Cheleah Adams
209-951-6500

Tracy 3rd Tuesday
6:00pm
Emeritus at Heritage Place
355 Grantline Road
Facilitator: Christina Samranos
209-835-1000

Tracy 4th Thursday
6:00 pm
Astoria Gardens
1960 W. Lowell (at Coral Hollow)
Facilitator: Antonia Hoy
209-833-2200

Turlock Every Thursday
9:30am
Covenant Village Community
2125 North Olive Avenue
Facilitator: Mike Zuniga
209-632-9587

Vacaville 2nd Tuesday
1:00pm
Emeritus of Vacaville
1111 Ulatis Drive
Facilitator: Sheena Merilos
707-447-7100

Yreka 1st and 3rd Tuesday
10:00am
Oakridge Senior Park Clubhouse
400 Hiram Page Road
Facilitator: Ronda Moser
530-459-3501

Yuba City 4th Saturday
10:00 am
Summerfield Senior Care Center
1224 Plumas
Facilitator: Mike Fortwengler
800-540-3340

Special Interest Groups for the Patient

MODESTO Every Monday
10:30-Noon
Support Group and
Reminiscence
Alzheimer's Aid Society
700 McHenry Ave. #B
Facilitator: Sheryl Ashby
209-238-0538

PLACERVILLE
Support Group for Early Stages
Call Carol Heape if interested
530-626-6939

SACRAMENTO
Every Tuesday
10:30-Noon
2nd & 4th: Support Group for
those who wish to discuss
Memory Loss and Coping
1st, 3rd, 5th: Brain Exercise
and Reminiscence—All are
welcome.
Alzheimer's Aid Society
2641 Cottage Way, #4
Facilitator: Cynda Rennie
916-483-2002

Our support groups welcome new participants at any meeting. Call the phone number listed if you have questions or need directions, there is no need to register or RSVP. Our facilitators are all volunteers; professionals in the field or peer counselors. Those who care for, or care about, someone with dementia will find information, understanding and direction.

Volunteer Profile



Mike Zuniga

Peer Counselor
and Support Group Facilitator

Mike and his wife, Jean, were both born in San Francisco. Mike is a Korean War Veteran from 1950-53. They met and married in 1952. After having two boys and one girl, they moved to Santa Clara and raised their family there. Santa Clara was home until they retired in 1990 and decided to make Turlock their home.

Both Mike and Jean enjoyed doing volunteer work in hospitals, rest homes and on call when needed. For 12 years they followed this path, and became more and more involved in their community, doing good works for others, singing praise songs with guitar in hand to elderly residents of rest homes and rehab facilities. As a Eucharistic minister working with Hospice of Emanuel and Sacred Heart Church, Mike continues to provide spiritual messages to residents as well as giving individual attention to those in need.

Without warning, as is often the case, Jean noticed she was getting forgetful and found it difficult to move around. She went to the doctor and after discussion and examination; he informed

her she was in the early stages of Alzheimer's.

This was quite a shock to both Mike and Jean, who thought they had many, many more years volunteering together. They didn't know what to do.

Someone mentioned finding a support group. It was the best thing they could have done.

Someone mentioned finding a support group, which they did. It was the best thing they could've done. Not only did they meet great friends but they also learned a tremendous amount about the disease and how to deal with it. They both attended their respective meetings every Monday morning and Mike has said he would not have made it through without the group.

Jean at first didn't feel like she "belonged" in the early stage memory impaired support group, but after a few meetings, she adjusted and participated, and found herself not wishing to miss one of her meetings. They received so much love and understanding and much needed information from the groups to help them make all the right decisions.

For twelve years they followed this path... doing good works for others

Jean's decline was gradual, but after five years Mike was forced to place her as he could no longer care for her at home. She had progressed to requiring full time care. Mike spent his days with Jean, loving and caring for her. Jean eventually lost the ability to speak, but Mike said she continued to talk to him through her eyes, and with her heart. Mike says Turlock Nursing Home gave Jean excellent care for the two years she spent there.

When she passed on, she did so with such peace. They were married for 58 years and Mike's eyes still light up whenever he speaks of Jean and their life together.

While she was in the nursing home, Mike started writing a journal. In it, he recounted their life together and their own love story. After she passed away, he completed the journal writings into a book and had it published. It's called "A Special Vow" and it is his tribute to his beautiful wife.

It is available through the Alzheimer's Aid Society for a donation.

Mike has continued his passion of wanting to help others by continuing to volunteer at the Alzheimer's Aid Society in Modesto, and by starting a support group in Turlock, which has grown in attendance over the last 4 years. He does outreach on a daily basis in his hometown, and by participating in community health fairs around Stanislaus County.

Mike feels Jean would want him to continue the work they started together...

Mike knows Jean is now home with the Lord. He feels Jean would want him to continue the work they started together, helping others

in their community. "One day I will complete God's plans for me and He will also call me home," Mike said.

By Cynthia DenBrave



It's not what you look at that matters, it's what you see.

—Henry David Thoreau

FORGET ME NOT

Donations received December 16, 2010—February 15, 2011

In Memory Of:

Geraldine Bagby
Ken Bitner
Nancy Bitner
Elizabeth Bissett
Mae G. Browning
Bob Catlett
Anita Childan
Patricia George Clark
Alberta de Graaf
Walter de Graaf
Barbara Ernst
Arlene Freitas

Robert C. Hall
Lois Hargrave
Catherine Howell
Alice Isbibasbi
Annaliese Jackson
Barbara Jetton
Dorothy Keller
Elizabeth "Betty" Kirsten
Karoline Kubn
Katie Lebon
Jean Liebron
Matilda "Tillie" Mariani
William Mulliken

Lexie Marie Ray
Richard Reeder
Georgia Riggs
Francine Selman
Maude Louise Smith
Dana Sparkman
June Tbeis
E. Thompson
Jack Thompson
Henry Tremper
Joanne Waters
George Zoonicki

Elizabeth Davis
Ralph Warrick
Judy Wolfe



"The secret of health is not to mourn for the past, not to worry about the future, but to live in the present moment wisely and earnestly."
—Buddha

Donation Information

Donations are what keeps the Alzheimer's Society going and makes it possible for us to help those dealing with the relentless disease of Alzheimer's and similar conditions.

If you would like to make a donation "In Memory Of" or "In Honor Of" a loved one or friend please be sure to clearly indicate the name of the person remembered or honored, as well as the name and address of anyone you wish to be notified of your donation.

Donations can be mailed to either office, phoned-in with a credit card, or donate on-line with credit card or Pay-Pal at www.AlzheimersAidSociety.org

Thank You!

"What lies behind us and what lies before us are tiny matters compared to what lies within us."
—Walt Emerson

Art Therapy Another Means of Expression for Alzheimer's Patients

Cynthia Wilson has a master's degree in art and is a licensed art therapist. Her passion is working with seniors who are trying to cope with the life-changing disability from a stroke or Alzheimer's. Cynthia's passion was born of her own life experience.

At the age of 16, Cynthia was in a serious auto accident, suffering a broken back. For one year she lived in a body cast, unable to do any of the things all 16-year-olds love to do. She had to redefine herself. She began to understand, at that young age, that everyone

whose life has changed in unimaginable ways can find new ways to compensate for what has been lost.

Cynthia pursued her education in art and became an art therapist. Individuals with Alzheimer's and other forms of dementia often lose the language and memory skills once relied upon to express themselves. Art is another means of communication. It gives the artist a sense of control in a world that sometimes may feel out of control. Art therapy fosters a sense of purpose, and a sense of self.

Cynthia donates her time once a month to the patient group at our Modesto office, and she is trying to work into her schedule a monthly class at the Sacramento office as well. The lovely art pieces you see depicted on the back cover of our newsletters were done in Cynthia's art program.

For more information, visit Cynthia's website: www.uniqueimaging.org

By Cynda Rennie





Alzheimer's Aid Society OF NORTHERN CALIFORNIA

TAX ID 94-2721961

Alzheimer's Aid Society of Northern California
2641 Cottage Way #4
Sacramento, CA 95825

PRESORTED
STANDARD
US POSTAGE
PAID
LODI, CA.
PERMIT # 109

RETURN SERVICE REQUESTED

Visit us on our website at: www.alzheimersaidsociety.org

Mailing
Label
Here



"Thankful Leaf" by Artist David Michelson of Modesto
Created with Art Therapist Cynthia Wilson, MA, AT, of UniQue Imaging.
Read about Art Therapy on page 7