

# The Talk of Tempe



The Foundation for  
Senior Living

### Mission Statement

The Foundation for Senior Living strives to provide exceptional services, education and advocacy in order to preserve independence and enhance the quality of life for all seniors, adults with disabilities and their caregivers.

### Core Values of The Foundation for Senior Living

Our core values guide our professional behavior, business practices and ventures, and how we interact with the people we serve. Dignity of the Human Person, Respect for Human Potential, Personal Choice and Independence, Interdependence of the Individual, Family and Community, Servant, Leadership Special, Priority for the Poor and Vulnerable, Special Status of Caregivers

### Vision Statement

A caring community that promotes the well-being of seniors and adults with disability, protects their dignity, celebrates their achievements & encourages their caregivers.

Please note the Center will be closed on the following dates:

**July 5th—Independence  
Day**

## Letter from Carolyn

I would like to take this opportunity to extend my sincere admiration to our caregivers. Your dedication and advocacy on behalf of your loved ones is amazing. You tirelessly and selflessly give everything to others—without much thought for you and your needs. That being said I would like to invite all caregivers to attend a FREE day to focus on you! On Saturday, June 24th Courtney Long of Caring for Your Spirit LLC, in partnership with the Area Agency on Aging and The Foundation for Senior Living will be hosting a day that will teach you how to stay healthy, relax, energize, and focus on your needs so you can continue to care for your loved ones. This training is again on Saturday June 24th from 10:00—2:30 pm and will be held at the Phoenix Adult Day Center located at 3620 North 4th Avenue, Phoenix 85013. This training also includes FREE RESPITE for your loved one. This will give you the peace of mind of knowing that while you are caring for you—we are caring for your loved one! For more information and to RSVP please contact Francyne or Denise at 602-297-1840.

I fully encourage you all to attend! Focusing on you will definitely help you care for your loved one!

Carolyn

**July 2010**

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Please check out The Voices of Adult Day Services DVD on  
[www.youtube.com/FSLvideos](http://www.youtube.com/FSLvideos)

### 10 Real Life Strategies for Dementia Caregiving

Here is some helpful advice from the **Family Caregiver's Alliance**:

As caregivers, we often use intuition to help us decide what to do. No one ever gave us lessons on how to relate to someone with memory loss. Unfortunately, dealing with Alzheimer's disease and other dementias is counter-intuitive; i.e., often the right thing to do is exactly the opposite that which seems like the right thing to do. Here is some practical advice:

1. **Being Reasonable, Rational and Logical Will Just Get You Into Trouble.** When someone is acting in ways that don't make sense, we tend to carefully explain the situation, calling on his or her sense of appropriateness to get compliance. However, the person with dementia doesn't have a "boss" in his brain any longer, so he does not respond to our arguments, no matter how logical. Straightforward, simple sentences about what is going to happen are usually the best.
2. **People With Dementia Do Not Need to Be Grounded in Reality.** When someone has memory loss, he often forgets important things, e.g., that his mother is deceased. When we remind him of this loss, we remind him about the pain of that loss also. When someone wants to go home, reassuring him that he is at home often leads to an argument. Redirecting and asking someone to tell you about the person he has asked about or about his home is a better way to calm a person with dementia.
3. **You Cannot Be a Perfect Caregiver.** Just as there is no such thing as a perfect parent, there is no such thing as a perfect caregiver. You have the right to the full range of human emotions, and sometimes you are going to be impatient or frustrated. Learning to forgive your loved one as well as yourself is essential in the caregiving journey.
4. **Therapeutic Lying Reduces Stress.** We tend to be meticulously honest with people. However, when someone has dementia, honesty can lead to distress both for us and the one we are caring for. Does it really matter that your loved one thinks she is the volunteer at the day care center? Is it okay to tell your loved one that the two of you are going out to lunch and then "coincidentally" stop by the doctor's office on the way home to pick something up as a way to get her to the doctor?
5. **Making Agreements Doesn't Work.** If you ask your loved one to not do something ever again, or to remember to do something, it will soon be forgotten. For people in early stage dementia, leaving notes as reminders can sometimes help, but as the disease progresses, this will not work. Taking action, rearranging the environment, rather than talking and discussing, is usually a more successful approach. For example, getting a teakettle with an automatic "off" switch is better than warning someone of the dangers of leaving the stove on.
6. **Doctors Often Need to Be Educated By You.** Telling the doctor what you see at home is important. The doctor can't tell during an examination that your loved one has been up all night pacing. Sometimes doctors, too, need to deal with therapeutic lying; e.g., telling the patient that an antidepressant is for memory rather than depression.
7. **You Can't Do It All. It's OK to Accept Help Before You Get Desperate.** When people offer to help, the answer should always be "YES." Have a list of things people can do to help you, whether it is bringing a meal, picking up a prescription, helping trim the roses or staying with your loved one while you run an errand. This will reinforce offers to help. It is harder to ask for help than to accept it when it is offered, so don't wait until you "really need it" to get support.
8. **It Is Easy to Both Overestimate and Underestimate What Your Loved One Can Do.** It is often easier to do something for our loved ones than to let them do it for themselves. However, if we do it for them, they will lose the ability to be independent in that skill. On the other hand, if we insist individuals do something for themselves and they get frustrated, we just make our loved one's agitated and probably haven't increased their abilities to perform tasks. Not only is it a constant juggle to find the balance, but be aware that the balance may shift from day to day.
9. **Tell, Don't Ask.** Asking "What would you like for dinner?" may have been a perfectly normal question at another time. But now we are asking our loved one to come up with an answer when he or she might not have the words for what they want, might not be hungry, and even if they answer, might not want the food when it is served after all. Saying "We are going to eat now" encourages the person to eat and doesn't put them in the dilemma of having failed to respond.
10. **It Is Perfectly Normal to Question the Diagnosis When Someone Has Moments of Lucidity.** One of the hardest things to do is to remember that we are responding to a disease, not the person who once was. Everyone with dementia has times when they make perfect sense and can respond appropriately. We often feel like that person has been faking it or that we have been exaggerating the problem when these moments occur. We are not imagining things—they are just having one of those moments, to be treasured when they occur

Heather Hammons, BSW

### Maintaining An Active Lifestyle During The Arizona Summer

Summer means sun and heat but it doesn't mean we have to stay inside until October just because we live in Arizona. If you take precautions to help your body handle the summer conditions you can still have an active outdoor life.



- Schedule outdoor activities before 10am and after 5pm
- Spread sunscreen lotion evenly and generously over your skin, not forgetting your ears, nose and lips. Use sunscreen lotion with a protection factor of 15 or higher. Put the lotion on about 30 minutes before going outside.
- Wear a hat with good ventilation and a full brim.
- Beware of reflected light from sand, cement, and water.
- Avoid the sun if you are taking medications or have a condition that makes you photosensitive. Take advantage of lighted facilities for night activities such as tennis, volleyball, and basketball courts, tracks for walking, and swimming facilities.
- Wear sunglasses that have a filter to help protect your eyes. Look for sunglasses that have a filter capacity of 400 nanometer printed on the label.
- Wear tightly woven, loose fitting clothing that is light in color.
- Wear cooler shoes such as mesh shoes or walking sandals. Be sure to use sun lotion on your feet when wearing sandals.
- Maintain adequate hydration. To stay healthy, it's vital to maintain an adequate level of body water. Carry a water bottle when you go anywhere and sip from it often. Eat plenty of fresh fruits and vegetables. As people age, sometimes their sense of thirst weakens. Drink enough water before, during and after being outside or exercising.



# Recreation Update!

**Summer has finally arrived!** We are anticipating a lot of celebrating in July so let's get ready! Our *Patriotic Celebration* will be an all day event full of food, crafts, singing, and learning on **July 2nd**. We will be *honoring Orville Redenbacher* by having a popcorn taste testing on **July 16th**, and *honoring our families* on **July 26th**.

For our **day of celebrating families on the 26th**, we are asking all participants to bring in **photos when they were Young Adults**. Families and caregivers, can you help us by bringing a photocopy of pictures of your loved one **by July 21st** to the Senior Recreation Department with their name on the back. We will be having a Guess Who opportunity using the photos. **Again, please make sure it's a photocopy, for I don't want anything to happen to originals.**

In the month of June the participants discussed advice that they have given and have received throughout their life. Here is our own **Tempe Advice Column**~~

We will also be acknowledging Therapeutic Recreation the week of July 12th.

As a Recreation Therapist, I love what I do! The best part is seeing how recreation and leisure can be transformed in helping someone find happiness and a better quality of life.

Sincerely,  
Amanda Nelson, CTRS Recreation Director

## TEMPE ADVICE COLUMN

\*  
Always let a man open your door  
\*  
Always look nice and put together~especially for your husband  
\*  
Don't go under a tree during a rainstorm, lightening will hit the tree and you too

The Breakfast Club Outings  
7/1 Bowling bring \$8  
7/7 Bowling bring \$8  
7/8 Peter Piper Pizza bring \$12  
7/14 Dollar Store bring \$10  
7/15 Target \$10  
7/21 Golden Corral bring \$12  
7/22 Good Will bring \$10  
7/28 Target bring \$10  
7/29 Wal-Mart bring \$10

The Nite Club Outings  
7/12 Sunrise Cafe  
7/19 Dollar Store  
7/26 Fiesta Mall

## Center Wish List

*Batteries (AA)*  
*Construction Paper*  
*Glue*  
*Washable Paints*  
*Lamp*  
*Beads*  
*Deck of Cards*  
*Colored Pencils*  
*White T-shirts (XL-XXL)*  
*Wal-Mart Gift Cards*  
*Dry Erase Markers*  
*Bingo Prizes*  
*Large hand towels*

## SR OUTINGS

7/8 Dine at Denny's with Linda  
7/23 Lunch with Larry  
7/27 Pizza Parlor with Millie  
7/28 Light Rail Luncheon with Caity

Recreation

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**Would you like to Honor or Memorialize your loved one and support your ADHS?**  
By donating to your ADHC you can help continue to provide this crucial service to those in need.  
All types of donations are acceptable; monetary, items and supplies, property, etc.  
Ask us how you can help.  
Thank you for your continued support.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Donation \_\_\_\_\_

- In Memory of
- In Honor of
- Acknowledge to

\_\_\_\_\_

Your gift to FSL may qualify you to take advantage of the Arizona Charitable Tax Credit. The credit is \$200 for single return and \$400 for joint return. We will be happy to send you information on how to take advantage of this valuable credit. Please call 602-285-0505 ext. 170 today. As with all tax related information please consult your tax professional.

**Checks can be made payable to FSL Programs**

*A Program of  
The Foundation for  
Senior Living*

*Tempe Adult  
Day Services  
2234 E. Maryland Drive  
Tempe, AZ 85281*