Making Holidays More Enjoyable and Less Stressful

Tis the season for families and friends to celebrate, catch up on each other’s lives and share laughter, traditions and memories. It is a time of excitement and high expectations. For people with dementia and their families, the holidays can be overwhelming, frustrating and sad. The holidays often cause a change in our usual routine and may remind us of what we have lost.

However, there are things we can do to help make the holidays more pleasant, enjoyable and full of happy memories:

1. **Plan ahead and be realistic about the expectations.**

   Talk with family and friends ahead of time about what you feel you can prepare for the holidays and what you cannot. Ask for people to help out and share in the responsibilities. Instead of preparing a large meal, have everyone bring a dish to pass. Discuss where to have the family gathering. For some people, taking them out of the usual environment may cause more confusion. Make sure there is a quiet room for the person with dementia to relax or nap and reenergize the brain.

   Inform others of what changes you have observed your loved one with dementia so those who have not seen him or her in awhile will know what to expect. Everyone coming should be encouraged to be patient, give the person time to process what is being said, and not correct or interrupt when he or she is talking.

   "Continued on page 2"
2. Have flexibility with the time and size of the holiday gathering

Think about having the get-together earlier in the day, such as a brunch or early dinner. By evening, the person with dementia may be tired, more confused, anxious or easily agitated.

Too much stimulation in the environment such as multiple conversations, music and children playing can cause excess confusion. Think about having family members and visitors come in smaller groups and stagger their visits throughout the day or over several days. Plan the visits during the best time of the day for the family member with dementia.

3. Involve the person with dementia in safe and successful activities.

Ask the person to help with the holiday preparations focusing on the person’s strengths. Example: putting out decorations or handing them to you; baking – measuring the flour, stirring the batter or spooning the dough onto cookie sheets; decorating the holiday cookies; writing/addressing or reading holiday cards together.

Take on these tasks one at a time; avoid having too many projects going at the same time. This can be confusing and overwhelming for the person and may exhaust both of you. Try to keep the routine of the day as similar as possible. Make it fun, laugh, listen to favorite holiday music, sing along and reminisce about favorite traditions and memories.

4. Gift giving and decorations.

Give gifts for the person that are enjoyed, needed, safe and based on their abilities. Suggestions: CDs of favorite recording artists, bands or songs; DVDs of favorite movies, or TV comedy shows; comfortable clothing and photographs of people or trips from the past.

Give gifts for the care partner that are enjoyable and relaxing. Suggestions: a gift certificate for respite care, offering to spend a day with his or her loved one with dementia so the care partner has free time to do whatever he/she wants. Decorations: limit how many you put out and avoid large decorative displays and blinking lights that can cause disorientation for the person. Watch for safety hazards such as lighted candles, electrical cords not taped down and decorations that look like edible food.

5. Visiting in care facilities.

Join the holiday celebrations at the care facility. Ask if you can bring in holiday treats to share with other residents and the staff. If you are planning your own holiday party, reserve a private room for a small group of visitors to gather. Taking a person out of their familiar surroundings may cause anxiety. If you are considering this, plan ahead and think through all the potential obstacles.

IF YOU WOULD LIKE TO DISCUSS THESE TIPS OR OTHERS IN MORE DETAIL, PLEASE CALL US AT 608.232.3400 OR 1.888.308.6251.
Dear Friends,

As the year comes to a close I hope you will take time to read our year end request for donations, which features the work that we do and the services that we provide. We are grateful that Amy Kell and Steve Hoberman allowed us to tell their story about how ADAW has had such a profound impact on their lives. We also have a wonderful video Amy did on the front page of our website.

Please take the time to read the letter and be as generous as you can. 90% of our operating budget comes from events and private fundraising. Your year-end gift is tax deductible on your 2013 taxes and 100% of your contribution stays in Wisconsin. Very few organizations can say this. Also, we just received our federal 990 tax return from our accountant and I’m pleased to report that 79.8% of our overall spending went to programs and services with only 20.2% spent on fundraising and general administration. This is your assurance of how well gifts contributed to the ADAW are used. The low administrative percentage, which is well under the IRS suggested goal of 25% for non-profit organizations, is due in part to all the volunteers who help us throughout the year in so many ways.

We are grateful for everyone who participated in one of our seven Alzheimer’s Walks this past fall. Please see the wrap-up story on page 8-10. The total amount raised through November 6 is an impressive $303,655.30. Typically additional dollars come throughout the fall. If you haven’t contributed yet and planned to, please send us a check or visit www.alzwisc.org and click on the Walk banner where you can contribute electronically through our secure web-site.

Please note the article on page 6-7 discussing the Dementia Summit held in October. Public Policy Director Rob Gundermann was invited to attend. We are pleased that the highly successful Mobile Crisis Team with South Madison Senior Coalition is now being discussed as a statewide model to assist persons with dementia and their families. Rather than building special facilities for those patients who experience challenging behaviors, it is far better to bring in a team to analyze each individual case, make sure the medications are correct; assist the facility staff to implement a personalized care plan based on how the individual lived his or her life. We are always happy to share our expertise to make systems changes that can benefit others who struggle with this most complicated disease.

As always thank you for paying attention to the Alzheimer’s & Dementia Alliance of Wisconsin. We are proud to be a resource for you and look forward to talking with you by phone or email or seeing you at one of our many educational and fundraising events. Best wishes for a wonderful holiday season.

Sincerely,

Paul Rusk
Executive Director

P.S. Be sure and pledge to the Alzheimer’s & Dementia Alliance, #370, at work through any United Way or Community Health Charities workplace charity giving campaign – just fill in our name and address.
Have You Heard About Our Many Support Groups?

Join ADAW in a caring and understanding environment where you can ask questions and get straight answers from people who have been there. Learn creative and caring problem-solving techniques, get informed about helpful resources, and hear about advances in research and advocacy. Discover you are not alone in the way you feel! You may find that you can help others who are experiencing where you’ve already been. Remember, laughter, taking care of yourself, and planning for the future are essential to well-being.

“The support I have been given by the Alzheimer’s & Dementia Alliance of WI, and especially the Men’s Support Group meetings, over the past four or five years have been very helpful and sincerely appreciated.”

– Howard S.

There are many support groups, at various times and locations.

To find one that works best for you or a loved one, visit www.alzwisc.org or call 608.232.3400 or 888.308.6251.

Upcoming Programs

Is your home really safe for someone with dementia? What you may not know.

Home safety is more than disabling the stove and removing throw rugs. Discover ways to look at the home with new eyes and be proactive about potential hazards.

Monday, December 9
5:30 p.m. - 7:00 p.m.
Hawthorne Library
2707 East Washington Avenue, Madison

Beginning in February 2014, the Alzheimer’s & Dementia Alliance of Wisconsin will be partnering with the Hawthorne and Alicia Ashman branches of the Madison Public Library to offer our monthly family education programs. We will alternate between the two libraries on the 3rd Monday of each month to provide valuable educational information to family caregivers. Contact the Alzheimer’s & Dementia Alliance of Wisconsin for a complete listing of our 2014 programs.

ABC’s of Alzheimer’s & Dementia

Learn how dementia-related diseases affect the person diagnosed and important tools and supports available to family caregivers.

Thursdays, January 23 & 30
5:30 p.m. - 7:00 p.m.
Rock County Job Center
1900 Center Ave., Janesville
Guest speaker: Dr. Craig Atwood

Monday, February 17
5:30 p.m. - 7:00 p.m.
Hawthorne Library
2707 East Washington Avenue, Madison

Communication tips and strategies

Learn ways to effectively and compassionately communicate with someone who has dementia.

Monday, March 17
5:30 p.m. - 7:00 p.m.
Alicia Ashman Library
733 N. High Point Road, Madison

Annual Understanding Alzheimer’s Disease, Dementia & Memory Loss Workshop

Thursday, March 13
8:00 a.m. - 3:00 p.m.
Southwest Wisconsin Technical College, Fennimore

Guest Speakers: Dr. Kim Petersen and Dr. Jade Angelica
Online registration available after January 2014

Contact Becky DeBuhr at 608-723-4288 or becky.debuhr@alzwisc.org for more information.

Memory Cafés

Middleton Memory Café
First Friday of each month
9:30 a.m. - 11:30 a.m.
Captain Bills Restaurant
2701 Century Harbor Rd, Middleton

Contact Danielle Thai or Pat Wilson at 608-232-3400 or support@alzwisc.org for more information.
Alzheimer’s & Dementia Alliance of Wisconsin • 5

DIVERSITY UPDATE:
African American Churches and Alzheimer’s By Charlie Daniel

I would like to thank the African American churches in Madison and Beloit for spreading the word about dementia and Alzheimer’s in our community. Church leaders and members have been great ambassadors in getting the word out about this silent epidemic.

As the saying goes “A picture is worth a thousand words.” For the first time in the history of the Alzheimer’s Walks, an all-black team participated in the Dane County Alzheimer’s Walk, made up of members from Mt. Zion Baptist Church, Second Baptist Church and St. Paul AME Church.

I have been able to offer educational workshops and Alzheimer's screenings at local churches, and I have been impressed with the pastors, who not only encouraged their members to participate in the workshops, but also to be screened. They encouraged congregation members to seek out help if they are dealing with dementia.

I also am thankful for the trust the pastors have in me by giving me the opportunity to present to their congregations. The pastors have set an example by coming forth and being screened. I would especially like to thank Jerry Wiggins and Manny Scarbrough from Mt. Zion, Pastor Wade from Second Baptist, Pastor Flint from St. Paul AME Church, and Pastor Holiday from Pentecostal Tabernacle COIC-Beloit. I could not do this work without your help.

NEW! Portage Memory Café begins January 22, 2014
Fourth Wednesday of each month
1:00 p.m. - 3:00 p.m.
Portage Public Library
253 W. Edgewater St., Portage

Contact Carol Olson at 608-742-9055 or carol.olson@alzwisc.org for more information.

At the first session we’ll spend some time getting to know each other and brainstorming ideas for future sessions. Pre-registration is helpful, but not required.

Richland Center Memory Café
Fourth Thursday of each month
9:30 a.m. - 11:30 a.m.
Woodman Senior Center
1050 N. Orange St., Richland Center

Contact Becky DeBuhr at 608-723-4288 or becky.debuhr@alzwisc.org for more information.

Sauk City Memory Café
Third Thursday of each month
9:30 a.m. - 11:00 a.m.
Café Connections at Sauk Prairie Community Center
730 Monroe Street, Sauk City

Contact Carol Olson at 608-742-9055 or carol.olson@alzwisc.org for more information.

Young Onset Memory Café (65 & under)
Fourth Saturday of each month
11:30 a.m. - 1:30 p.m.
Alzheimer’s & Dementia

Alliance of WI
2nd Floor Conference Room
517 N. Segoe Rd., Madison

The Young Onset Memory Café is potluck style. Please bring a dish to pass.

Contact Pat Wilson at 608-232-3400 or support@alzwisc.org for more information.

We all forget:
Is it normal aging or should I be concerned?
We all forget names occasionally and misplace keys and wallets. What’s normal and what’s not normal for our brains as we age? What should we do if we’re concerned for ourselves or others? Free-no registration necessary.

Thursday, December 12
2:00 p.m.
Oregon Senior Center
219 Park St., Oregon

Maintaining brain health:
Tips for staying sharp at any age
Join us for brain health tips regarding nutrition, mental exercise, physical activity and more. Handouts and brain teasers provided. No registration necessary.

Tuesday, March 11
1:00 p.m. - 2:00 p.m.
Grinnell Senior Center
631 Bluff St., Beloit

Thursday, February 13
10:00 a.m. - 11:00 a.m.
Oregon Library
256 Brook St., Oregon

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Making a Gift to ADAW

“You are a life raft in a sea of fear, grief, confusion, anger and guilt. I don’t know what I would have done without you.”

- Caregiver and Crossing Bridges participant

This quote from a Crossing Bridges participant over the summer struck a chord with many of the ADAW’s staff because it so eloquently reinforces our mission: to support individuals, families and professionals impacted by Alzheimer’s disease or other dementias.

In a sense, donors to ADAW are that life raft mentioned in the quote. That mission is not possible without the support of gifts from individuals.

Ninety percent of ADAW’s operating income comes from donations from individuals, special events, fees for service and grants from private organizations. This support is critical to maintaining our day-to-day support of people facing Alzheimer’s or another dementia and their care partners. According to ADAW’s current financial statements, a whopping 79.8% of every dollar raised goes directly toward programs and services. On top of that, 100% of donations stay in Wisconsin.

Please take a moment this holiday season to make a gift to ADAW to help guarantee that when people need help — a loved one, friend or maybe even you at some future time — expert staff will be available to answer that call for help.

Donations can be mailed directly to ADAW’s office at 517 N. Segoe Rd., #301, Madison, WI 53705. To make an on-line donation visit ADAW’s website, www.alzwisc.org, and click on the green “Donate Now” button. Or consider setting up an on-line monthly donation. The first 50 people to set up a recurring donation before December 31, 2013 will receive a complimentary red Therm-O-Tote reusable grocery bag with the ADAW logo on it.

Public Policy Update

DEMENTIA SUMMIT

Wisconsin Department of Health Services (DHS) Secretary Kitty Rhoades has directed the Department of Health Services to explore options to redesign the system of dementia care in Wisconsin. This redesign is focused on providing appropriate, safe and cost-effective care for individuals with Alzheimer’s disease or other dementia throughout the course of the disease. To launch this effort, the Department partnered with The Johnson Foundation at Wingspread to convene a Dementia Care Stakeholder Summit in early October 2013. The purpose of the Summit was to identify concrete ways in which the Department, and its partners, can work together to make Wisconsin more “dementia-capable.”

Summit participants identified six top priorities for prompt intervention by the Department. These priorities can be found on page one of the Department’s Summit report, “Redesigning Wisconsin’s Dementia Care System: a Stakeholder Summit.”

A link to the Summit report is available on the Advocacy page of our website.

The next step is for the Department, guided by the Summit priorities, to develop a “Plan for a Dementia Capable System of Care.” The focus of the Plan will be on steps the Department can take, working with its many partners, to address gaps in the current care delivery infrastructure and to expand community and crisis services for people with dementia. The Department intends to share a draft of the Plan by the end of the year. After a period of comment by stakeholders, the Plan will be finalized early in 2014.

I had the opportunity to attend the summit. I was impressed with the experience, expertise and commitment of my fellow participants, which included Senator Tim Carpenter (D-Milwaukee) and Representative Mike Endsley (R-Sheboygan).

I gave a presentation on our extremely successful Mobile Crisis Team and the development of our Mendota Mental Health Diversionary Project. We are pleased that one of the six priorities outlined in the summit report is to expand the use of mobile crisis teams. We believe our model should be replicated across Wisconsin. We are
also recommending changes to incentivize treating challenging behaviors in place. Under the current system facilities have numerous incentives to remove someone who is exhibiting challenging behaviors because of liability issues and the risk of fines and citations. We are proposing a number of changes to address these issues.

**SILVER ALERT BILLS**

There are two bills currently before the legislature to create a Silver Alert system in Wisconsin. Senate Bill 255 introduced by Senator Dave Hansen (D-Green Bay) and the companion Assembly Bill 442 introduced by Representative Dean Kaufert (R-Neenah). The bills were drafted in response to an incident in northern Wisconsin where a couple became lost while driving and were missing for 24 hours before being found by law enforcement. This is becoming a more common occurrence. The bills would put a system in place to notify the public when someone with dementia is missing. This is especially important when the missing person is driving an automobile and may have traveled a long distance.

Not only do these bills protect people with dementia but they protect the rest of us as well. When someone with dementia is driving and gets lost and confused it’s not a safe situation for anyone. The bills have broad bipartisan support with republicans and democrats both co-sponsoring the legislation. The Senate version has been referred to the Senate Committee on Health and Human Services while the Assembly bill has been referred to the Assembly Committee on Aging and Long Term Care. Both bills are awaiting public hearings.

**CAPITOL PRESENTATION**

Executive Director Paul Rusk and I held a legislative breakfast at the Capitol as part of our effort to create a Dementia Caucus within the Wisconsin State Legislature. A range of issues were discussed including the Supreme Court decision impacting mental health services for people with dementia and the Silver Alert bills currently working their way through the legislative process. We are incredibly thankful to all the legislators and staff who took the time to attend and for their thoughtfulness as we discussed some very difficult issues. We are also extremely pleased with the strong desire among participants to continue these meetings.

**SURVEY!**

We are currently developing a very short survey of about five questions regarding Prior Authorization of Prescription Medications. The survey will be on our website soon. Please take a minute to visit our website, www.alzwisc.org and fill out the survey. We need to know how YOU feel about prior authorization as we look at what changes we can make to create a more efficient system and to speed up the delivery of Alzheimer’s medications to patients. While you’re on our webpage you might want to take a few minutes to learn what other programs, services and information we have available!
Alzheimer’s Walk

Alzheimer’s Walk 2013 was a tremendous success, raising $303,655.30. More than 2,000 people attended the seven walks across our nine-county service area. It was great to see so many new faces and teams this year! All proceeds from the Alzheimer’s Walks will support programs and services throughout the regions. For example, a new Memory Café will start up in Portage this coming January based off of the funds raised in Columbia County. Thank you to all participants, committee members, honorary chairs, donors, volunteers and sponsors for another outstanding year!

**Green, September 7**
support.alzwisc.org/green

**EVENT RESULTS**

**Team raising the most money:**
Pleasant View Nursing Home $4,026

**Team with the most walkers:**
Pleasant View Nursing Home with 29

**Family team raising the most money:**
Mimi’s Team $14,410
Alleda’s Crew $1,197
Ruth’s Angels $1,054

**Individuals:**
Joan Rufenacht
Michael Wolff

**Number of walkers:**
193

**Total raised as of 11/6:**
$40,906.69

**THANK YOU TO OUR SPONSORS**

**Gold:**
Colony Brands, Inc.
Mimi’s Team

**Silver:**
Babler Associates
First National Bank and Trust Company
Monroe Clinic

**Bronze:**
New Glarus Brewing Co.

**Honorary:**
Studer Super Service, Inc.
Aster Retirement Communities

**Columbia, September 8**
support.alzwisc.org/columbia

**EVENT RESULTS**

**Team raising the most money:**
Bonnet Prairie Lutheran Church $5,200.58

**Team with the most walkers:**
Judy Klahn’s Gang with 48

**Family team raising the most money:**
Judy Klahn’s Gang $4,480

**Individuals:**
Marilyn Bubolz
Millie Machkoreck

Mary Taylor
Cheryl Mielke

**Total number of walkers:**
218

**Total raised as of 11/6:**
$40,347.18

**THANK YOU TO OUR SPONSORS**

**Gold:**
AmericanWay Assisted Living
Spring Brook Sports Bar & Grille

**Silver:**
Columbia Health Care Center
Ho-Chunk Gaming
Our House Senior Living
The Dump Bar & Grill
Tivoli at Divine Savior Healthcare

**Bronze:**
Bonnet Prairie Lutheran Church
Country Terrace of Wisconsin Assisted Living

**Honorary:**
BrightStar Care

**Grant, September 14**
support.alzwisc.org/grant

**EVENT RESULTS**

**Team raising the most money:**
Team Southwest Opportunities Center $2,796.75
Teams with the most walkers:
Team Southwest Opportunities Center with 22

Family team raising the most money:
Johnny’s Walkers $4,915

Individuals:
Linda Groeschl
Nancy Nelson

Total number of walkers:
169

Total raised as of 11/6:
$24,895

THANK YOU TO OUR SPONSORS

Gold:
Elderspan Management (Park Place and Morningside)
Manor Care

Silver:
Grant Regional Health Center
Good Samaritan Society-Fennimore
Our House Senior Living
Universal Acoustic & Emission Technologies

Bronze:
ADRC of Southwest
Wisconsin-Grant County
Faherty Inc.
Southwest Health Center-Senior Behavioral Sciences

Honorary:
Scenic River Energy Cooperative

Sauk, September 21
support.alzwisc.org/sauk

EVENT RESULTS

Team raising the most money:
Sauk County Healthcare $8,381.85

Team with the most walkers:
Oakie Dokies (Oak Park Place) with 60

Family team raising the most money:
Rocking Ritas $1,157
Ken’s Crew $1,030

Individuals:
Courtney Hamilton
John Scott
Jean Luetkens

Total number of walkers:
250

Total raised as of 11/6:
$31,581.20

THANK YOU TO OUR SPONSORS

Gold:
ElderSpan Management (The Pines, The Meadows, Meadow Ridge, Meadow View, Pine Glen, Pine Villa)

Silver:
Artisan Senior Living
BrightStar Care
Ho-Chunk Gaming
Maplewood Village
Reedsburg Area Senior Life Center
St. Clare Hospital & Health Services
Sauk County Health Care Center

Honorary:
Bekah Kate’s Kitchen,
Kids and Home

Richland, September 22
support.alzwisc.org/richland

EVENT RESULTS

Organizational team raising the most money:
Harvest Guest Home $6,726.37

Team with the most walkers:
Harvest Guest Home with 32

Family team raising the most money:
Thanks for the Memories $5,921
Save the date for Alzheimer’s Walk 2014!

- Green County 9/6
- Columbia County 9/7
- Grant County 9/13
- Sauk County 9/20
- Richland County 9/21
- Iowa County 9/27
- Dane County 10/4

Alzheimer’s & Dementia Alliance
Serving South Central Wisconsin Since 1985
TRIBUTES AND MEMORIALS
7-11-2013 to 11-7-2013

IN MEMORY OF:

ROBERT BABCOCK
Customink

MARY BARRETT
Joan Joyce

DORIS BAUMANN
Barb Goeccker

JIM BECKER
Mara Brooks

LYLE DAHL
Debra & Howard Fried

BETTE DEBUHR
Robert DeBuhr

HELEN DUFFY
Joe Schoeneman

MARY LOUISE EBBOTT
Dean Health System

SALLY ENDRES
Saint John The Baptist Church

SHIRLEY FINGER
Barb Thoni

LEROY FREY
Lisa Desnoo
Greenfire Management Services, LLC
Jacquelyn Jackson
Paul Korn
Kathleen Roesselet
Pam Sherry

FRANKLIN GERKE
Yvonne & L. Roger Turner

ANASTASIA GRAPSAS
Mary Borenz

RICHARD HEINS
Shannon Anderson

CARRINE HOLLANDER
Janet & Leland Hollander

JOHN HOSKING
Karen Bader
Donna Hosking

Helen & Donald Jaedike
Sherryl & Douglas Jones
Mary & Michael Springer

RUTH JOHNSON
William Allen
Martin Johnson

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ELEANOR LANT
Ruth McGuire

MARGERY LARSON
Caro & Larry Wysacki

RUTH LEVEY
Mary & Edward Reisch

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Ms. Carol Nimlos

PEGGY MARTIN
Ms. Peggy Ahlgren

LYNN MUSSALEMM
Joan & Allen Liegel

RUTH NIEDERER
Paula & Dave Altman
Lois & Larry Bartling
Jennifer & Scott Bunting
Brenda & Gary Egerer
Carinne & John Franks
Pat & Jeff Franks
Laura & Kurt Goranson
Tamey & Ken Greve
Patricia & Thomas Gundlach
Marlene & Howard Hoth
Doris & George Pacey
Norma Radmann
Lisa & Dan Schani
Randy & Mary Schulenberg
Renee Schulenberg
Cheryl Wolf
Ruth Wolf
Chris & Gabriele Young

DEAN OSTENDORF

C.F POWERS

ALTA PECK
Anonymous
Meadow Ridge
Memory Care, LLC
Nancy and Kim Peck

GRACE PORTER
Nancy & Robert Porter
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CHERYL ROHRER
Montello Care Center

RUTH ANN SAEMAN
Joann Walker

MARY SCHATZ
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El Terasawa Grill
Madison Chapter CSI
Gary Pepper
Steve Schatz
James Voss
James Werlein

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HAROLD ZWEIFEL
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Please contact the ADAW at 608.232.3400 to make any corrections to this listing. We are deeply grateful to everyone who has supported our programs and services.
IS IT POSSIBLE TO HAVE ALZHEIMER’S AND BE HAPPY?

Nobody wants a diagnosis of Alzheimer’s or other dementia. However, Alzheimer’s does not define who you are. You are still you, and you can still enjoy life and live each day to its fullest.

So much of what we hear and read about dementia only focuses on the negatives, of which there are many. There is no cure. We may forget the names and faces of those we love. Our behavior and ability to communicate will likely change. Yet, despite all of this, we still have the opportunity for happiness if we take time to acknowledge the positive things in our lives—cherished family members and friends, good music, favorite activities, a funny movie, a great meal. These are all things we can continue to enjoy.

At a recent Memory Café, our guest speaker, Dr. Betty Kramer spoke about mindfulness and the peace that can come by living fully in the present moment. None of us can live in the past or in the future. All we have is right now in this very moment. Although not every moment will be pleasurable, some moments can be filled with incredible contentment and even joy if we allow ourselves to recognize and appreciate the good that we do have.

Staying positive is important for our care partners as well. In the book, “You Say Goodbye, We Say Hello: The Montessori Method for Positive Dementia Care,” authors Tom and Karen Brenner state, “The only way to live with dementia is to live one moment at a time, trying to understand, appreciate, and enjoy that moment…We have to embrace each small step along this journey…We have to keep putting one foot in front of the other, celebrating those small moments…”

Participating in support groups and programs like Meeting of Minds and Memory Cafés provide wonderful opportunities to make new friends, celebrate each moment, and focus on all we still can do. According to one participant of our programs, “With this disease you think that life is over, but coming here, it’s like life is awakening. You can do more things now.”