

Support Groups

2nd Tuesday

1:00 pm

Support Group and Activity group for loved ones

Covenant Church
113 N. Acoma Blvd.
Lake Havasu City, AZ

2nd Wednesday

1:00 pm

PARKINSON's Support
Community Presbyterian Church
3450 Chemehuevi Blvd.
Lake Havasu City, AZ

3rd Tuesday

1:00pm

Support Group and Activity group for loved ones
Covenant Church
113 N. Acoma Blvd.
Lake Havasu City, AZ

4th Tuesday

10:00 am—noon

Roundtable Education Series
Community Presbyterian Church
3450 Chemehuevi Blvd.
Lake Havasu City, AZ

CONTACT US:

928-855-6000

DCH c/o Community Presbyterian Church
3450 Chemehuevi Blvd. Lake Havasu City 86406

dementiaconnectionof-havasu@gmail.com

4th Tuesday Roundtable Education Series

We are excited to announce that the 4th Tuesday Roundtable has a new name and a new format this year. The focus will be on education. Video presentations from Teepa Snow, Glenn Campbell, Richard Taylor and others will be followed by discussions and question and answer sessions. This will help you gain a better understanding of dementia and how to live with it. Please come. It's for your benefit and your loved ones too!

The Dementia Series - the More we Know

- 9/29 Dementia 360 - Beyond the Basics (**this is the 5th Tuesday**)
- 10/27 Seeing Gems - Not loss
- 11/24 How Can I Be Thankful? - discovering the blessings of Dementia
- 12/22 Filling the Day With Meaning - Expression Through Art
- 1/26 Dental Care for People with Dementia
- 2/23 **No Roundtable, due to Parkinson's conference February 17 & 18**
- 3/29 Amazing Grace - Dementia and Driving, Part I
- 4/26 Dementia and Driving - Part II
- 5/24 Richard Taylor - Be With Me Today

Note: Topics may change



Welcome Back!

**We hope you had a safe and restful summer.
We hope to see you at one of the support groups and at the roundtable series!**

Dementia Support Groups meet the 2nd and 3rd Tuesdays.
Note the 4th Tuesday Roundtable Education Series is September 29.
The Parkinson's Support Group meets the 2nd Wednesday

**Please join us for education and support.
You are not alone in this journey. We can help.**

Parkinson's Conference: February 17/18, 2016

Save the Date

No act of kindness, no matter how small, is ever wasted. ~ Aesop

PLEASE JOIN US!

When: 10 AM November 7, 2015

Where: Rotary Park

What: You have the option of walking one of three walking routes. The one-mile walk keeps you within Rotary Park. The two and three-mile walks take you on a round trip to London Bridge and then within Rotary Park.

Why: To raise awareness about the importance of exercise by walking with us. And to have fun and companionship.

How: Register by either calling or emailing us.

Registration deadline is October 15.

Bonus: Register by the deadline and you will get a Movin' for Memory T-shirt.



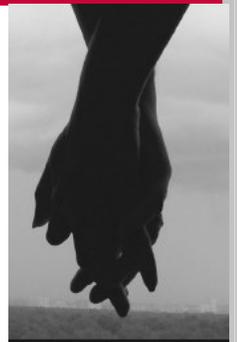
Ways to Connect with Loved Ones with Dementia

At the heart of all four of these techniques is the knowledge that an elder with dementia is neither lost nor gone. Living with dementia does not mean an end to living with hope, dignity and self-empowerment.

Here are four techniques that you can use to create meaningful connections with loved ones with dementia:

- 1. Be Present:** We need not always fill the voids with words. We can sit quietly, utilizing nonverbal communication such as a smile or holding hands. Patience and presence is key. For those of us who serve in senior living, we often talk about the intuitive skillsets of elders with dementia – the ability to discern the intentions of a loved one or care partner. It is critical to truly be with, to be present.
- 2. Act as a Mirror:** Communication may come in the form of action, and one form to communicate with is to mirror (not mimic) the motions of an elder who rarely utilizes verbal speech.
- 3. Experience Music:** We have long known that music and rhythmic speech, like canonical prayers, are stored in portions of the brain that often remain vibrant late into various dementias. Music which has been important to an elder will likely spark connections.
- 4. Go with the Flow:** Elders with dementia often have a fluidity to their stories and commentary – linking seemingly disparate stories and time periods into the one moment of now. If we're not so tied to what is "present" and "real" and accept the flow, we can strengthen our emotional connection to our loved ones.

Source: <http://www.aplaceformom.com/blog/7-31-15-ways-to-connect-with-loved-ones-with-dementia/>



You may have noticed a few differences in the logo, email, and website address. These changes signify a broader outreach to those in the community who need support and education for all types of dementia. The former email and website address are redirected to the new site.

Have you visited "**SECOND HAND GEMS**" ?
The thrift store located at 2049 West Acoma Blvd. **A portion of the proceeds every Tuesday will be donated to ADCH.**