



**BARROW**  
Neurological Institute

**Muhammad Ali  
Parkinson Center**  
A National Parkinson Foundation  
Center of Excellence

**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

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# Parkinson's Disease Educational Series

**Wednesday, February 17, 2016 and Thursday, February 18, 2016**

10:00am to 3:30pm.

Hampton Inn 245 London Bridge Road

\$20.00 for one day or \$30.00 for both days

Light lunch is included in the cost of the registration.

We cordially invite all members of the community to attend this unique two-day educational conference, hosted by the **Dementia Connection of Havasu** and presented by the **Muhammad Ali Parkinson Center**.

This will be an exceptional educational experience dedicated to addressing the clinical manifestations, progressive disease processes, and ongoing management of Parkinson's disease.

Discounted hotel rates are available for those needing accommodations. (Please mention this conference when booking)

Four CEUs - per day - offered for Administrators, Executive Directors, Nurse Managers, and Social Workers.

Please register by February 10, 2016.

Call 928.855.6000 or email [dementiaconnectionofhavasu@gmail.com](mailto:dementiaconnectionofhavasu@gmail.com) for more information and registration forms

**Thank you and we look forward to seeing you at the conference!**



**Guest Speakers**

Dr. Francesco Ponce  
(Renowned Neurosurgeon)

Dr. Padma Mahant  
(Neurologist)

Dr. Maame Dankwah  
(Neurologist)

Dr. Pamela Meyers  
(Clinical Nutritionist)

Thank you to all who supported and attended the Tree of Reflection Ceremony



## 4th Tuesday Roundtable Education Series

10:00 AM to Noon

### The Dementia Series — The More We Know

January 26

Dental Care for People with Dementia

February 23

No Roundtable, due to Parkinson's Conference February 17 & 18



#### Support Groups:

#### 2nd & 3rd Tuesday

1:00 pm

**Support Group and  
Activity group for loved ones**

Covenant Church  
113 N. Acoma Blvd.

#### 2nd Wednesday

1:00 pm

**PARKINSON's Support  
Community Presbyterian  
Church**

3450 Chemehuevi Blvd.

**We are here to help with  
support and education!!**

### Save the Date!!!! April 7, 2016 Spring Conference

"Supporting People to Live Well With Dementia"

Presented by Dr. Daniel Nightingale.

## Alzheimer's Basics: Compassionate Communication



We all have challenges from time to time coming up with the right word for something or trying to make ourselves understood. For our friends and family members with Alzheimer's or a related disorder, this is a constant struggle. Coming up with the right word, sharing one's thoughts and feelings and understanding what others are saying are all impacted by dementia to varying extents. Learning compassionate communication will significantly heighten quality of life for everyone involved.

#### **If I have Alzheimer's you can help me best if you:**

##### **Don't test my memory.**

If I have Alzheimer's or dementia, chances are I have some memory loss. Asking me whether I remember an event, person or experience can lead to embarrassment and frustration. Avoid quizzing your loved one with Alzheimer's to see if they remember close friends and family members. Instead, provide proactive reminders of names and relationships, for example "Hi Mom, it's your daughter Liz. I am here to take you to lunch today."

##### **Don't argue, correct, contradict, confront, blame or insist.**

This is probably one of the hardest tips to follow. Before Alzheimer's comes along, we are able to challenge one another and point out "reality" in a reasonable way. We can explain our point of view, compromise and move forward. With dementia however, the affected person's ability to reason is reduced. They are less likely to be convinced that their view of reality isn't accurate. Often Alzheimer's and dementia impacts one's insight, making it impossible for the person to recognize their weaknesses and changes.

##### **Focus on the present or the future.**

As dementia progresses, remembering past events becomes increasingly difficult. Focusing on the present or future means that if I have dementia and I state I am hungry, don't argue or tell me I ate an hour ago. Instead, say, "Wow, you are hungry today," and offer a snack or set a time to eat soon.

##### **Reduce anxiety.**

Open-ended questions such as "Where shall we go?" "What do you want to eat/wear/do?" are surprisingly complex and create anxiety. Instead, give a choice between two items or direct their choice: "You look great in the red blouse. Would you like to wear that today?"

##### **Remember that it can be unsettling to be confused.**

Reassurance goes a long way. Continually offer support and comfort, letting the person you care for know that you are there to help.