

CAREGIVER CONNECTION

EMBRACE ~ EDUCATE~ENGAGE~EMPOWER

November is National Alzheimer's Disease Awareness Month: Two Resources Families Dealing with Alzheimer's Should Know About

Caring for a person with Alzheimer's disease at home is a difficult task and can become overwhelming at times.

It's important to seek out resources that can help everyone involved better deal with the daily living of Alzheimer's or related diseases.

Alzheimer's Tennessee offers the online **Live Well Academy** as one resource.

A diagnosis of Alzheimer's, Mild Cognitive Impairment or a related disease is scary and may be devastating. But it's important to know that it doesn't mean your life is over.

The Live Well Academy video series allows you to

meet people determined to live their best lives with Alzheimer's or a related diagnosis. These men and women will share their strategies for coping with the changes that come with their disease. They hope to inspire others to Live Well.

[Live Well Academy - Alzheimer's Tennessee, Inc. - Support, Education and Research for Alzheimer's Disease and Related Dementias \(alztennessee.org\)](http://www.alztennessee.org)

To Live Well with a diagnosis of Alzheimer's, MCI or another form of dementia, it is vital to stay connected with others who share your experiences. You can find that support at "**Memory Café**" another resource from Alzheimer's Tennessee.

Connect with others who have a diagnosis and are navigating life. These gatherings of individuals who are interested in living well with Alzheimer's disease and Mild Cognitive Impairment.

Every Memory Café meeting is an opportunity to be with people who understand what you are going through.

Statewide Memory Café, Tuesdays, 10:00am EST. Join online via Zoom at **Launch Meeting - Zoom** <https://us02web.zoom.us/j/82547444524>.

For more information contact Tracy Kendall Wilson, Regional Director, 423-232-8993 or email Tracey.KendallWilson@tnalz.org

Alzheimer's® Tennessee
www.alzTennessee.org

Special Points of Interest:

- **Two Resource Families Dealing with Alzheimer's Should Know About**
- **4 Messages for Caregivers to Live By**
- **Grandparents Raising Grandchildren Corner**
- **Recipe Corner-Salad with Apples & Raisins**

A Note from Tracy...

November is National Family Caregiver month, a time to recognize and draw attention to the unsung heroes of today. It aims to raise awareness and ease caregivers' burdens.

A good way to use this month is to look at the way in which you go about caregiving and look for new ways to make it less stressful: one of the biggest ways is to ask for and accept help; find ways for really care for yourself in order to be the best caregiver for your loved one, and pat yourself on the back-or take yourself out to lunch, a movie some kind of treat-as a way of saying thanks.

You deserve it!

I hope the resources and information in this newsletter will help you with reducing the stress and strain that can come from caregiving. You are welcome to contact the First Tennessee Area Agency on Aging Disability at any time. We're here to help!

Wishing you a blessed holiday season!

Tracy Buckles
 Health Promotion Specialist

Tips for Holiday Visits...

When visiting those living with Alzheimer's this Holiday Season, these suggestions may make your time together more enjoyable.

Start by looking friendly and offering your hand in a handshake.

Introduce yourself by **NAME**, not relationship. Then **PAUSE**. If the person still doesn't seem to know you, give them a little more

background.

Use shorter phrases and **PAUSE** between thoughts or ideas, giving the person a chance to process and respond.

Talk about old times more than recent ones and keep memories positive.

Accept general comments. Don't rush for specifics.

Go with the flow of the conversation and don't

correct any errors.

Be prepared to hear old stories over and over. Use old pictures or props to bring up other old memories. **And laugh!**

Resources for Caregivers

To access the short videos and a resource library with information vital to caregivers visit: **[Alzheimer's Tennessee, Inc.](http://www.alztennessee.org)** www.alztennessee.org

CAREGIVER CONNECTION

Family Caregiving...Don't Try It Alone

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Thought for the Day ... “Kindness can transform someone’s dark moment with a blaze of light. You’ll never know how much your caring matters. Make a difference for another today.”

— Amy Leigh Mercree

Community Resources Spotlight

Tennessee Commission on Aging and Disability offers a support program to help the state’s older adults and caregiver who are facing hardships due to the COVID-19.

The **Care Through Conversation** program helps to make sure your needs are met during this very difficult time. Each week, a volunteer will make a regularly scheduled telephone call to conduct a needs assessment coupled with warm conversation. At minimum, volunteers will conduct one call a week, but additional calls can be requested. This is a wonderful resource for caregivers who may just need someone to be there for them.

To register yourself someone who could benefit from a Care Through Conversation phone call, call 615-253-4307 or visit

[Care Through Conversation \(tn.gov/aging\)](https://www.tn.gov/aging)



4 Messages For Family Caregivers To Live By...

- (1) **Believe in Yourself:**
Trust your instincts. Let your inner voice guide your decision making for your loved one and yourself. Believing in “You” is the first step toward building confidence, an essential tool in coping with being a family caregiver.
- (2) **Protect Your Health:**
Taking care of yourself is not a luxury: it’s a necessity. If your health is compromised it’s hard for you to be an effective caregiver. Your life is hard enough. For your own sake, and your loved one’s take good care.
- (3) **Reach out for help:**
Family caregiving is not a one-person job. Asking for help is a sign of strength, not weakness. Help comes in various forms; from others pitching in, to having more information about your loved one’s condition and sympathetic understanding from your boss.
- (4) **Speak up for your rights:**
In your daily life speak up for respect and more support for yourself and your loved one. Speak up for the rights of family caregivers by talking the need for education, financial support and better chronic illness care.

National Family Caregiver Month

National Family Caregivers Month
A month-long tribute to recognize those individuals providing care-giving support to a family member or loved one.

Family caregivers are some of the most important people in our communities.



You are a source of **strength, safety,** and **support** for those that you care for daily.

This year’s theme, **#CargiverAnd** is about remembering the passions & identities that make you who you are. Being a family caregiver is incredibly important, but it is critical not to lose sight of who you are. Your sense of self makes your life complete. This is an essential component of self-care that can ultimately prevent caregiver burn-out and depression.

Contact our **I&A line at 866-836-6678** to learn about the **Family Caregiver Support Program** to see if you qualify for services to help you provide better care for your loved ones. Utilize the helpful hints and community resources because if you don’t take care of

yourself, you can’t take care of anyone else.

From all of us at the FTAAAD we shout out a big **THANK YOU!!!** To each of you for what you do day in and day out!

Fall Thoughts:

Fall is upon us! I hope you will take time to soak up the beauty that surrounds us, to appreciate the splendor within the season and within yourself.

Thanksgiving is just around the corner and the beauty and bounty of nature are indisputable.



One of my favorite quotes is “Autumn, the season that teaches us, that change can be beautiful.” It’s unknown who first said this but it is so true. Remember, without fall, there would be no spring nor summer. Maybe we need more of a fall mindset. Not every change is positive, and often does it go smoothly. Change or transition almost always involves pain and crisis. But only when we learn to accept a new phase in our life, we realize that every change can bring with beauty and goodness.

Grandfamilies Corner: Grandparents Raising Grandchildren

Are You Taking Care of Yourself?

National Family Caregiver Month

A time to recognize all family caregivers, including grandparents raising grandchildren and other relative caregivers to children. It is important for you, as a caregiver to your grandchildren, to be recognized for all the hard work you do every day.

As a grandparent who has taken on parental responsibilities of your grandchildren you can face unique challenges. You can have a lot to learn due to increased awareness and occurrences of learning disabilities, parenting styles, educational practices and technologies, and especially now with COVID. Utilize your child's teachers and school counselors.

Parenting grandchildren can also create financial hardships as you are nearing retirement or are already retired. Most grandparent/relative caregivers don't plan extra finances for this scenario in their financial plans. There are government programs to ease the

financial burden. You can start your search for benefits at Welcome to Benefits.gov | Benefits.gov. You can also see what options are available for you through the [Relative Caregiver \(tn.gov\)](http://Relative Caregiver (tn.gov) program) program. They link families to services and resources available.

Self-care is crucial for grandparents. Make sure you are eating healthy, take your medications and keep your doctor's appointments to keep you at your best. Physical activity, such as walking or Pilates, will help you deal with stress and increase your energy. Meditation and relaxation techniques will increase focus and relieve stress. By attending support group meetings, you can connect with others in similar circumstances while also learning about resources and programs available for you.

Age and underlying conditions can put grandparents at higher risk of serious COVID-19 complications than typical parents. You cannot

socially distance when you are raising grandchildren and there's been little advice on what you should do. Generations United has compiled a detailed fact sheet [Taking on the role as a caregiver to grandchildren can have a positive outcomes for both you and your grandchildren. This new role can help you stay active and feel greater purpose for your life. It is important that you seek support, stay positive and take time for yourself. The secret can be understanding your situation and knowing where to turn for help.](http://COVID-19 - Generations United (gu.org) tailored specifically to grandparents raising grandchildren and the unique difficulties grand-families face during the pandemic. It offers advice and links to resources to help.</p>
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This month we celebrate your hard work. Not just in November, but everyday we say **THANK YOU** for being a GRANDfamily!!!



GRANDfamilies Network

Lunch & Learn Zoom Seminars

Looking for some resources to help navigate this new relative caregiver journey? Join us during our monthly "Lunch and Learn" Zoom Seminars from 12-1pm. Visit uwaykpt.org to sign up.

October 18th: Finding and Accessing Community Resources

November 15th: Mental Health 101 and How to Cope in Health Ways

December 6th: Knowing All The Dangers of the Digital World

January 24th: New Year's Resolutions and Building Self-Care into Daily Routines

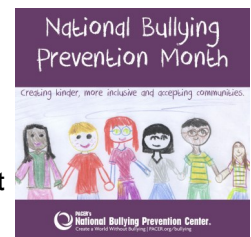
You can also find them on Facebook at [GRANDfamilies Network | Facebook](https://www.facebook.com/groups/grandfamilies.network) (www.facebook.com/groups/grandfamilies.network)



October is National Bullying Prevention Month.

Together we can create communities that are kinder, more inclusive and accepting for all students.

Bullying hurts - not only while it's happening, but the emotional impact can last a lifetime. Talk to your grandchildren about bullying.



Learn what you can do at [PACER's National Bullying Prevention Center](https://www.pacer.org/bullying/) <https://www.pacer.org/bullying/>

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Recipe Corner

Spinach Salad with Apples & Raisins

Enjoy this tasty, sweet fall salad with a savory and seasonal entrée. Use Granny Smith or your favorite kind of apples. Try leaving out the sugar for a more tart flavor.

Ingredients

- 2/3 package baby spinach (10 ounces, washed).
Could also use Kale or other greens)
- 1 1/2 apples (chopped, can use 1-2 apples)
- 1 cup raisins
- 1/4 cup canola oil
- 1/4 cup apple cider vinegar
- 1/4 cup sugar
- 1/16 teaspoon garlic powder (pinch)



Directions

1. Combine spinach, apples and raisins.
2. Mix all dressing ingredients and pour over salad just prior to serving.

Notes:

Granny Smith apples are recommended for salad, but any apple on hand will work. Try decreasing or cutting out the sugar if you like your salad less sweet. You could also add cheese to this salad...if you have blue cheese, feta or even parmesan on hand, add a little for another layer of flavor.

Connecting People with the Assistance They Need:

Contact us at:

Information & Assistance Line

(423) 928-3258

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We hope you find the newsletter informative.

Please let us know if:

- You are willing to receive the newsletter via email
- You are no longer interested in receiving the newsletter
- If you have ideas/suggestions for future editions.

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