

SUMMER
2022
VOL. 2

REAL Support for REAL Caregivers

-Your Local Experts



Alzheimer's
& Dementia
Services
OF NORTHERN INDIANA
powered by REAL Services

What We've Been Up To!

*-Joe Collins, AD, QMCP
Program Manager, ALZNI*

Have you ever wondered how we keep ourselves busy? We strive to keep ourselves educated in as many different areas as we can.

In early March, we were trained by the Lewy Body Dementia Association to be able to hold our very own Lewy Body Dementia Support Group for Caregivers. We can offer support specifically for those caring for someone living with Lewy Body Dementia.

On March 24th, our very own, Patty Piechocki, Program Manager for the Institute for Excellence in Memory Care that brings you Care Partner Academy, was awarded the 2021 David Austin Award for Outstanding Recreational Therapist by the Recreation Therapists of Indiana, Inc. This award is given to those that go above and beyond to provide the highest level of servitude to their community members as well as other professionals. All the amazing work that Patty provides is recognized all over the world especially right here in your local community.

Continued on page 2.

Inside This Issue:

- *Local Caregiver Connections*
- *Spiritual Connections*
- *Support Groups*
- *Dementia Friends*
- *Care Partner Academy*
- *Local Events*
- *Hacienda Give Back Day*
- *Donations*

What We've Been Up To! continued

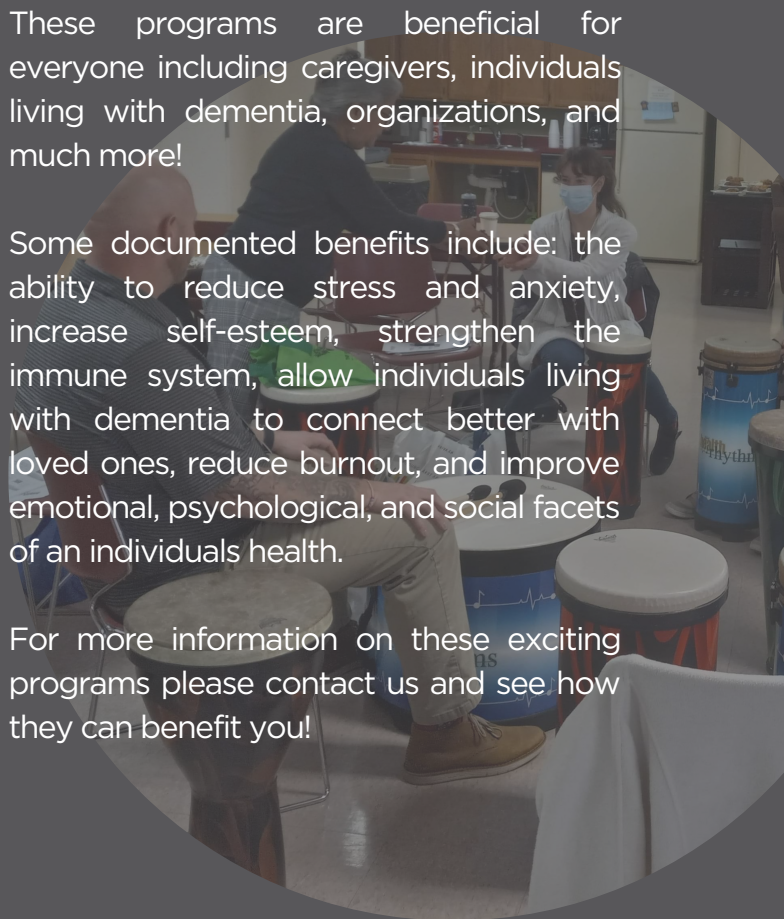
Another adventure that we are excited to share is the opportunity of attending trainings involving music and wellness. Patty had the opportunity to attend a drumming training where she learned about different sound healing techniques, natural anxiety elimination techniques, and ways to trick the brain to fall asleep. This training was provided by Jim Donovan M.Ed., founding member of the 3-time platinum band Rusted Root.

I had the opportunity to attend a training for a program called HealthRHYTHMS. HealthRHYTHMS is an evidenced-based group empowerment-drumming program that focuses on stress reduction, team building and providing different levels of support.

These programs are beneficial for everyone including caregivers, individuals living with dementia, organizations, and much more!

Some documented benefits include: the ability to reduce stress and anxiety, increase self-esteem, strengthen the immune system, allow individuals living with dementia to connect better with loved ones, reduce burnout, and improve emotional, psychological, and social facets of an individuals health.

For more information on these exciting programs please contact us and see how they can benefit you!



Local Caregiver Connections

*-Joe Collins, AD, QMCP
Program Manager, ALZNI*

The second edition of 2022, our Local Caregiver Connections will feature Sarah Rice. Sarah is a daughter, wife, mother, author, and professional. She has been an inspiration to everyone in her life, personal, professional, and communal. She has had a successful career in both television and education, as well as currently in her global manufacturing position.

Sarah has had her own health struggles which led to a major surgery with an 18 month recovery time. Fast forward to 2020, and her mother is showing signs of dementia. After many calls from neighbors, strangers, and even the police, Sarah decided to get her mother to the doctor. She was diagnosed with mid-stage dementia and Sarah knew she had to keep her mother safe.

Local Caregiver Connections continued

Sarah is now adding the title of 'caregiver' to her abundantly-filled life. As Sarah was juggling each role, she realized her daughter was hurting as well. She searched for children's books and nothing quite covered what she was looking for. So, what did she do? Sarah wrote her own book describing the journey of dementia for children, specifically for her daughter, called 'Spaghetti with My Ba'. I'm not sure how many people fully understand what it entails to not only write a book but also work at getting it published. It's a lot! Now, Sarah's journey includes everything it takes to write and publish her book.

After meeting Sarah and hearing her story, my mind was just blown! It was hard to fathom the amount of time that would go into every thing that she does and is able to accomplish on a daily basis with her packed responsibilities. She is fully committed to everything that she sets out to do with a heart full of compassion and empathy for others. It is clear to me that she can put herself first when needed but she absolutely puts others on a pedestal especially her family and those for which she cares deeply.

You can learn more about Sarah and her story on her website:

thesarahrice.com

Spiritual Connections

-Chaplain Ruby, MMin, MACF, CMCP

Tulips Symbolize:

Perfect and deep love, ideal to give to someone who you have a deep unconditional love for.

Rebirth of change, such as taking on a new adventure.

Charity, making of a new season, new beginning, or a new journey.

Take a moment with your beloved one and enjoy the beauty, which God has graciously given us.

"When I consider your heavens, the work of your fingers, the moon and stars, which you have set in place, what is mankind that you are mindful of them, human beings that you care for them? You have made them a little lower than the angels and crowned them with glory and honour. You made them rulers over the works of your hands; you put everything under their feet."

Psalm 8:3-6



Alzheimer's & Dementia Caregiver Support Groups

Groups are free and open to the public. To register, please call
direct to the Support Facilitator listed below.

Elkhart County 2nd Tuesday 5:00 - 6:30p EST	First Presbyterian Church 200 Beardsley Ave., Elkhart, IN	Norene Smith 574-607-3022
Elkhart County 4th Tuesday 3:00 - 4:30p EST	Greencroft Goshen 1820 Greencroft Blvd., Goshen, IN	Amy Willhelm 574-537-4000 Frank Piaskowy 574-903-1176
Kosciusko County 1st Tuesday 1:00 - 2:30p EST	Center for Healthy Living - Parkview Warsaw YMCA 1305 Mariners Dr., Warsaw, IN	Karen Kaufman 574-371-6144
Kosciusko County 1st Tuesday 6:30 - 8:00p EST	Center for Healthy Living - Parkview Warsaw YMCA 1305 Mariners Dr., Warsaw, IN	Duane Klinger 260-802-1321
LaPorte County 3rd Wednesday 2:00 - 3:00p CST	Rittenhouse Senior Living 4300 Cleveland Ave., Michigan City, IN	Debbie Burgess 219-256-1239 Dorothy White 219-369-1247
Marshall County 3rd Thursday 3:00 - 4:30p EST	Marshall County Council on Aging 1305 W Harrison St., Plymouth, IN	Joe Collins 574-232-4121
Saint Joseph County 1st Wednesday 1:00 - 2:30p EST	Hamilton Grove 31777 Chicago Trail, New Carlisle, IN	Dorothy White 219-369-1247 Bert Sappenfield 219-608-1104
Saint Joseph County 3rd Tuesday 10:00 - 11:30a EST	Howard Park 219 S Saint Louis Blvd., South Bend, IN	Joe Collins 574-232-4121
Virtual 1st Wednesday 2:00 - 3:30p EST	Zoom *Call for virtual meeting invitation	Joe Collins Ruby Fair-Miller 574-232-4121

Alzheimer's & Dementia Caregiver Support Groups

Groups are free and open to the public. To register, please call
direct to the Support Facilitator listed below.

Lake County 2nd Thursday 6:00 - 7:30p CST	Christ Presbyterian Church 7416 East 109th Ave Winfield, IN	Kathleen Luken 219-230-4530 Raman Dhillon 219-895-4458
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Lake County 3rd Tuesday 6:00 - 7:30p CST	Bickford of Crown Point *Call for virtual meeting invitation	Diane Robinson Raman Dhillon 219-663-0972
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Lake County 4th Wednesday 6:00 - 7:30p CST	Saint Anthony Majestic Care 203 Franciscan Drive, Crown Point, IN	Matt Rudy Cathy Braxton 219-661-5150
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Porter County Men's Group 1st Wednesday 8:30 - 9:30a CST	Viking Chili Bowl 105 E. US Highway 30, Valparaiso, IN	John Gorski 219-508-7829
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Porter County Men's Group 3rd Wednesday 8:30 - 9:30a CST	Porter County Community Foundation 1401 Calumet Ave. Valparaiso, IN	John Gorski 219-508-7829
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Porter County 1st Wednesday 3:00 - 4:30p CST	Porter County Community Foundation 1401 Calumet Ave. Valparaiso, IN	Barb Kubiszak Terri Dickus 219-477-5433
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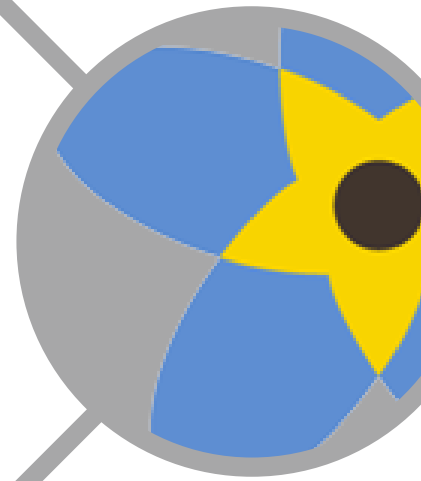
Porter County 3rd Thursday 5:30 - 6:30p CST	Rittenhouse Senior Living 6235 Sterling Creek Road, Portage, IN	Danielle Balek Kayla Wilken 219-764-2900
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Porter County 2nd Wednesday 5:00 - 6:00p CST	Valparaiso Senior Village 74 East Journey Way, Valparaiso, IN	Lou Anders Angel Ripley 219-255-4378
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Dementia Friends...

is a global movement that is changing the way people think, act, and talk about dementia. Developed by the Alzheimer's Society in the United Kingdom, the Dementia Friends initiative is underway in Indiana and across the United States. By helping everyone in a community understand what dementia is and how it affects families, each of us can make a difference for people touched by dementia.



If you reside in the following counties of Lake, Porter, Newton, Jasper, Pulaski, or Starke: Please call NWICA at 219-794-1829 to schedule a session.

If you reside in the following counties of LaPorte, St. Joseph, Marshall, Elkhart or Kosciusko: Please call ALZNI at 888-303-0180 to schedule a session.

Join a growing movement of people like you who are helping fellow community members living with dementia. A little support can make a big difference in their lives. Be a Dementia Friend!

For more information about Dementia Friends, visit:
www.dementiafriendsindiana.org

Summer Online Schedule - 2022

June

- **6 - Alz & Dementia 101**
- **13 - Needed to Feel Needed: Activities at Home**
- **20 - Maintaining Me! Daily Living Skills**
- **27 - What Caregivers Should Know About Medicare**

July

- **11 - Alz & Dementia 101**
- **18 - Busy Minds Busy Hands**
- **25 - Communication & The 3 R's**

August

- **1 - Alz & Dementia 101**
- **8 - After the Diagnosis**
- **15 - When is it Time to Move?**
- **22 - Understanding Apathy**
- **29 - Staying Cool When Behaviors Happen**

***Begins at 10:00 AM EST
Recordings of these
sessions are available
upon request.***

**Visit our website for more
support and information
on upcoming events &
programs.**



Care Partner Academy

Yay, Summer is here again!!

We are excited to announce, in addition to the live webinars, Care Partner Academy will be in person this summer! Parkview Warsaw YMCA will be the site of our first LIVE series this June, July and August. Please see page 8 for more details. **Registration is still required.**

Most of our support groups are meeting in person while a couple are online. We will continue to offer online educational opportunities to make sure we are reaching as many people as possible that are in need.

It is estimated that over 110,000 Hoosiers are living with Alzheimer's disease while over 338,000 care partners provide unpaid care and support. If you are one of these individuals, then you know the journey of dementia is not an easy road to travel.

These NO COST monthly series are led by Patty Piechocki, the Director of the Institute for Excellence in Memory Care (a division of ALZNI). Patty is a Certified Therapeutic Recreational Therapist, and has worked in the Memory Support field for over 25 years as a Care Partner, therapist, and professional trainer.

As always, if you have suggestions on topics please let us know as we strive to provide the best knowledge and topics that matter most to you! Please be well and stay safe!

Registration is Required.

All in-person programs are subject to change.

Ready to register for our sessions?

Email Patty at: patty@alzni.org

Call: 574-232-4121

Online: www.eventbrite.com

ALL Session are FREE!

What's Happening in YOUR Community

**Registration is required. To register visit alzni.org
For more information call Toll-Free 888-303-0180**

**June 8
2:00-3:00p
EST**

*Care Partner Academy LIVE
Alzheimer's & Dementia 101*

Parkview Warsaw YMCA
1305 Mariners Drive
Warsaw, IN

Franciscan Health Michigan City PACE
301 West Homer Street
Michigan City, IN

*Educational Presentation
Alzheimer's & Dementia 101*

**June 9
3:00-4:00p
CST**

**June 16
11:30a-1:00p
EST**

*Neighborhood Partners
Free lunch provided

Autumn Trace Senior Communities
2560 Lake Avenue
Plymouth, IN

Parkview Warsaw YMCA
1305 Mariners Drive
Warsaw, IN

*Care Partner Academy LIVE
After the Diagnosis*

**July 13
2:00-3:00p
EST**

**July 14
3:00-4:00p
CST**

Dementia Friends Session

Franciscan Health Michigan City PACE
301 West Homer Street
Michigan City, IN

Autumn Trace Senior Communities
2560 Lake Avenue
Plymouth, IN

*Neighborhood Partners
Free lunch provided

**July 21
11:30a-1:00p
EST**

**Aug 10
2:00-3:00p
EST**

*Care Partner Academy LIVE
Behavioral Expressions & Dementia*

Parkview Warsaw YMCA
1305 Mariners Drive
Warsaw, IN

Franciscan Health Michigan City PACE
301 West Homer Street
Michigan City, IN

*Educational Presentation
When is it Time?*

**Aug 11
3:00-4:00p
CST**

**Aug 18
11:30a-1:00p
EST**

*Neighborhood Partners
Free lunch provided

Autumn Trace Senior Communities
2560 Lake Avenue
Plymouth, IN

What's Happening in YOUR Community

Registration is required. To register visit alzni.org

UNLESS OTHERWISE NOTED.

For more information call Toll-Free 888-303-0180

**June 7
4:00-7:00p
CST**

*Neighborhood Block Party
Supporting ALZNI
No registration required*

Rittenhouse Village at Portage
6235 Sterling Creek Road
Portage, IN

Remington Senior Center
1 North Ohio Street
Remington, IN

*Lunch & Learn
Memory Loss:*

*What's Normal & What's Not
Free lunch provided

**June 15
11:30a-1:00p
EST**

**July 7
11:30a-1:00p
CST**

*Lunch & Learn
Memory Loss:
What's Normal & What's Not
Free lunch provided

Jasper County Community Services
967 East Leopold Street
Rensselaer, IN

Valparaiso YMCA
1201 Cumberland Crossing Dr
Valparaiso, IN

*Lunch & Learn
Alzheimer's & Dementia 101*

**July 12
11:30a-12:30p
CST**

Registration is required. To register visit valpoyymca.org or call 219-462-4185

**Aug 18
11:00a-1:00p
CST**

*Cookout for a Cause
Supporting ALZNI*

Brookdale Valparaiso
2501 Valparaiso Street
Valparaiso, IN

\$5 Donation: Hot Dog, Chips, Cookie - To register call 219-548-2230



JOIN US JUNE 23, 2022

Our partners at Hacienda Mexican Restaurants are generously donating 20% of the proceeds from food sales, Fiesta-To-Go orders, and gift cards when the store give back token is presented at the time of ordering!

**Catering orders do not apply.*



Snip the token and support Alzheimer's & Dementia Services of Northern Indiana!

*Join us for great food and a great cause -
CAREGIVERS!*

Locations:

Saint Joseph County: Portage Hacienda
3903 Portage Road, South Bend
574-273-3843

Marshall County: Plymouth Hacienda
2862 Miller Drive, Plymouth
574-941-2022

LaPorte County: Michigan City Hacienda
2148 North Warwick Road, Michigan City
219-879-4404

Elkhart County: Elkhart Hacienda
186 Easy Shopping Place, Elkhart
574-294-6597

Kosciusko County: Warsaw Hacienda
3805 Lake City Highway, Warsaw
574-269-4711



Group: Alzheimer's & Dementia Services

Date: Thursday, June 23rd, 2022

Location: _____

You must receive this token from your organization prior to your event. Distribution of this token on Hacienda property will disqualify the organization from receiving any proceeds.

Don't have time to eat out? Pick up a Hacienda gift card or Fiesta-To-Go order. They count towards the fundraiser.

Restaurant Phone Number _____

GIFT CARDS WILL NOT BE ACCEPTED TO MAKE PAYMENT FOR
YOUR PURCHASE WITH THIS TOKEN



**Thank you for supporting
our Caregivers!**

5 WAYS HOW YOUR DONATION HELPS LOCAL FAMILIES



\$35 = 1 hour of help-line assistance

\$100 = Individual counseling session for a family in crisis

\$130 = A one-day break from caregiving to help maintain health and wellbeing of the family



\$200 = Local education and support group sessions

\$1500 = A local caregiver education series

To make a donation visit our website alzni.org or call toll-free 888-303-0810.



Care Connections

111 Sunnybrook Court
South Bend, IN 46637

Serving 11 Counties:

Lake, Porter, Newton, Jasper,
Starke, Pulaski, LaPorte, St.
Joseph, Elkhart, Marshall,
Kosciusko

Phone: 574-232-4121

Fax: 574-566-1362

Email: info@alzni.org

www.alzni.org

**REAL Support for
REAL Caregivers**

NON-PROFIT
U.S. POSTAGE
PAID
South Bend, IN
Permit No. 585

Need Help? Call our Toll-Free Helpline 1-888-303-0180

Helpline open Monday — Friday 8:00a - 4:30p EST

All services will be provided without regard to race, creed, gender identity, military or veteran status, or national origin.



Connect with us on
LinkedIn



www.alzni.org

574-232-4121

888-303-0180 (Toll Free)