

REAL Support for REAL Caregivers

-Your Local Experts



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

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Inside This Issue:

- *Using the 5 Love Languages
As a Caregiver*
- *Spiritual Connections*
- *Support Groups*
- *Care Connections*
- *Care Partner Academy*
- *Calendar of Events*
- *Safe at Home Study Opportunity*
- *HealthRHYTHMS*
- *AMPLIFY life*

www.alzni.org

574-232-4121

888-303-0180 (Toll Free)

Using the 5 Love Languages As a Caregiver

-Abigail Collins

About ten years ago, a book was recommended to me that changed my views on how to show love to others in my life. The book is called, "The 5 Love Languages" by Gary Chapman. At the time, I had been married to my spouse for several years. The "honeymoon" phase was wearing off and the reality of keeping my partner happy for the rest of our lives seemed like a daunting, and at times, impossible task.

After reading this book, I learned that the five love languages can, and in my opinion, should be used in all relationships in your life. I would like to share a brief description of each love language and how you might be able to apply them to your life in a way that can enrich your life as a caregiver and the life of your loved one along their journey.

My personal love language is receiving gifts. The gift does not need to be expensive or gift wrapped. It is a heartfelt and personal gift that can be seen, felt, and referred to at any time. This could be important for a loved one living with dementia. The gift could be pictures, a bouquet of flowers, or a handwritten note.

Quality time is all about giving the other person your undivided attention. When spending quality time with your loved one, try putting your phone away, go for a walk with them and chat, or cook a meal together.

It is always nice to feel appreciated, isn't it? One of your love languages might be words of affirmation. This is for those who want to hear that they are loved and appreciated through words or notes. Your loved one might appreciate being told, "I love you", compliment a project they have recently finished, or write a note on their mirror.

The 5 love languages are:

- Acts of Service
- Receiving Gifts
- Quality Time
- Words of Affirmation
- Physical Touch

Acts of service is a love language for those who appreciate actions more than words. The act is something out of the ordinary that you do not normally perform and could be as simple as taking the trash out, running an errand, or cooking a meal.

Physical touch is not just a love language for couples, it is for people who enjoy simple human contact such as a hug, sitting near them, or holding their hand as you talk to them. A small gesture such as this can make a big difference in their day.

Using the 5 Love Languages As a Caregiver

Continued

-Abigail Collins

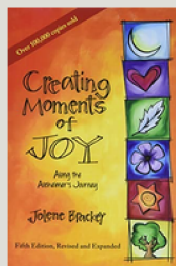
Don't forget that as a caregiver, it is especially important to have your love language shown to you so you can "fill your cup". If your cup is empty, you cannot properly care for others. Here are some ideas on how to fulfill your own love language:

- Physical Touch: schedule a manicure or pedicure for yourself, snuggle with pets at your local animal shelter, sleep with a weighted blanket.
- Receiving Gifts: buy yourself your favorite meal, order something off your wish list, or make a DIY decoration for your home.
- Quality Time: read a book, journal your thoughts, attend a yoga or meditation class.
- Acts of Service: order takeout rather than cooking, declutter your home and donate items to charity, invest in a robotic vacuum.

- Words of Affirmation: read through your favorite quotes, write down what you like about yourself, repeat self-love affirmations to yourself in the mirror.

Would you like some additional reading materials to help you learn more about how to provide love and joy to your loved one living with dementia? Here are a couple recommendations:

"Creating Moments of Joy Along the Alzheimer's Journey" by Jolene Brackey



"A Loving Approach to Dementia Care" by Laura Wayman



Spiritual Connections

-Chaplain Ruby, MMin, MACF, CMCP





I want to share an article on Self-compassion and Self-criticism in which author James C. Wilhoit explains, "Self-compassion is about learning to be empathetic, kind, and caring for ourselves as we would care for a friend. Secondly, Self-criticism has many negative psychological consequences; we must underscore that it is corrosive to one's soul." [1] The soul is the storage compartment for the emotions, mind, and will that can cripple a person physically, psychologically, and relationally by preventing spiritual transformation from occurring. Soul care is a vitally important method of embracing, encouraging, and journeying into the freedom and fullness of Christ.

On this note, caregivers, let your inner self conversations be nonjudgmental and stop beating yourselves; instead, close your eyes, take a deep breath, and slowly exhale, saying, "I am a loving caregiver." Learning to practice Self-compassion daily gives one the strength needed to thrive. According to the Scripture, "Clothe yourselves with compassion, kindness, humility, gentleness and patience" (Colossians 3:12, NIV). Inhale the freshness of God's Words!

[1] Jim C. Wilhoit, "Self-Compassion as a Christian Spiritual Practice," *Journal of Spiritual Formation & Soul*

Alzheimer's & Dementia Caregiver Support Groups

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

Elkhart County	2nd Tuesday 5:00 - 6:30 EST	First Presbyterian Church 200 Beardsley Ave., Elkhart, IN	Norene Smith 574-303-9971
	4th Tuesday 3:00 - 4:30p EST	Greencroft Goshen 1820 Greencroft Blvd., Goshen, IN	Amy Willhelm 574-537-4000 Frank Piaskowy 574-903-1176
	 4th Thursday 6:00 - 7:00p EST	Waterford Crossing 1332 Waterford Cir., Goshen IN	Alex Ratkovich Lisa Zolinger 574-534-3920
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
	 2nd Monday 5:30 - 6:30p EST	Health Services Pavilion 1515 Provident 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
	 Brentwood at LaPorte 2002 Andrew Ave., LaPorte, IN		
St. Joseph County	1st Wednesday 1:00 - 2:30p EST	Hamilton Grove 31777 Chicago Trail, New Carlisle, IN	Dorothy White 219-369-1247 Sandy Papai 574-213-4637
	3rd Tuesday 10:00 - 11:30a EST	 Milton Village 111 Sunnybrook Court, South Bend, IN	Joe Collins 574-232-4121
	4th Tuesday 1:00 - 2:30p EST	North Woods Village at Edison Lakes 1409 East Day Rd., Mishawaka, IN	Cristy Kaniewski Deejra Lee 574-247-1866

Alzheimer's & Dementia Caregiver Support Groups

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

Marshall County	3rd Thursday 3:00 - 4:30 EST	Marshall County Council on Aging 1305 West Harrison St., Plymouth, IN	Joe Collins 574-232-4121
Lake County	2nd Thursday 6:00 - 7:30p CST	Christ Presbyterian Church 7416 East 109th Ave., Winfield, IN	Kathleen Luken 219-230-4530
	3rd Tuesday 6:30 - 8:00p CST	Bickford of Crown Point *Call for virtual meeting invitation	Kyla Porter 219-663-0972
	Last Wednesday 6:00 - 7:30p CST	Saint Anthony Majestic Care 203 Franciscan Dr., Crown Point, IN	Cathy Braxton 219-661-5132
Porter County	Men's Group 1st Wednesday 8:30 - 9:30a CST	Viking Chili Bowl 105 East US Highway 30, Valparaiso, IN	John Gorski 219-508-7829
	Men's Group 3rd Wednesday 8:30 - 9:30a CST	Porter County Community Foundation 1401 Calumet Ave., Valparaiso, IN	John Gorski 219-508-7829
	1st Wednesday 3:00 - 4:30p CST	Martinis Scratch Kitchen & Lounge 1004 Calumet Ave., Valparaiso, IN	Barb Kubiszak Terri Dickus 219-477-5433
	3rd Thursday 5:30 - 6:30p CST	Rittenhouse Senior Living 6235 Sterling Creek Rd., Portage, IN	Nora Ferrer 219-764-2900
	2nd Wednesday 5:00 - 6:00p CST	Valparaiso Senior Village 74 East Journey Way, Valparaiso, IN	Lou Anders Angel Ripley 219-255-4378
	4th Tuesday 10:00 - 11:30a CST	Residences at Coffee Creek 2300 Village Point, Chesterton, IN	Lindsey Sherron 219-921-5200
Virtual	1st Wednesday 2:00 - 3:30p EST	ALZNI Call or go to alzni.org to register	Joe Collins 574-232-4121

**All facilitators are professionally trained by Alzheimer's & Dementia Services of Northern Indiana*



Care Connections

located within Milton Village

About Us

Care Connections located within Milton Village is a completely new and innovative way to experience the journey of caregiving for a person living with dementia.

This open, socially inclusive model will offer support and provide strategies for communication and stress relief.

**There are no charges for services to caregivers.*

Individuals

Experience an innovative approach to caregiving! Through a creative variety of daily opportunities you can reduce stress and improve your overall health and well-being.

Caregivers

Live your best life with expressive arts, fitness, spiritual services, social integration, support groups, family consultations, as well as other stress-relieving programs!

Things To Do

- Shoot some pool
- Tend the garden
- Practice your putting skills
- Enjoy the outdoors
- Create projects in our woodshop or art studio
- Feed your soul in the chapel
- Take a fitness class
- Join a club
- Grab a meal in the café
- Take in a movie in the theatre (Did someone say "popcorn"?!)
- Chat with others
- Reserve the quiet room for a nap
- Attend a support group
- Meet with professionals
- Bring your loved one along or come in on your own!

See page 8 or call for upcoming programs and to see how you can get involved with the endless possibilities that Care Connections has to offer!

Winter/Spring Online Schedule - 2023

January

- 9 - *Alz & Dementia 101*
- 23 - *Communication Changes*
- 30 - *Stay Cool When Behaviors Happen*

February

- 6 - *Alz & Dementia 101*
- 13 - *I'm Falling for You: Falls & Dementia*
- 20 - *Dining & Dementia*
- 27 - *Sundown Syndrome*

March

- 6 - *Alz & Dementia 101*
- 13 - *Becoming the Advocate*
- 20 - *When is it Time? Moving to Memory Support*
- 27 - *Traveling with Dementia*

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

Care Partner Academy

Alzheimer's and Dementia Services of Northern Indiana (ALZNI) provides you with the tools you need to be a confident, educated, and understanding caregiver to those you love.

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. At times even 24 hours a day 7 days a week, to meet the needs of these individuals. Did you know that in some cases, that is equivalent to holding down 4 full-time jobs?! 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!

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



CALENDAR OF EVENTS JAN-MAR 2023

**CARE
CONNECTIONS**
111 SUNNYBROOK CT.
SOUTH BEND, IN

1/12 DEMENTIA FRIENDS - 2:00 PM EST
1/24 ALZHEIMER'S & DEMENTIA 101 - 10:00 AM EST
2/8 DEMENTIA FRIENDS - 2:00 PM EST
2/10 CAREGIVER BINGO - 1:30 PM EST
2/14 CPA LIVE - I'M FALLING FOR YOU - 10:00 AM EST
3/28 CPA LIVE - WHEN IT'S TIME - 10:00 AM EST

**ACTIVITY
CENTER FOR
OLDER ADULTS**
910 STATE ST.
LAPORTE, IN

1/18 MEMORY LOSS: NORMAL VS NOT - 10:30 AM CST
2/15 ALZHEIMER'S & DEMENTIA 101 - 10:30 AM CST
3/15 WHEN IT'S TIME - 10:30 AM CST

Seating Limited - Call 219-326-5354 to Register

**MARSHALL CO.
COUNCIL ON
AGING**
1305 W. HARRISON ST.
PLYMOUTH, IN

1/26 DEMENTIA FRIENDS - 1:00 PM EST
3/30 DEMENTIA FRIENDS - 1:00 PM EST

Seating Limited - Call 574-936-9904 to Register

REES THEATRE
100 N. MICHIGAN ST.
PLYMOUTH, IN

3/14 ALZHEIMER'S & DEMENTIA 101 - 6:30 PM EST

**Seating Limited - Call 574-232-4121 Or
Eventbrite.com to Register
*Unless Otherwise Noted**



Staying Safe in Dementia

Caring for someone with dementia can be hard -
don't face these challenges alone!

Join a University of Colorado national online research study for dementia caregivers to test a new online resource. Receive compensation up to \$180.

Keeping your loved ones with dementia safe at home is challenging.

Behavioral changes that come with Alzheimer's Disease and related dementias (ADRD) can increase the injury risk from in-home firearms.

Researchers at the University of Colorado have developed a new resource to help dementia caregivers and are conducting a study to measure its helpfulness.

Adult caregivers, who are not paid to provide care, may be eligible to participate if the person they are caring for has been diagnosed with dementia or Alzheimer's disease, does not live in a care facility, and has access to one or more firearms.

Caregivers who participate in the study will be compensated up to \$180.

Why participate in the safe at home study?

- *Get access to a valuable resource for informal dementia caregivers*
- *Help research that supports dementia caregivers*
- *Receive up to \$180*

What is involved in the study?

- *Caregivers who participate in the study will complete 4 online questionnaires over six months*
- *The entire study can be done from your home*

Eligibility

Candidates may be eligible to participate if they meet the following requirements...

- *Adult, unpaid caregivers of people with dementia or ADRD (Alzheimer's Disease and Related Dementias)*
- *Caregiver and person with ADRD must live in the United States*
- *Person with ADRD must have access to one or more firearms and not live in a care facility*
- *Caregiver fluent in English or Spanish*

This study is being conducted by researchers within the Department of Emergency Medicine at the University of Colorado's Anschutz Medical Campus

Phone number: 303-724-4077
Email: betzlab@cuanschutz.edu



REMO[®] health rhythms[®]

New Program!

An evidenced-based group empowerment drumming program that uses the drum as a tool for communication and personal expression.

Cognitive



Social



Emotional



Physical



Upcoming Sessions

Marshall County Council on Aging
1305 W. Harrison St., Plymouth, IN

Seating Limited

Call 574-936-9904 to Register

- 2/7 - 1:30pm
- 2/14 - 1:30pm
- 2/21 - 1:30pm
- 2/28 - 1:30pm
- 3/7 - 1:30pm
- 3/14 - 1:30pm

Fitness Forum at LifePlex
2855 Miller Dr., Plymouth, IN

Seating Limited

Call 574-936-9904 to Register

- 3/1 - 10am
- 3/8 - 10am
- 3/22 - 10am
- 3/29 - 10am
- 4/5 - 10am
- 4/12 - 10am

Personal Benefits

- Reduced Burnout Rates
- Stress Reduction & Relaxation
- Interpersonal Support and Bonding
- Creative Musical Expression
- Strengthened Immune System
- Spiritual Connection
- Exercise
- Nurturing - Support
- Improve Mood

****No prior musical experience necessary.***

****Future HealthRHYTHMS sessions may involve a nominal fee.***

These free 6 week introductory sessions are made possible through grants provided by the Alzheimer's Foundation of America.



AMPLIFY *life*

A comprehensive program for individuals, caregivers, and families living with dementia.

Active
Memory
Programs for
Longevity
Independence and
Functionality for
Years

***Call and find
out how to
enroll today!***

Program Highlights

PERSON-CENTERED ASSESSMENT

- Memory Screen
- Recreational Therapy Screen
- Life Story Creation

CAREGIVER STRESS PREVENTION BUNDLE

-Dr. Malaz Boustani, M.D., Eskanazi Health & Team

- Support Group
- Crisis Planning
- Care Coaching
- Respite

ACTIVE MEMORY PROGRAMS

- Expressive Arts
- Fitness
- Socialization
- Spirituality

REGULAR CHECK-INS

- Healthy Aging Brain Care Monitor

Engaging in programs, such as AMPLIFY life, has been proven to decrease caregiver stress, while improving overall well-being.



Care Connections

111 Sunnybrook Court
South Bend, IN 46637

Serving 11 Counties:

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

Phone: 574-232-4121

Fax: 574-566-1362

Email: info@alzni.org

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

REAL Services, believing in the dignity of all people, will provide services without regard to race, age, color, religion, sex, gender identity, disability, national origin, ancestry, familial status, or status as a veteran.



Connect with us on
LinkedIn



www.alzni.org

574-232-4121

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