

REAL Support for REAL Caregivers

-Your Local Experts



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

**2023
VOL. 2**

Inside This Issue:

- *Spiritual Connections*
- *Tips for Preventing Caregiver Burnout*
- *Care Partner Academy*
- *Support Groups*
- *Calendar of Events*
- *Care Connections Programs*
- *CARES Program*
- *Stand By Me Walk*

www.alzni.org

574-232-4121

888-303-0180 (Toll Free)

Spiritual Connections

-Chaplain Ruby, DMin, MACF, CMCP

Biblically, healthy living echoes in numerous Scriptures urging us to care for our bodies, such as “Do you not know that your bodies are temples of the Holy Spirit, who is in you... Therefore, honor God with your bodies” (1 Corinthians 6:19-20, New International Version). These verses remind us that we can actively participate in health wellness by creating a holistic approach that recognizes and promotes integrative harmony in the body, mind, and spirit, which affect the person’s wholeness.

Another significance of having a healthy lifestyle is that I firmly believe it provides a better understanding of spirituality as the key to re-establishing a health awareness practice, especially for the caregiver and care recipient, who can work in partnership to create nourishing traditions.

In addition, socialization involves sharing cultures with others and impacts one’s health; for instance, eating healthy foods, building interpersonal connections, and exercising incorporates spiritual disciplines, which nurture the entirety of an individual.

Lastly, meditating on the Word of God aims to improve the mind’s capacities, such as focusing on the direct experience of God’s presence, triggering emotional self-regulation to help reduce stressors, and encouraging relaxation. These results enhance the level of sleep quality, without a doubt, a critical influencer for our bodies’ health and restorative processes. Caregivers, take care of yourselves; nurture yourself as you nurture others.

Tips for Preventing Caregiver Burnout

-Partnered with and taken from *Trualta.com*

What Does Burnout Look Like?

Caregiving can be both rewarding and challenging. Over time you may feel a buildup of stress and emotions. This can result in physical, emotional, and mental exhaustion, also known as caregiver burnout.

Knowing what caregiver burnout looks like can help you monitor how you are feeling and allow you to take steps to reverse or prevent burnout.

Signs Of Burnout

Read the signs of caregiver burnout below and take a moment to consider if you have experienced any of these within the past 2 weeks.

Physical Signs

- *Lack of energy*
- *Constant exhaustion & fatigue*
- *Sleep challenges*

- *Changes in eating habits*
- *Neglecting physical needs*
- *Body aches & pain*
- *Getting sick more easily*

Mental Signs

- *Difficulty concentrating*
- *Difficulty completing daily tasks*
- *Forgetfulness*
- *Withdrawing from friends & avoiding people*

Emotional Signs

- *Feeling hopeless*
- *Feeling anxious or constantly worried*
- *Losing interest in things you once enjoyed*
- *Dismissing or ignoring your own emotional needs*
- *Feeling like you have no control of your life*
- *Feeling impatient or easily irritated*
- *Lacking motivation*
- *Difficulty relaxing*

The Best Way To Prevent Burnout: Find Good Supports

One of the most important things you can do to reverse or prevent burnout is carefully consider what other supports are available to you. Help can be both formal and informal. Formal support may include help from a professional organization with paid services and trained individuals. Informal support may include people like your family and friends.

Getting support can help reverse or prevent burnout by:

- *Reducing stress.*
- *Giving you more time to do activities for yourself.*
- *Helping you feel more connected by having someone who understands.*
- *Knowing you have someone to lean on in difficult times.*
- *Allowing you to focus on the most important care tasks.*

3 Steps To Finding More Support

Step 1: List What You Need Help With

Start by listing all the caregiving tasks you complete for your care recipient, big and small. Then, decide which activities you can complete by yourself while being realistic about your time and energy. The leftover tasks on the list will show you tasks that you may need to ask others for help with.

What do I or my care recipient need?	I am able to complete this task by myself.	I may need to ask for help with this task.
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>

Step 2: Know What Supports Are Available

There may be support or resources in your local area that surprise you! We recommend reaching out to your local Area Agency on Aging or Aging & Disability Resource Center to ask for a list. Here are some ideas to get started:

Supports For Your Care Recipient

- *Adult Day Services*
- *Home Health Care Services*

Supports For You

- *Caregiver Support Groups*
- *Online Support*

Supports For Both You & Your Care Recipient

- *Area Agency on Aging*
 - *Real Services (St. Joseph, Marshall, LaPorte, Elkhart, & Kosciusko counties)*
 - *NWI Community Action (Lake, Porter, Newton, Jasper, Pulaski, & Starke counties)*
- *Family, Friends, & Neighbors*
- *Doctors & Other Healthcare Providers*
- *Respite Care Providers*

For information regarding your local resources, please call ALZNI at 888-303-0180 (Toll-Free).

Step 3: Assertively Ask For Help

Now that you know what you need help with and what supports are available, it's time to put things into practice and reach out for help!

Friends & Family

If you are reaching out to friends, family, or neighbors, you can try the following strategies:

- *Ask the person to meet up to chat one-on-one.*
- *Share the list of caregiving tasks you need help with and highlight areas where they may be best suited to help.*
- *Ask the person how they would like to help and how often.*

New Supports

If you are reaching out to a new support, you can use this template to make calls or emails quicker!



Hello,

my name is _____. I am contacting you to ask for support services for my care recipient.

I am looking for help with _____ (list caregiving tasks). I am wondering if your services provide help with that?

Here is a bit about my care recipient, (share briefly about your care recipient's situation or condition).

I was wondering if you could address other questions that I have:

- What is your billing process like?
- What training do your employees have?
- _____
- _____
- _____

Thank you for your time. Please let me know where I can reach you if I have any more questions.

Take care!

2023 Upcoming Online Schedule

April

- 3 - *Alz & Dementia 101*
- 10 - *Age Related Issues w/Driving*
- 17 - *Not Wandering! Think Exploring!*
- 24 - *What to Look for in a Long-term or Assisted Living Community*

May

- 1 - *Alz & Dementia 101*
- 8 - *I'm Not Bossy, I'm Aggressively Helpful*
- 15 - *Good Night! The Importance of Sleep*
- 22 - *Things to Do - Outings*

June

- 5 - *Alz & Dementia 101*
- 12 - *The Long Distance Caregiver*
- 19 - *Communication Changes*
- 26 - *Summer Holidays & Family Gatherings*

***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.**



Caregiver Support Groups

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	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
	 2nd Thursday 10:00 - 11:30a CST	Brentwood at LaPorte 2002 Andrew Ave., LaPorte, IN	Amy Harner 219-325-1599
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 - 2:00p EST	North Woods Village at Edison Lakes 1409 East Day Rd., Mishawaka, IN	Cristy Kaniewski 574-247-1866
Marshall County	3rd Thursday 3:00 - 4:30p EST	Marshall County Council on Aging 1305 West Harrison St., Plymouth. IN	Joe Collins 574-232-4121

Groups are free and open to the public. To register, please call direct to the Support Group Facilitator or visit alzni.org.

Berrien County	 Last Wednesday 5:30 - 6:30p EST	Brentwood at Niles Senior Living 1147 S. 3rd St., Niles, MI	Jennifer Kedik 269-684-9470
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 link	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
	 Last Thursday 10:00 - 11:30a CST	Residences at Deer Creek 401 US-30, Schererville, IN	Lindsey Sherron Emily Aguilar 219-864-0700
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 3:00 - 4:00p 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 for virtual link	Joe Collins 574-232-4121

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

CALENDAR EVENTS

OF APR-JUN 2023

MARSHALL COUNTY

- 4/5 *HealthRHYTHMS - LifePlex @ 10a EST To Register Call*
4/12 *HealthRHYTHMS - LifePlex @ 10a EST 574-335-5280*
4/30 *Dementia Friends - Plymouth Church of the Brethren
@ 1p EST - 1130 N. Michigan St., Plymouth*
5/21 *Alzheimer's & Dementia 101 - Plymouth Church of the
Brethren @ 1p EST - 1130 N. Michigan St., Plymouth*

ELKHART COUNTY

- 4/20 *Active Aging & Wellness Resource Fair - Elkhart Health
& Aquatics - 10a - 3p EST - 200 E. Jackson Blvd., Elkhart*

LAKE COUNTY

- 4/18 *New Support Group Kickoff! - Alzheimer's & Dementia
101 @ 530p CST - Residences at Deer Creek - 401 E. US
HWY 30, Schererville*
To Register Call 219-864-0700

KOSCIUSKO COUNTY

Living Life Well

A 4-part series program for individuals living with early-stage dementia

All sessions held at the K21 Health Services Pavilion 1515 Provident Dr., Warsaw

- 5/18 *Living Life Well with Music Making*
6/1 *Living Life Well with Musical Instrument Making*
Caregiver Support Group held during same time.
6/15 *Living Life Well with Live Musical Bingo*
6/29 *Living Life Well with Music Writing & Performing*
Caregiver Educational Presentation held during same time.
Lunch provided to caregivers and participants.

Seating is limited. Registration is Required. Register at www.alzni.org
Registration is for all 4 sessions.

Each session lunch will be provided to participants only unless otherwise noted.

This program has been made possible through a grant provided by:



Future Living Life Well programs may be offered at a low cost when no grant funding is available.

Care Connections

located within Milton Village

Upcoming Programs

- Yoga with Jess - 1st & 3rd Monday's @ 2p
- Chair One Fitness - 2nd & 4th Monday's @ 2p
- Music & Mindfulness - Tuesday's @ 2p
- Art for the Soul, Not for the Wall - 5/17 @ 10a & 6/21 @ 10a
- Dementia Friends - 4/14 @ 11a, 5/9 @ 12p, & 6/22 @ 1p
- Movie Matinee - Friday's @ 2p



Lunch & Learn Schedule

Wednesdays - 1130a - 1p

April

- 12 - Hospice 101 - Dale Welling
- 19 - What Caregivers Should Know About Managing a Loved Ones Money - Nancy Bean & Kahlyn Ashcraft
- 26 - Art As Therapy - Kristina Fuller

May

- 3 - Dementia - Dr. Thomas Sweeney, DO
- 10 - Depression & Anger - Kristina Fuller
- 17 - Importance of Financial Records Organization - Nancy Bean
- 24 - What Caregivers Should Know About Medicare - Megan Rogers
- 31 - Self-Care for the Caregiver - Jessica Bamber

June

- 7 - Medicare & Medicaid - Megan Rogers
- 14 - Scams - Karla Fales
- 21 - Record Keeping, What to Keep & For How Long - Nancy Bean
- 28 - Alzheimer's & Dementia 101 - Joe Collins

Please Call to Register

Stand By Me

Fundraising Walk

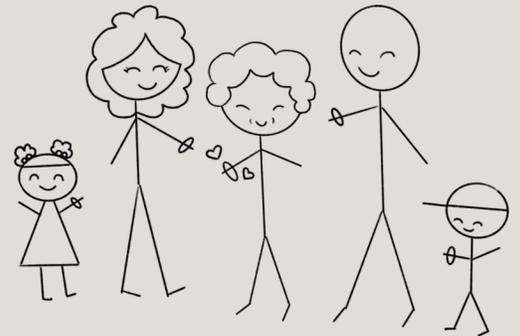
Saturday, June 10th, 2023

Registration: 9:00 AM

Walk Begins: 10:00 AM



33rd Annual Walk



REAL Support For REAL Caregivers

Join us at
Howard Park, 219 S. St. Louis Blvd., South Bend
for entertainment, giveaways, and fun for the whole family!

Form a team and show your support of friends, neighbors and colleagues.

Register online at: www.alzni.org
Call for more information: 574-232-4121

Registration is only \$20, and don't forget to purchase your sign, in honor of your loved one, for \$15!
Early pickup is available!

Parking is available along the street and at Zion United Church of Christ



Individuals who raise \$200 or more can choose between the annual walk shirt or the "Elite Squad" shirt!



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



REAL SERVICES

We are excited to announce...



Community Awareness Returns Everyone Safely

CARES is a program that provides comfort to caregivers, is endorsed by first responders, and returns everyone safely.

Join us for informational and sign-up meetings in May.

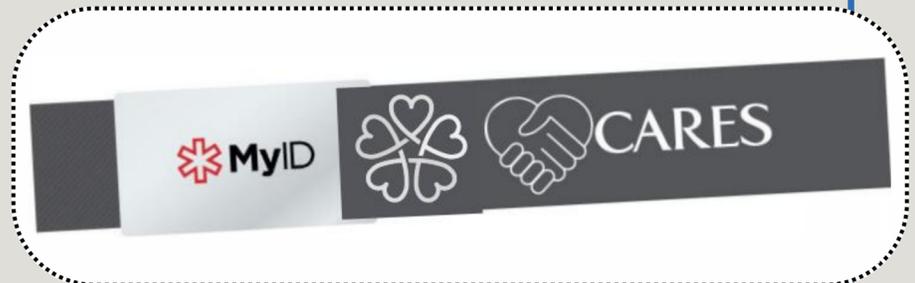
May 1, 8, 15, & 22

10am or 3pm

**111 Sunnybrook Ct.
South Bend, IN 46637**

If you are caring for a person with Alzheimer's or any form of dementia, this is for you!

The CARES bracelet is worn by individuals who may get confused or lost, and it is programmed with your contact information to quickly and safely get help.



Protect the person in your care, and relax knowing they are wearing a CARES bracelet. Bracelets are available for a \$20 donation to Alzheimer's & Dementia Services of Northern Indiana, beginning May 1, 2023.

Call to register for an informational meeting!

(574) 232-4121

