

Caregiver Communiqué

Supporting Arkansas Families since 1984

Volume 31 Issue 5

May 2016

CAREGIVERS :Sea Gulls, Grizzly Bears and Flexibility

By Priscilla Pittman, MSW, MA

Caregiving is a learn-as-you-go process for most. Regardless of our level of education or expertise, when dementia caregiving involves a family member the picture changes dramatically. Suddenly we see caregiving from a new perspective. Dr. Richard Powers, our keynote speaker at Hope for the Future 2004, delighted participants with his description of “sea gull” caregivers. This breed of caregiver may live next door or several continents away, but they know everything there is to know about dementia and proper caregiving. Unfortunately, they offer the primary caregiver no financial resources or respite that would ensure a break. They just squawk incessantly at the caregiver or to others about the inferior care provided. This breed may drop by and spend as much as an hour as they “white-glove” what they observe. Hence, the name seagulls: they squawk and squawk, and then fly by and poop all over everything, fly away and squawk some more!



The “grizzly bears” are a fearful breed, contrary to perceptions engendered by the name. These friends or family members may not know what to say or do, or they may be misled by the stigma attached to Alzheimer’s, but they allow the issues to dictate their role. It is this education and communication problem that drives them into hibernation so they can avoid a situation rather than learn a new coping skill. This breed can disappear moments after you see them in the department store and may not reappear until the funeral of the person with AD where they offer flimsy excuses for their absence. Aside

from collaring these critters and using a headlock to ensure their presence, caregivers and persons diagnosed with dementia are often left adrift. We all need one another through thick and thin, but how do we bridge the gap? Some caregivers arrange family meetings. Anger and denial are often garments worn to hide fear. Recognizing this apparel can assist us and them.

Paula Spencer Scott, Caring.com senior editor and Carol O’Dell, contributing editor recognize the increased need for support and suggest the caregiver can take a lead role in preserving important relationships. They suggest an occasional email or text to let important people know you are still there. Setting up a weekly or monthly get-together and arranging something for your loved one provides both with a scheduled break. It is important for all concerned to begin this process early. This is a good time to enlist family, friends, and neighbors to plan an outing for your loved one. Paula and Carol suggest caregivers do less venting and more visiting. They also suggest finding someone willing to just listen while you vent for a planned period of time, a good place for that is a Support Group.

Caregiving opens a new visual field for us; we may decide some of our friendships were only skin-deep. We may not have really known ourselves or some of our friends. But, now that we see on another level, our needs and perspectives may have changed so that we no longer need some friendships or they may no longer desire ours. Indeed, our perspectives influence our reality. We need not judge ourselves or others--it is just life. Flexibility is key; we need to continue to bend and sway with all that life delivers while taking care of ourselves and our loved one. Self-care enables better balance on the see-saw. ❖



May 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 LR First Monday S/G at 12 pm	3	4	5	6	7
8	9 Jacksonville SG at 7 pm	10 Parkinson's SG at Alz Ark Offices at 11 am	11	12	13	14
15	16	17 Dierkson Hospice Senior Day in Hot Springs	18 Memory Café - Living Well with Dementia	19	20	21
22	23	24 LR 4th Tuesday Support Group @ Alz Ark Offices 7 pm	25 Memory Café - Legal Information	26 Mountain Home Hope for the Future @ C3, Christ Community Church, at 7:30 am	27	28
29	30	31				

Next Month..

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We are here for you 24/7!
After hours, weekends and
holidays caregiver help line
Toll Free:
(800) 689-6090

JUNE 10th

NW Arkansas Hope for the Future
Embassy Suites, 3303 S Pinnacle Hills
Pkwy, Rogers, AR 72758

JUNE 17th

Hot Springs Hope for the Future
The Old Mill Wedding Chapel, 2026
Park Ave, Hot Springs, AR 71901

JUNE 18th

Caregivers Night Out
Murry's Dinner Playhouse
6pm
Call 501-224-0021 for more
information



wish list

Every Gift is appreciated!

- We have two Memory Walls that are taken all over the state, both currently in need of recovering with different color of fabric.
- Volunteer to complete Support Group Facilitator Training books. Please call Belinda at 501-224-0021.

ADVOCATE

THE WORLD AND ALZHEIMER'S

Every nation faces a need to recognize and address their country's current and future responses to Alzheimer's disease and related dementias (ADRD). Indeed, it is the largest threat to international health and welfare facing people today and in the future.

According to the World Alzheimer's Report 2015, "if dementia care were a country, it would be the world's 18th largest economy." The organization urges an international health priority in order to improve quality of life for those living with dementia and the families providing care. www.alz.co.uk/worldreport2015

Regardless of where you are in the world a diagnosis of Alzheimer's disease (AD) or a related dementia will result in stigma and social isolation. A cure and a better manner of treatment should be of utmost importance. www.medscape.com/viewarticle/850147

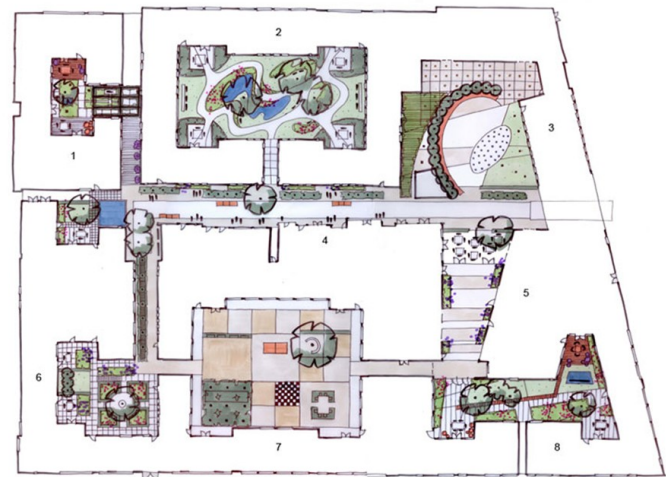
Education is needed because many believe AD is a part of normal aging. This theory is illustrated in the USA. The Worldwide report suggests as many as 50% of those living with dementia have not been properly diagnosed. Those living in lower income countries may have as many as 90% undiagnosed. www.alz.co.uk/research/WorldAlzheimerReport2011.pdf

After searching for dementia care choices and the efforts or lack of effort around the world you might want to read about the village in Holland. This Village could inspire those looking for care options. Hogeweyk in Holland, is an innovative approach to long-term-care. This gated village allows those with severe dementia to remain independent and yet receive the care they need. There are 23 apartments arranged in six "varieties of life."

Families can select from the following environments:

- Christian
- Artisan
- Indonesian
- Cultural
- Homey
- Gooise (upper class)

The village is staffed by 240 trained individuals who wear street clothes and live in the village with the residents as shop clerks, postal employees, gardeners, etc. Not only are inhabitants able to enjoy the parks, café, an other venues but they are responsible for helping with cleaning and other chores.



"According to *Psychology Today*, after a few weeks of residency, patients required less medication and became much calmer. Delegates from other countries have visited the village and created similar homes. With time, the Hogeweyk design may become the norm across the world as a cost-effective and humane response to an aging population." ❖ www.utne.com/community/holland-dementia-village-revolutionizes-alzheimer-caregiving.aspx

By Priscilla Pittman, Program Director

Pictured to the right:

Holland caregivers, seeking to improve the state of dementia care, designed Hogeweyk, a self-contained "dementia village" where adults with severe dementia can maintain their sense of independence while receiving the care they require. ❖



SUPPORT



Word of the Month

Stress is simply a reaction to a stimulus that disturbs our physical or mental equilibrium. In other words, it's an omnipresent part of life. A stressful event can trigger the "fight-or-flight" response, causing hormones such as adrenaline and cortisol to surge through the body.

<https://www.psychologytoday.com/basics/stress>

Advocates for Care Appreciation Luncheon

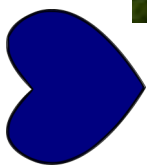
The Advocates for Care Volunteer Membership Group enjoyed a lovely lunch by Trio's and a floral presentation by Chris Norwood, Tipton & Hurst VP.

Three outstanding volunteers were recognized for their significant time and talent contributions; Billie Holsomback, Ron Henson and, Debbie Rawn. Collectively, these three have given over 26 years of volunteer support for our Support Groups, Walks and Special Events. Thank you Billie, Debbie and Ron! Advocates for Care Village Meeting will be in the June Newsletter, if you or someone you know is interested in attending please call us at 501-224-0021!!!

Pictured Left to right: Chris Norwood, Advocates for Care Volunteer Awardees, Alzheimer's Arkansas Sugar Cookies from Patti Cake's Bakery and chocolate chunk cookies from Chick-fil-a, Attendees at the Advocates for Care luncheon, Table from Advocates for Care with Trio's Lunch.



Volunteer of the month



May

Ret. U.S. Army Chief Warrant Officer 2, John Heffernan is a great friend to Alzheimer's Arkansas. He has been called a "true Arkansas hero," by U.S.

Air Force Col. Charles Brown, 19th Airlift Wing commander. He has worked tirelessly to help retired and disabled veterans.

CARE

Applying for Disability with Alzheimer's

Alzheimer's most commonly occurs in older adults that are eligible for standard Social Security retirement benefits. When the disease onset occurs before the age of full retirement though, it qualifies for disability benefits from the Social Security Administration (SSA).

With early onset Alzheimer's you can potentially receive benefits through either or both of the SSA's disability programs: Social Security Disability Insurance (SSDI) and/or Supplemental Security Income (SSI).

Whether you're found eligible for both SSDI and SSI or just one program, your benefits are ongoing and arrive on a monthly schedule, that provides you with a steady source of consistent income. Qualification for disability is typically accompanied by medical coverage through Medicaid and/or Medicare as well. This means you'll have fewer financial worries related to healthcare costs and supportive care services.

Medically Qualifying for Benefits with Early Onset Alzheimer's

If your Alzheimer's onsets before the age of 65, you "automatically" meet the SSA's medical eligibility requirements for receiving disability benefits. You must still complete the full application process and have sufficient medical records to back up your claim, however your medical approval is virtually guaranteed.

The SSA maintains standard disability listings for determining medical eligibility. These listings appear in the Blue Book, but because Alzheimer's usually affects people over the age of full retirement, you and your doctor won't find a disability listing for the disease. This doesn't mean that you can't get benefits though. Instead, you'll qualify through the SSA's Compassionate Allowances (CAL) program. Have your doctor review the CAL medical evidence requirements and ensure your records are made available to the SSA in a timely manner.

Specifically, the SSA needs to see a report from your primary doctor, psychiatrist, or neurologist that documents your diagnosis and progression of your illness. Disease progression must be rated through a standardized testing method, like the Clinical Dementia Rating (CDR).

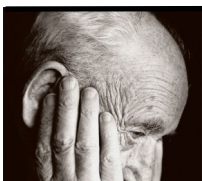
The SSA additionally needs a "functional report," completed by you or a family member or caregiver, which describes how your disease affects your everyday life and abilities. You or the person who helps you apply for benefits will list someone on your application that the SSA can contact about the "functional report." This person will then receive a standard questionnaire that covers all the information necessary for the SSA to evaluate your daily functioning.

Applying for Benefits

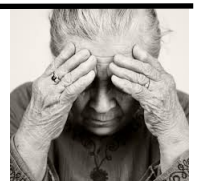
Disability benefits may include SSDI and/or SSI, dependent upon your individual circumstances. SSDI is a program for disabled workers, while SSI is available to any applicant that has limited income and other financial resources, regardless of work history. Each program has its own application that must be completed:

- SSDI applications can be made online or at the local SSA office. SSI applications however require a personal interview, which typically happen at the local SSA branch.
- You can have a friend, family member, social worker, Social Security advocate, or attorney assist you with your application for benefits. The SSA even allows someone else to file for disability on your behalf, if necessary. ❖

Bryan Mac Murray, Outreach Specialist, Social Security Disability Help



Call us at 800-689-6090, 501-224-0021 or
24/7 after-hours emergency number,
501-913-1878.



DEVELOPMENT NEWS

2016 Save The Dates

- 8/1 - **Deadline** for Individual and Teams to register for all Walks to receive 1 (one) extra door prize ticket per person present on walk day.
- 8/20 - **River Valley Alzheimer's Walk**
www.alzark.org/alzheimers-arkansas-walks/ or
www.facebook.com/alzheimers.arkansas
- 8/28 - **Stoby's Pancake Fundraiser - Conway**
www.alzarkconway.weebly.com
www.facebook.com/AlzArkConway
- 9/10 - **Faulkner County Alzheimer's Walk**
www.alzarkconway.weebly.com
www.facebook.com/AlzArkConway
- 9/17 - **Hot Springs Alzheimer's Walk**
www.alzark.org/alzheimers-arkansas-walks/ or
www.facebook.com/alzheimers.arkansas
- 9/24 - **Little Rock Alzheimer's Walk at the Zoo**
www.alzark.org/alzheimers-arkansas-walks/ or
www.facebook.com/alzheimers.arkansas
- 10/8 - **Van Buren County Alzheimer's Walk**
www.memorystroll.com or
www.facebook.com/alzheimers.arkansas

For information or questions contact Barbara Jensen at barbara.jensen@alzark.org or 501-224-0021.

Talk the Walk

For all information about our upcoming Walk, Rally and Strolls, go to: www.alzark.org/alzheimers-arkansas-walks/



We are always looking for ways to partner with local communities. If you are interested in hosting a Walk or another fundraising activity, please download our "Fundraising Policies and Guidelines" from our website or contact Barbara Jensen at 501-224-0021 or barbara.jensen@alzark.org.

WALK SPONSORSHIP OPPORTUNITIES

Statewide - \$7,500 Contribution

- **Exclusive Recognition** as the Statewide Sponsor
- Opportunity to present the "Top Donor Award"
- One team at each walk
- Signage & promotional materials at Walk
- Large Logo on T-Shirts
- Recognition in Post Walk Newsletter
- Receive Commemorative Plaque
- Recognition in Publicity with Media

Platinum Support

- Verbal Recognition on Walk Day
- Signage & promotional materials at Walk
- Large Logo on T-Shirts
- Recognition in Post Walk Newsletter
- Receive Commemorative Plaque
- Recognition in Publicity with Media

Gold Advocate

- Verbal Recognition on Walk Day
- Medium Logo on T-Shirts
- Recognition in Post Walk Newsletter
- Receive Commemorative Certificate
- Recognition in Publicity with Media

Silver Care

- Verbal Recognition at Walk
- Small logo on T-Shirts
- Recognition in Post Walk Newsletter

Bronze Respite

- Name Recognition on T-shirts
- Recognition in Post Walk Newsletter

Benefactor/Vendor

- Recognition in Post Walk Newsletter

Underwriter

- Name Recognition in Post Walk Newsletter

In-Kind/Door Prize Contribution

- Name Recognition in Post Walk Newsletter

For information about the Walk, Sponsorships, Teams or Volunteering please contact Barbara Jensen at 501-224-0021 or barbara.jensen@alzark.org.



The **Rosemary Society** will allow you to combine your charitable giving goals with your estate and financial planning goals. Your gift will provide lasting benefits through our programs and services for caregivers. We offer planned giving arrangements that are feasible for donors of all income levels. To become a member of the Rosemary Society, contact Elise or Barbara at 501-224-0021.

SUPPORT GROUPS AND CONTACT PERSONS THROUGHOUT ARKANSAS

Support groups are free to attend and confidential. Financial Assistance is available if needed.

- | | | |
|---|---|---|
| <p>***BATESVILLE - 2nd Thurs @ 5:30 pm
Ken Harper (870) 751-9002
Deanna Greene</p> | <p>*LITTLE ROCK - 1st Mon. @ 12:00 noon
Priscilla Pittman (501) 224-0021</p> | <p>*SEARCY - 2nd Tues. @ 3:00 pm
Marjorie Ryan (501) 268-6490</p> |
| <p>***BEEBE - 3rd Thurs. @ 3:00 pm
Sandra Garrett (501) 882-3969</p> | <p>*LITTLE ROCK - 4th Mon. @ 6:00 pm
Janet Nelson (501) 412-5683</p> | <p>**SEARCY - 1st & 3rd Mon. @ 6:30 pm
Martha Vendetti (501) 266-8613</p> |
| <p>***BENTON - 3rd Tues. @ 7:00 pm
Richard Mills (501) 315-0087</p> | <p>**LITTLE ROCK - 1st Tues. @ 10:30 am
Beth Allen (501) 686-6219</p> | <p>**STUTTGART - 2nd Thurs. @ 12 Noon
Charles Proctor (870) 830-1170</p> |
| <p>**BENTON - 3rd Thurs. @ 2:00 pm
Azy Crabb (501) 778-6260
Diana Ferrell (501) 315- 0160</p> | <p>*LITTLE ROCK - 1st Tues. @ 6:00 pm
Debbie Rawn (501) 952-4182</p> | <p>*** Elise Siegler, Support Group Liaison
** Priscilla Pittman, Support Group Liaison</p> |
| <p>**BERRYVILLE - 3rd Thurs. @ 10:00 am
Rebecca Davis (870) 423-6114
Renee Gonzales (870) 423-6114</p> | <p>*LITTLE ROCK - 2nd Tues. @ 5:30 pm
Beverly Villines (501) 350-5053</p> | |
| <p>***CAMDEN - 3rd Wed. @ 1:00 pm
Nancy Bailey (870) 234-7410</p> | <p>*LITTLE ROCK - 3rd Tues. @ 1:00 pm
Beverly Villines (501) 350-5053</p> | |
| <p>*CHEROKEE VILLAGE - 3rd Wed. @ 1:30 pm
Misty French (870) 994-2341</p> | <p>**LITTLE ROCK - 4th Tues. @ 7:00 pm
Priscilla Pittman (501) 224-0021</p> | |
| <p>*CLARKSVILLE - 4th Thurs. @ 5:30 pm
Nicholle Dorn (479) 264-5833</p> | <p>**LITTLE ROCK - 2nd Wed. @ 12:30 pm
Rene Simmons (501) 256-1461</p> | |
| <p>*CLINTON - 1st Wed. @ 2:00 pm
DK Olmstead (501) 745-9495</p> | <p>**LITTLE ROCK - 3rd Wed. @ 10:00 am
MEMORY CAFÉ
Priscilla Pittman (501) 224-0021</p> | |
| <p>**CONWAY - 1st Tues. @ 7:00 pm
Kathy Jette (501) 450-7528</p> | <p>***LITTLE ROCK - 1st Thurs. @ 1:00 pm
Janet Nelson (501) 412-5683
Rev. Karen Akin (501) 227-0000</p> | |
| <p>**CONWAY - 2nd Thurs. @ 7:00 pm
Kenneth Priest (501) 730-3582</p> | <p>*LITTLE ROCK - 3rd Thurs. @ 1:00 pm
Janet Nelson (501) 412-5683</p> | |
| <p>***DARDENELLE - 3rd Thurs. @ 2:00 pm
Billie Holsomback (501) 321-2811
Lori Kamerling (501) 321-2811</p> | <p>***MONTICELLO - 3rd Tues. @ 1:00 pm
Pam Leeper (870) 367-6852</p> | |
| <p>***EL DORADO - 3rd Thurs. @ 12:00 pm
Nancy Bailey (870) 234-7410</p> | <p>**MT. HOME - 4th Fri. @ 3:00 pm
Debbie Love (870) 508-3880</p> | |
| <p>*FAIRFIELD BAY - 3rd Wed. @ 2:00 pm
Ron Henson (501) 745-7004
Lise Neave (501) 253-4698</p> | <p>**MT. VIEW - 1st Monday @ 6:00 pm
Teresa Cheatham (870) 368-4522</p> | |
| <p>**FORREST CITY - 2nd Thurs. @ 12:00 pm
Felisa Stewart (870) 270-6219
Janis Waddy (494) 870-3300</p> | <p>** NEWPORT - 1st Wed. @ 5:30pm
Courtney Snow (870) 219-3745</p> | |
| <p>***HARRISON - 1st Wed. @ 11:30 am
Michelle Byler (870) 743-1623</p> | <p>**N. LITTLE ROCK - 1st Wed. @ 9:30 am
Ashley Meggers (501) 257-3335</p> | |
| <p>***HEBER SPRINGS - 4th Tues @ 3:30 pm
Nicki Stacy (501) 362-3185</p> | <p>***N. LITTLE ROCK - 3rd Thurs. @ 11:30 am
C.J. Shane (501) 681-3531</p> | |
| <p>**HENSLEY - 1st Thurs. @ 7:00 pm
Tereasa Holmes (501) 626-4529</p> | <p>*SHERWOOD - 2nd & 4th Mon. @ 6:00 pm
Kathey Green (501) 864-7452</p> | |
| <p>*HOT SPRINGS - 2nd Mon. @ 2:00 pm
Dian Masingill (501) 623-2881</p> | <p>**PARAGOULD - 2nd Thurs. @ 1:00 pm
MEMORY CAFE
Jana Wineland (870) 565-5033</p> | |
| <p>*HOT SPRINGS - 3rd Tues. @ 4:00 pm
Amy Thomason (501) 209-1950</p> | <p>**PARAGOULD - 3rd Thurs. @ 2:00 pm
CAREGIVER SUPPORT GROUP
Jana Wineland (870) 565-5033</p> | |
| <p>**H.S.V. - 4th Thurs. @ 3:00 pm
Amy Thomason (501) 209-1950</p> | <p>**PINE BLUFF - 3rd Mon. @ 11:00 am
Carolyn Ferguson (870) 543-6300</p> | |
| <p>**JACKSONVILLE - 2nd Mon. @ 7:00 pm
Priscilla Pittman (501) 224-0021</p> | <p>**Rison - 1st Friday @ 5:00 pm
Nadia Owen (870) 220-1152</p> | |
| <p>*JONESBORO - 2nd Tues. @ 10:00 am
Cheryl Hamm (870) 930-2226
Shirley Crawford (870) 935-4672</p> | <p>*RUSSELLVILLE - 4th Tues. @ 2:00 pm
Shelly Jones (479) 498-2050
Jerry England (479) 498-2050
Rhonda Horton (479) 264-3109</p> | |



**Looking For a Support Group
in your area??**

**Support Group Facilitator Training
will be June 24, 2016 from
9 am till 4 pm**

**For more information
call Priscilla Pittman at
(501) 224-0021.**

****CURE PSP SUPPORT GROUP
ALZHEIMER'S ARKANSAS
TAYLOR CENTER**

4th Thursday @ 1:00 pm
Randi Haley (870) 703-6417

*****HOT SPRINGS LEWY BODY
SUPPORT GROUP
AREA AGENCY ON AGING**

2nd Tuesday @ 11:00 am

****PARKINSON'S SUPPORT GROUP
ALZHEIMER'S ARKANSAS
TAYLOR CENTER**

2nd Tuesday @ 11:00 am
Priscilla Pittman (501) 224-0021

The newsletter is a monthly publication of Alzheimer's Arkansas Programs and Services, 201 Markham Center Drive, Little Rock, AR 72205. All members and donors receive the newsletter. Contact the office for membership or other information. Alzheimer's Arkansas cannot endorse or recommend any provider, program or product.

2016 HOPE For the Future

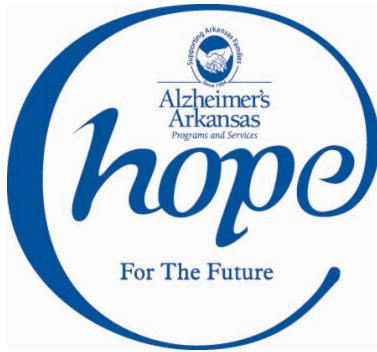
May 26th - Mountain Home Hope for the Future (Full Day)

June 10th - North West Arkansas Hope for the Future (Full Day)

June 17th - Hot Springs Hope for the Future (Full Day)

July 29th - Conway Hope for the Future (1/2 Day)

September 9th - Helena Hope for the Future (1/2 Day)



HOPE for the Future Registration

1/2 Day Hopes - 4 CEUs

Full Day Hopes - 6 CEUs

Seating is limited. Please register early! No refunds after registration deadline.

NO CHARGE for family caregivers, unless requesting CEUs. ALL professionals and family caregivers please enclose payment or credit card payment.

(5/26) Mt. Home Hope

(6/10) NW AR Hope

(6/17) Hot Springs Hope

(7/29) Conway Hope

(9/9) Helena Hope

Name: _____

Organization/Company: _____

Mailing Address: _____

Phone: _____ Email: _____

Check as appropriate: Family or Friend Caregiver

Caregiver Funds Requested

CEUs/Certificate Requested

Professional - (Includes CEUs/Certificate)

Student - (Includes CEUs/Certificate; Must present Student ID)

Sponsor / Vendor Booth (Cost varies depending on location)

Method of payment:

Check (Make payable to Alzheimer's Arkansas)

Credit Card: V MC DSCV AMEX

Credit Card #: _____

Expiration date: _____ CVC: _____

Signature of Card Holder: _____

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