



# CAREGIVER NEWSLETTER JUNE 2017

## 980-226-5516

### PAINTING FOR A CURE

Tuesday, June 27, 7:30 PM

\$ 25.00 per person

All proceeds will go to the  
Alzheimer's Association

Call 980-226-5516 for details



### DAILY HEALTH CHECKLIST

Drink water – Lots of it

Eat a fruit or veggie  
with every meal

Go outside for a walk

#### STRETCH

Laugh & Smile

Try to sleep 8 hours

### JUNE BIRTHDAYS

Tabatha Jackson 6/2

Theresa Able 6/3

Joann Stevenson 6/6

**Birthday cake  
calories don't count**



### CAREGIVING TIPS - COMPASSION

**"Care for your client the same way you would want to be cared for if you were living with the disease."**

After learning as much as you can about Alzheimer's and dementia, put yourself in your client's shoes by asking yourself, "What fears and uncertainties would I feel in the face of this terminal diagnosis?"

When you personalize a dementia diagnosis, it becomes much more real. Imagine how you would feel if you were faced with the reality of losing nearly everything that makes life worth living. How would you find a sense of belonging after losing memories of childhood, family members' identities and adventures with friends? How would you feel if your busy, fast-paced life filled with looming deadlines and feelings of purpose were replaced by frustrating efforts to feed yourself?

"How fair is this? It's not!" you might think. Would you be bitter?

Envisioning what it's like to live with dementia helps fill you with compassion for your client's loss, helping you push aside your exhaustion while giving you strength to continue caregiving.

Empowered by compassion, you'll be able to picture someone else caring for you the way you'd like to care for your client. This can make all the difference in the world, helping you survive, thrive and even find joy in caregiving.

*Brenda Avadian, M.A.*

*From "The 2 Most Important Caregiver Tips"*

### UPCOMING EVENTS

CPR Class

3 PM Thursday, July 20

Coming in September  
Alzheimer's Association Training  
Unit 2 – Behaviors

2017 Walk to End Alzheimer's  
Join Team Carepoint on  
Saturday, October 28  
BB&T Ballpark

### PLEASE AND THANK YOU

Return calls when we leave a message, especially for fill ins so we don't continually call to check your availability. Listen to messages that we leave before calling back so you are prepared. Remember to clock in and clock out, this is your responsibility. "On Call After Hours" number is 980-226-5516 and is to be used for call offs and emergencies only. Cannot accept texts. If it is not an emergency, please call during normal business hours.