



# Caregiver Newsletter September 2017

## 980-226-5516

### OUR MISSION STATEMENT:

"TO BE THE MOST RECOGNIZED AND TRUSTED HOME CARE AGENCY IN CHARLOTTE WITH A REPUTATION FOR DELIVERING THE HIGHEST QUALITY SENIOR AND DEMENTIA CARE SERVICES"

### September Birthdays



Tyra Richardson 9/2  
 Ifeoma Anyalebechi 9/10  
 Aimee Solomon 9/10  
 Renee Barone 9/13  
 Amelia Wilson 9/14  
 Rosetta Mason 9/17  
 Inga Manning 9/18  
 Kim House 9/19  
 Muna Gbendah 9/23  
 Veronica Pope 9/26

### A Letter from Brian and Heather.....

As you know, many of our clients have Alzheimer's disease or are affected by some form of dementia. Therefore, we feel very strongly about participating in the annual Walk to End Alzheimer's as a show of support for our clients and their families who are experiencing this difficult journey. Not only does Alzheimer's affect us on a professional level but it has touched us personally as well, since both my grandfather and Brian's grandmother suffered from the effects of Alzheimer's. We encourage you to take a few hours and join our walk team on October 28<sup>th</sup> at BB&T Ballpark. Please ask your friends and family to show their support as well with a donation as you walk with Carepoint! For more information please call our office at **980-226-5516**.

Thanks for your support!  
 - Brian and Heather Rahrig



To  
 Pamuela Advent  
 For obtaining her  
 North Carolina CNA  
 License on August 6,  
 2017!

### Mandatory Alzheimer's Training - RSVP ASAP

Join us on Tuesday, September 12 at 2 pm, **OR** on Wednesday, September 13 at 6 pm for our second presentation by the Alzheimer's Association. The program will be "Understanding and Responding to Dementia Related Behaviors." We had a wonderful turnout in March for their first presentation, with lots of good information and discussion. Seating is limited, so please get your name and choice of date in to Joanna as soon as possible to hold your place.



### A SINCERE THANK YOU

This summer marks the eight year anniversary of Carepoint!  
 A big thank you to all of our wonderful caregivers,  
 for your professionalism, your dedication and your compassion.  
 With your skills, we are fulfilling our mission statement and  
 delivering the highest quality of care to our clients.



### Meaningful Outings and Activities Bring Back Old Memories

Fall with its cooler weather is a fabulous time to add outings to your client's activities. Stroll through parks or gardens, visit a pumpkin farm or apple orchard, take a drive to see the fall colors, attend an outdoor craft show or concert, or just enjoy an outdoor picnic lunch, whether at a park, or on the porch or patio.

Collecting leaves will get a shut-in client outside, enjoying the smell of fresh autumn air and earth. Assist in selecting pieces of nature to add to craft projects. Natural leaf wreaths, leaf-print t-shirts, and pressed leaves in scrapbooks make wonderful mementos. Gather foliage and flowers to fill a vase. There's nothing like the nostalgia of ironing colorful autumn leaves between pieces of wax paper. Consider a trip to an antique shop and you're sure to hear, "I had one of those!"

Make the house "Halloween ready" by carving pumpkins together. You can even decorate without carving, as there are plenty of creative ways to paint and otherwise decorate the festive gourds and pumpkins without knives.

The discussion, planning and preparation of a tea party can pleasantly fill many hours beforehand for your client. Encourage them to invite a relative, friend or neighbor, or it can be just the two of you. You generally do want to use nice dishes, table linens and perhaps a small vase of fresh flowers to set the ambiance. It's always in order to dress up a bit too. Keep the food simple, with a few small, delicate sandwiches, and one or two sweet items, like cookies, cake, scones, etc. You may even do some baking together a day or two in advance. Teas, coffee, hot chocolate, or even hot apple cider will complete the menu. Don't be concerned about being "authentic". After all, this is a party just for fun.