



Elders First Adult Day Services

P.O. Box 332966, Murfreesboro, TN 37133 ☀ 615-542-4371 ☀ eldersfirst@dtccom.net

Located at New Vision Baptist Church – 1750 N. Thompson Lane – Murfreesboro, TN 37129

✎ We invite you to visit Elders First ADS!



Joan Gowen and Aliyah Zachery (volunteer) generate the joy that is an essential ingredient of the day program!

Early Stage Memory Loss Support Group

Sponsored by the
Alzheimer's Association Mid State Chapter
Meets at New Vision Baptist Church
1750 N. Thompson Lane - Murfreesboro
For persons with memory loss who would like to talk & gain support from others who are facing similar concerns

Sept. 16 10:30 – 11:30 am

Oct. 21 10:30 – 11:30 am

Contact Tina ♥ 615-418-5587♥ for Information
Alzheimer's Assoc. help line 1-800-272-3900

Closed Labor Day Holiday – Sept. 6

**Celebrate
Adult Day Services: A Smart Choice
National Adult Day Services Week
September 19 – 25**

**ELDERS FIRST OPEN HOUSE
September 24th 1:00 – 3:00 PM**

Elders First is honored to announce that we are the recipient of a \$6000 Grant from the

Baptist Healing Trust

<http://www.baptisthealingtrust.org/>
1919 Charlotte Avenue, Suite 320
Nashville, TN 37203

A Message from the Executive Director

"Adult Day Services: A Smart Choice"

2010 National Adult Day Services Week, September 19-25, is a special week that has been celebrated annually since it was proclaimed on September 27, 1983, by former President Ronald Reagan. The aim is to raise awareness of the availability and accessibility of adult day programs nationwide.

We would welcome your visit to our 3rd annual **Open House** on September 24 from 1:00 – 3:00 PM at our program location at New Vision Baptist Church, 1750 N. Thompson Lane in Murfreesboro.

Adult day services was a concept I became dedicated to 20 years ago when I was talking with three little old ladies who were sisters visiting at the Woodbury Nursing Center in Cannon Co. They had taken turns caring for the fourth sister who had memory loss until they were completely worn out. They told me that if there had just been a place when they could have taken “sister” for even one day each week, they could have kept her at home as they all wished.

It was in that moment that the inspiration struck to establish a day program that would relieve dedicated caregivers, such as these sisters, of their day-in, day-out responsibility. Elders First Adult Day Services Association was incorporated in 2005, the third ADS program I have helped initiate.

If you're a caregiver and you need a break or you need to work while also caring for your loved one, adult day services (ADS) could be a lifesaver for you. ADS provides your loved one with supervised activities and social interaction outside of the home for a few hours or the whole day.

Elders First is honored to announce that we are the recipient of a \$6000 Transom Grant from the Baptist Healing Trust of Nashville.

The Baptist Healing Trust supports non-profits, through grant making, that provide holistic and compassionate healthcare to the most vulnerable in Middle Tennessee. The Trust has two main objectives through its grant-making: (1) to increase the access of underserved populations to quality healthcare (2) to sustain and enhance the success of the non-profit organizations it funds by offering support to organizations to sustain cultures centered on compassionate care.

This issue of the newsletter is heavy on the factual articles; lot's of great info for you... “Care Corner” humor → Next time!

♥ *Tina O'Brien*

**TO YOUR AGING PARENTS,
THE WRITTEN WORD HAS POWER**

Source and author of this article - Alice Kalso
<http://boomersguidetoeldercare.blogspot.com/2010/06/eldercare-tip-to-your-aging-parent.html>
Posted Wednesday, June 9, 2010

**Eldercare Tip: To Your Aging Parent, the
Written Word Has Power**

Perhaps you've heard your aging parents say, "Put it in writing." You know they love your voice. But often they want to see your message written across the page.

Seniors' preference for the written word stems from many sources. Our parents' brains processing speed is diminished. So they compensate. To prod their memories, they scribble notes to themselves. To tackle technical information, they revisit words again and again. Those with hearing loss have another reason to prefer the written word. It fills in the gaps left by unheard verbal messages and opens up new horizons!

Seniors share a culture that honors reading and writing. They are among the most devoted readers of daily and weekly newspapers. Over the years, many elders enjoyed Time Magazine, Saturday Evening Post and Readers' Digest condensed books. They wrote love letters, corresponded with friends and penned letters to the editor.

How does this affect your relationship with your parent? If you're discussing new and/or difficult information, it's great to write a synopsis of what you covered. And when it comes to showing your affection, thank-you cards, birthday cards and even handwritten letters pack lots of power.

When my father-in-law was dying of cancer, friends and relatives sent cards and messages of support. And in the aftermath of his death, sympathy cards arrived. I remember many times walking into the house to spot my mother-in-law, her lap filled with an overflowing basket of cards. Reading them brought comfort.

Words. They're powerful. And writing them often helps. *(I've just written to my own parents! Tina)*

Special thanks to RICOH, Inc. for donation of the printing of brochures, newsletters, and invitations
www.Ricoh-usa.com Ashley.Belles@ricoh-usa.com



ELDERS FIRST ADS EXECUTIVE DIRECTOR
Tina O'Brien, M.A.

Tina O'Brien, a Duke University graduate, earned a Master's Degree in Clinical Psychology at MTSU in 2001. The American Public Health Association awarded an Honorable Mention in 2002 to her thesis study, "The Effects of the Wellness Group Methodology in an Adult Day Care Setting".

Tina served for twenty years as a geriatric counselor for groups and individuals in nursing homes with The Guidance Center in Murfreesboro and also directed the adult day care program there. She is the immediate past President of the Tennessee Association of Adult Day Services (TAADS). She is a Licensed Psychological Examiner and facilitates a local support group for persons with memory loss as an Alzheimer's Association volunteer.

Elders First is a Nonprofit Program

Open Monday through Friday

8:00 AM to 5:00 PM

615-542-4371 eldersfirst@dtccom.net

www.eldersfirst-ads.org

Located at New Vision Baptist Church

1750 N. Thompson Lane

Murfreesboro, Tennessee 37129

Inclement Weather

When **Murfreesboro City Schools** are closed due to **snow, ice, floods, or tornadoes!** Elders First will also be closed.

Costs

Full Day (up to 9 hours) \$ 30.00

Half Day (up to 4 hours) \$ 20.00

Transportation - Families provide transportation, Mid-Cumberland Human Resource Agency Public Transportation at **615-890-2677**.



New Vision Baptist Church



We continue to give thanks for the wonderful pastors, staff, and members at NVBC! Their friendship and generosity is much appreciated by the Elders First Board of Directors, our staff, and the entire community.

**"Boomers Bridge the Generation Gap" by Alice Kelso from her blog
website: <http://boomersguidetoeldercare.com/>**

I love word plays, especially describing Boomers. My favorite: "Boomers are the bridge." I stumbled on this analogy a decade ago in "*The Sandwich Years*," a book ahead of its time. Author Dennis Gibson coined the phrase. It works for me.

Picture yourself as a bridge: an Indiana red covered bridge, the Golden Gate bridge, a floating bridge, a suspension bridge. In our families, we Boomers are like bridges because:

1. Boomers connect people. We remember endless jello salads filled with fruit and topped with Cool Whip. We recall manual typewriters and telephone "party lines." In our parents' homes, those were part of life. Yet we also share experiences with the younger set: I-phones, Webkins and Facebook. Our breadth of experience allows us to reach out to old and young. In a similar way, we link our parents with medical professionals. When a doctor slips into "Medicalese," we can translate for our parent or ask the physician, "Please rephrase that."

2. Boomers are strong and resilient. Having weathered the test of time, we've survived. Many of us have lost loved ones, endured layoffs and triumphed over other disappointments. No matter how difficult tonight is, we've learned tomorrow brings an opportunity for a new start. That unshakable optimism centers us.

3. Boomers are approachable. Adult children and the elderly tend to be self-focused. The young ones are launching. The older ones are waning. We're the go-to people for both generations. They have faith in us, precisely because we have a solid foundation that will not shake.

Yet there is a darker side to being a bridge. "Sometimes we feel walked on from both sides," Gibson writes. Demands race at us from both the generation above and below us, causing a traffic jam. The bridge is clogged with twenty-somethings and aging parents, screaming and honking their horns (figuratively.)

Periodically we need to stop the traffic and repair the bridge. Like any bridge--a covered bridge, the Golden Gate Bridge, a floating bridge--we Boomers connect people. In our families we bridge the gap between old and young. That's a good thing, usually.

Yet there is a darker side to being a bridge. "Sometimes we feel walked on from both sides," Author Dennis Gibson writes in his book, *The Sandwich Years*. Demands race at us from both our aging parents and younger generations, causing a traffic jam. Daily we need to stop traffic and repair the bridge. For if we go down, nobody is served.

Sonja Lyubomirsky, a research scientist and author, offers help. In her highly documented book, *The How of Happiness*, she distills years of empirical research on the science of happiness. She lists 10 "Happiness Activities" that can help us repair our bridges.



Happy People:

1. Express gratitude. Thankfulness brings back well-being after we experience loss, fatigue and overload. It strengthens moral behavior, enabling us do the right thing, even when our aging parent might not respond positively.

2. Avoid overthinking. Ruminating about a problem heightens sorrow, impairs our ability to solve problems and saps motivation. Whenever I find myself overthinking, I tell myself, "Stop!" If I'm diligent, the pattern will cease.

3. Suppress negative emotion. Happy people "schedule" their negative emotions. For example, if we feel sadness, we can tell ourselves, "Sadness, I can't see you now. I'll see you after supper."

4. Practice religion or spirituality. Prayerful people tend to live longer. They have higher deposits of hope, gratitude and love.

5. Take care of their body. When we feel like we're under siege, it's not the time to go for the Haagen Daas.

7. Learn to forgive. When we fail to forgive, we're more likely to seek revenge or avoid certain people altogether, Lyubomirsky says. Either option steals joy. Forgiveness involves grieving our losses: the what's, the how's and the why's. And then letting go and seizing happiness.

8. Increase their "flow" experiences. Lyubomirsky describes "flow" activities as those in which we lose sense of time: fishing? sewing? reading? gardening? Whatever floats your boat, go for it. These pastimes soothe our souls and prepare us for the next day.

9. Savor life's joys. Enjoying sunsets, walks with the dog and simple pleasures help us renew and repair.

10. Commit to goals. Keeping promises and seeing things through brings joy & strengthens our foundation

Cursing and Bad Language - Caregiving Articles - Communication

Teepa Snow, MS, OTR/L, FAOTA – Dementia Care & Training Specialist - Counseling Assoc. Duke Univ. School of Nursing

.A common concern of caregivers for people with dementia or Alzheimer's disease is the use of profanity, sexually explicit words or phrases, or unacceptable epithets or "name calling." Family members or professional caregivers start to notice that the person swears with little provocation and makes statements or comments that they would have never made before they got this disease. Attempts to get the person to stop or to "act right" frequently end up in arguments or fights, and the language actually gets worse and escalates! So what causes this behavior and what should you do about it?

There are two major changes in the brain that interact to result in use of swear words or other forbidden words.

Formal language is stored on the left side of the brain. It is one of the first areas to be affected by Alzheimer's. This means the person is going to have trouble finding the right words, saying what they mean, understanding exactly what you mean, and making themselves understood. As the disease progresses the person has more and more trouble using words. Their speech gets vague and lacks specifics making it very difficult to understand. Eventually the person may be able to use only one or two phrases or words for all of their communications and needs. Ultimately they may either speak very little or speak in a word salad making no sense but keeping some of the rhythms and patterns of speech.

While the formal language center is damaged early, there are other parts of the brain that are preserved. The right side of the brain houses some special functions. The **first** is singing and music. This is why the person can sing all the verses of familiar hymns or songs but can't complete a sentence.

The **second** skill is automatic social language and phrases. Things like, "How are you?" "Fine", "Thank you so much", "No, thank you", "Ok", "Oh, yes". It's important to remember that the person may not know what they are saying or agreeing to, but is just following your head nods, facial expression, or non-verbal cues. This can result in angry, out-of-control behavior when they finally realize what you mean and they think you have tricked them.

The **third** preserved "skill" has to do with forbidden words and phrases. Swear words are ones that you learned early in life. You typically went home and tried them out with mom or dad and found out that the consequences of using those words made it unlikely that you would do it again.

Impulse Control:

Your parents were able to teach you impulse control!

They convinced you that using those words was simply not worth it. Additionally, you typically joined in a variety of social or religious organizations that did not allow those words and taught you that you could surely find other words to use. And because you had a developing, healthy brain you were able to go over to the left-hand side of your brain and substitute words.

With the start of Alzheimer's disease two major factors are going to increase the likelihood that the person will swear or use other forbidden words when they become stressed or frustrated. **First of all they lack impulse control. If they think it, they will say it or do it. They can no longer control an impulse. That part of their brain is damaged.**

The second problem is that even if the person does try to control the impulse and use a substitute word when they go to look for that word, there is nothing there since that part of the brain has been damaged as well. Therefore, the person will swear and will use words that make us uncomfortable, and are not what they would ever have said before.

It is critical for us to realize and remember that the person is doing the best that they can. **They have dementia, it is not a choice they are making.**

What Should We Do?

- Always use the positive physical approach when you are helping the person. Make sure they see you and are aware of you before you talk to them.
- If the person uses a swear word or forbidden word, recognize that they may be getting frustrated or upset about something.
- If possible, back off a little and give the person some extra space and time.
- Use empathy; make a statement such as: (Name), it looks like you are getting frustrated with this - (then wait for a response or agreement or disagreement)
- Always remember - You are not this person's "mother" and you cannot teach them impulse control. Their brain is dying and they are doing the best that they can.
- Stop and take stock - maybe you both need a break, before you continue.

If the person is simply using "forbidden words" to tell you what they need or want noticed, don't get upset. Just go with the flow and try to figure out and meet their need. Try to just let it go. Don't react negatively or strongly, it doesn't help. Try to keep your feelings under control. **After all, you do have impulse control and the ability to find and use substitute words.**