

SUMMIT BY MORRISON AND THE MORRISON ASSISTED LIVING AND SKILLED NURSING CARE

Tips for communicating with a person who has dementia



BY CHAD DINGMAN
EXECUTIVE DIRECTOR

The challenges of caring for a person with dementia are multiple. Dementia is not being forgetful; we are

all forgetful. Irreversible dementia (such as Alzheimer's Disease, Multi-infarct (TIAs), AIDS, and many others) is a progressive biological brain disorder that makes it more and more difficult for people to remember things, think clearly, communicate with others and take care of themselves. Dementia can cause mood swings and even change a person's personality and behavior.

Always remembering the person's behavior changes are not deliberate nor intentional is the greatest challenge you will face. You may have to answer the same questions over and over. It can become frustrating (How many times do I have to tell you, we just had lunch?), but learning how to successfully communicate with a person with dementia will help you deal with

that challenge.

Here are some important tips for communicating with a person who has dementia:

Create a Positive Mood. Attitude and body language communicate your feelings and thoughts more strongly than words. Facial expressions, tone of voice and physical touch help to convey your message and feelings of affection.

Capture Their Attention. Limit distractions

and noise (such as turning off the TV). Use non-verbal cues and touch to keep their attention. Get down to their level and maintain eye contact.

State a Clear Message. Use simple words in a reassuring tone. Refrain from raising your voice higher or louder. Repeat your message. Rephrase your question if not originally understood. Avoid pronouns and abbreviations.

Ask Simple, Answerable Questions. Ask one question at a time. Questions that only require a 'Yes' or 'No' answer work best. For questions that require choices, use visual prompts and cues.

Listen with Your Heart. Be patient. Again, use visual prompts or cues when the person you are caring for is struggling for an answer. Suggest words. Strive to listen for the meaning and feelings that underlie their words.

Respond with Affection and Reassurance. Never forget that the person with dementia can be equally frustrated with their inability to respond success-

fully. Your role (even when it is exhausting) is to avoid judgment. Remember often that the behaviors (and loss of intellect) are the result of their illness and are never intentional nor deliberate. Kindness and caring always trumps unrealistic expectations.

Maintain a Sense of Humor. Caring for a person with dementia is no "walk in the park." It is a heavy burden, and best lightened with a sense of humor. Dementia seems to attack short term, recent memories and allows your loved one to recall long term, distant memories of youth, marriage, children, friends, parties. So, remember fondly "the good old days" with your loved one.

For additional resources, NHCarePath (<https://www.nhcarepath.dhhs.nh.gov/caregivers/> or call 866-634-9412) is a good place to start. Caring for a person with dementia is not easy. We hope these tips are helpful to make life more manageable for yourself and person you are caring for during these challenging times.

LETTERS CONTINUED

Please remember those who gave their lives for our freedom this 4th of July

To the Editor:

Fourth of July is a day that we all celebrate our independence with barbecues, parades, and fireworks. While we partake in these festivities, I ask that you take the time to acknowledge the sacrifices made by our armed forces to ensure we are able to rejoice in such a way.

At the end of the American Revolution, our Continental Congress voted in favor of independence for the thirteen colonies. On July 4, 1776, all 13 colonies adopted this resolution and began celebrating. Each year since, we have continued to celebrate this freedom.

This Fourth of July, I challenge all those who live in Vermont and New Hampshire to take time out of your celebrations to thank a Veteran or someone in active duty with a handshake, letter, silent prayer and grateful thoughts, in a special way.

member those interred who light the way for an even brighter future for our nation.

Every day, our White River Junction VA Medical Center staff and volunteers throughout Vermont and New Hampshire are able to look into the eyes of our Veterans, say "thank you" and give back in a unique way. We are able to hear stories of the courageous efforts of all our soldiers, sailors, airmen, and marines. We are privileged to do so.

As I pause this Independence Day to honor those that were courageous enough to stand tall for their country and beliefs, I will be reflecting upon the VA mission of serving all of those that served. I ask that you to do the same!

Sincerely,
Dr. Brett Rusch

Acting Medical Center Director
White River Junction VA Medical Center

Religion is not the answer

To the Editor:

There have been two letters in the Courier in the past two weeks extolling the virtues of Christianity and how the religion can save America.

I beg to differ.

Adherents to religion have caused the deaths of tens of millions of people throughout history – the Holocaust, the Spanish Inquisition, the Crusades, and the 30 Years War, just to name a few. Both Christianity and Islam insist on proselytizing to bring more people into the fold and both mandate dire consequences for those who refuse.

Religions have been created by man throughout history as an answer to the unknown. Amon Ra came and went as did Zeus, Odin, and countless others, all superseded by someone else's "better" gods and ideas. While religion has given us great art, music and morals to live by, it has also been used as the basis for racism, sexism, homophobia and horrible oppression.

The world doesn't need more religion to make it a better place; it needs people to be good to each other for the pure sake of being good to each other; to be kind, just, and caring simply because it's the decent human thing to do.

Life is hard. If believing in a religion makes it easier for you to get through it, more power to you. But religious beliefs should be kept to yourself, and not used as a weapon against others or as a basis for political systems. President John Adams said explicitly in the Treaty of Tripoli in 1797 that America is not a Christian nation. We are a country of many beliefs or none at all. Our founders themselves warned us of the dangers of inserting religious dogma into our government. We seem to have forgotten that.

As religious belief in the world wanes, zealots are scrambling to hold on and force others to follow their ideas. We can't allow this to happen in America.

Rachael Booth
Landaff

Lancaster - 2 BR vacancies

71 Water St. Subsidized Housing

Rent based on 30% of income for qualified applicants.

Utilities included

No Pets, Non-Smoking

For application or info
EastPoint Properties
(603) 262-1298



This institution is an equal opportunity provider and employer



Four Seasons Landscaping

By - Leo Enos

- Lawns mechanically raked of thatch
- Beds weeded, edged & mulched
- Gravel driveways graded and/or resurfaced & rolled

- Bobcat & Dump Truck Services
- Hardscape & Landscape Installation
- Comprehensive Hydro-Seedling System

PROFESSIONAL LAWN MAINTENANCE

Free Estimates • Fully Insured
31 years experience

788-0999 • Lancaster, NH



Cherry Pond Fine Furniture

Under The Tent!!

Up to 50% Off



- Beds, End Tables, Coffee Tables, Dressers, Bookcases, Dining Tables, Chairs, Nightstands

July 1st-7th

Mon, Tues, & Thurs—9 to 4:00 p.m.
Wed, Fri, Sat. 9 to 1:00 p.m.

716 Meadows Rd—Rt. 115A Jefferson, N.H.
From Twin Mtn./Gorham turn off onto 115 then to 115A only 3/4 mile on left.
From Rt. 2—take a right (by Old Corner Store) go for about 3 1/2 miles on right.

www.cherrypondfinefurniture.com
603-586-7795



SAMAHARUSSELLHODGDON
PA

ATTORNEYS AT LAW

125 MAIN STREET
PO Box 70
LITTLETON, NH 03561

STEPHEN U. SAMAHA of Counsel T (603) 444-7778

MARK C. RUSSELL F (603) 444-2552

JODY A. HODGDON E info@nnhlaw.com

NIKOLAS K. FRYE W nnhlaw.com

- General Civil Practice
- Family Law
- Real Estate
- Divorce
- Estate Planning
- Personal Injury
- Wills
- Litigation
- Probate
- Business
- Mediation

Open Wednesday, July 4th!

SALE! Don't Forget To Remember

GRAND CLOSING FOR THE SEASON SALE!

LOTS OF BEAUTIFUL GERANIUMS BUY 1 GET 1 FREE

GREAT SELECTION OF POTTED PERENNIALS: 20% OFF

GROWN LOCALLY HERE IN OUR GREENHOUSES!

Closing For The Season
Monday, July 9th 8am-8pm
ALL PLANTS BUY 1 GET 1 FREE!
ONE DAY ONLY!

VEGETABLE PLANTS & HERBS
STILL AVAILABLE

25% OFF POTTED FLOWERS
Tuberous Begonias, Impatiens & Super-tunias, New Guinea Impatiens, "Proven Winners" & More!

TREMENDOUS SELECTION OF HANGING BASKETS BUY 1 GET 1 FREE

PERENNIALS IN ECONOMICAL
4-PACKS: REG. \$4.99 50% off/Pack Now \$4.49
4 OR MORE: \$1 off/Pack Now \$3.99

ANNUAL FLOWERS:
Reg. \$3.99... 50% Off Per Pack!
10 or more \$1 Off per pack!

GIFT CERTIFICATES AVAILABLE
Open 7 Days A Week • Mon.-Sat. 9-7 • Sun. 9-6
2937 Red Village Rd • Lyndonville, VT
(802) 626-9545

Naturally Rot-Resistant Cedar Raised Beds
Full-dimension 2"x8" Cedar boards
4' wide / 8' long
With bows: \$110 ea.
Without bows: \$75 ea.

Your New Best Friend...
Log on to www.pueblo.gsa.gov, and click on the FREE Consumer Action Web Site.
A PUBLIC SERVICE OF THE U.S. GENERAL SERVICES ADMINISTRATION