

# CARELinks



## GATHERING TABLE

Educational events for volunteers are key to providing Care Team® volunteers with support, ideas, information and comradery. CarePartners host Gathering Table events 3-4 times per year for volunteers who are a part of an Alzheimer's Care Team providing care through the Gathering Place program. This past July, First United Methodist Church in Pearland hosted this wonderful continuing education event that benefits Gathering Place programs and volunteers. A couple of highlights were a "Virtual Dementia Tour" provided by Silverado and "Learning to decode behavioral messages and common behaviors in dementia and learning strategies to intervene."



If you are interested in attending our next Gathering Table on Wednesday, October 30th at Northwoods Presbyterian Church from 8:30 a.m. to 1:00 p.m. let your Gathering Place Team Leader know. We would love to have you come out and meet other volunteers who share the same passion as you.

TOTAL VOLUNTEER HOURS DONATED IN 2018

111,835

THANK YOU

## VOLUNTEER HIGHLIGHT

### PEGGY WEHE, SECOND FAMILY CARE TEAM VOLUNTEER, ST. MARTHA IN KINGWOOD,

Peggy comes from a mother and grandmother who took her with them when they helped elderly friends and family. That is why when Peggy, retired from Bank of America Bank, knew that she needed to find a way to help others. Then in 2004 the perfect opportunity came when CarePartners partnered with her church, St. Martha in Kingwood, to begin a Second Family Ministry. She received a message from her pastor Father Borski saying that he thought she would be the perfect leader for this new parish ministry. Peggy says, "I think that I finally realized that organizational and management skills are really talents that God gives us and not just lines on our resume." By December 2004 the Second Family ministry was well established with over 40 volunteers and 5 care partners. Over the 14 plus years that the Second Family Ministry has served the community they have helped many families and even had three of their Care Team members become care partners.



I AM OF THE OPINION THAT ALL PLACES OF WORSHIP ESPECIALLY THE LARGE ONES NEED A SECOND FAMILY MINISTRY TO HELP MEMBERS OF THE COMMUNITY WHO ARE CARING FOR ELDERLY OR INFIRMED LOVED ONES WHO STILL LIVE AT HOME.

~PEGGY WEHE



If your congregation or if you know of another congregation in the community that has an interest in starting a **Second Family** program, contact Tom Breaux by email at [tbreaux@carepartnerstexas.org](mailto:tbreaux@carepartnerstexas.org) or by phone at 713.682.5995.

# PROGRAM AND STAFF HIGHLIGHT



## CAREPARTNERS SERVES FORT BEND COUNTY

CarePartners provides desperately needed support to family caregivers and their loved ones diagnosed with Alzheimer's, dementia and other challenges of aging through our four core programs. CarePartners meets families where they are at in their diagnosis and caregiving journey. Since 1991, CarePartners served Fort Bend County but most of our programs disbanded in 2013 due to change in our faith-based partners' leadership, the transition of CarePartners' staff and aging client and volunteer populations.

But in 2017 we realized there was a great need for family caregivers crying out for support in the Fort Bend area. In 2017 we found that some of the care partners (clients) and their family caregivers we serve were from Fort Bend County and would travel to Houston, Katy and the Woodlands to access our programs. On average, they would travel 30 miles and 50 minutes round trip, sometimes twice a month. CarePartners sought collaborations to help with this need and with the help of our wonderful partners both new and old and our amazing volunteers CarePartners is happy to report Fort Bend County now has several **Gathering Place** programs located at Mamie George Community Center, Fort Bend Senior Center, Grand Lakes Presbyterian Katy, Living Word Lutheran and Christ Church United Methodist Church in Sugar Land.

If you know of a congregation or nonprofit organization who would be interested in stating a CarePartners program, contact Tom Breau by email at [tbreaux@carepartnerstexas.org](mailto:tbreaux@carepartnerstexas.org) or by phone at 713.682.5995.



### DARYAN JONES CAREGIVER EDUCATION & DIGITAL SPECIALIST

Daryan joined our team on July 1st as our Caregiver Education and Digital Specialist. She is an international award-winning photographer and graduated from Texas State University with a degree in Electronic Media in 2018. After she graduated, Daryan began her career in media at a local television news station in Victoria, Texas as a News Reporter, Web Producer and Assignments Editor. Daryan has always had a passion for helping people. "To be able to combine my love of photography, writing and sharing information with helping others and giving back has been the biggest blessing. I love seeing the impact our programs make in the lives of so many people in need, and I'm so excited to be able to share these important stories."

# Communication and Alzheimer's

## FROM THE ALZHEIMER'S ASSOCIATION

Alzheimer's disease and other dementias gradually diminish a person's ability to communicate. Communication with a person with Alzheimer's requires patience, understanding and good listening skills. The strategies below can help both you and the person with dementia understand each other better.

### CHANGES IN COMMUNICATION

Changes in the ability to communicate can vary, and are based on the person and where he or she is in the disease process. Problems you can expect to see throughout the progression of the disease include:

- Difficulty finding the right words
- Using familiar words repeatedly
- Describing familiar objects rather than calling them by name
- Easily losing a train of thought
- Difficulty organizing words logically
- Reverting to speaking a native language
- Speaking less often
- Relying on gestures more than speaking



### COMMUNICATION IN THE EARLY STAGE

In the early stage of Alzheimer's disease, sometimes referred to as mild Alzheimer's in a medical context, an individual is still able to participate in meaningful conversation and engage in social activities. However, he or she may repeat stories, feel overwhelmed by excessive stimulation or have difficulty finding the right word. Tips for successful communication:

- Don't make assumptions about a person's ability to communicate because of an Alzheimer's diagnosis. The disease affects each person differently
- Don't exclude the person with the disease from conversations
- Speak directly to the person rather than to his or her caregiver or companion
- Take time to listen to the person express his or her thoughts, feelings and needs. Give the person time to respond
- Don't interrupt unless help is requested
- Ask what the person is still comfortable doing and what he or she may need help with
- Discuss which method of communication is most comfortable. This could include face-to-face conversation, email or phone calls
- It's OK to laugh. Sometimes humor lightens the mood and makes communication easier
- Don't pull away; your honesty, friendship and support are important to the person.

### COMMUNICATION IN THE MIDDLE STAGE

The middle stage of Alzheimer's, sometimes referred to as moderate Alzheimer's, is typically the longest and can last for many years. As the disease progresses, the person will have greater difficulty communicating and will require more direct care. Tips for successful communication:

- Engage the person in one-on-one conversation in a quiet space that has minimal distractions
- Speak slowly and clearly. Maintain eye contact. It shows you care about what he or she is saying

- Avoid criticizing or correcting. Instead, listen and try to find the meaning in what the person says
- Repeat what was said to clarify
- Avoid arguing. If the person says something you don't agree with, let it be
- Offer clear, step-by-step instructions for tasks. Lengthy requests may be overwhelming
- Give visual cues
- Demonstrate a task to encourage participation
- Written notes can be helpful when spoken words seem confusing

### COMMUNICATION IN THE LATE STAGE

The late stage of Alzheimer's disease, sometimes referred to as severe Alzheimer's, may last from several weeks to several years. As the disease advances, the person with Alzheimer's may rely on nonverbal communication, such as facial expressions or vocal sounds. Around-the-clock care is usually required in this stage. Tips for successful communication:

- Approach the person from the front and identify yourself
- Encourage nonverbal communication. If you don't understand what the person is trying to say, ask him or her to point or gesture
- Use touch, sights, sounds, smells and tastes as a form of communication with the person
- Consider the feelings behind words or sounds. Sometimes the emotions being expressed are more important than what's being said
- Treat the person with dignity and respect
- Avoid talking down to the person or as if he or she isn't there
- It's OK if you don't know what to say; your presence and friendship are most important

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## Caregiving and Ambiguous Loss

### Family Caregiving Alliance

Caregiving for a loved one can cause stress in many ways. To manage the stress—which we know can be dangerous to a caregiver's health—we must first know what the problem is. Surprisingly, many caregivers of individuals with memory disorders or dementia report that the main problem is not the illness itself, but the ambiguity and uncertainty it causes. It's a difficult challenge to care for someone who is here, but not here—here physically, but gone mentally and psychologically. You feel alone, and in some ways, you are. The challenge is to learn strategies to cope with this ambiguity that is so much a part of memory loss. Read more by [clicking here](#).

## Discovering The True Cost Of At-Home Caregiving

### National Public Radio

Many family caregivers are struggling with how to afford care for their aging loved ones. The do-it-yourself approach is both common and costly. Few people want to turn over a loved one to institutional care. No matter how good the nursing home, it may seem cold and impersonal — and very expensive. But making the choice to provide care yourself is fraught with financial risks and personal sacrifices. Those who become full-time caregivers often look back and wish they had taken the time to better understand the financial position they would be getting themselves into. Read more by [clicking here](#).



# Educational Opportunities

Workshops and conferences are free to family caregivers and volunteer Care Team members. Caregiver Educational events are held in partnership with partnering congregations and nonprofits throughout the Greater Houston area. If you are interested in hosting a Caregiver Workshop or Conference at your congregation, business or organization, please contact our office at 713.682.5995

## Caregiver Conferences

September 28  
Christ the King Church - Kingwood

October 19  
St. Luke's United Methodist Church

November 2  
Christ Church United Methodist- The Woodlands

## Caregiver Workshops

October 12  
Gloria Dei Lutheran Church

November 3  
Messiah Lutheran Church



Register online to attend [www.CarePartnersTexas.org](http://www.CarePartnersTexas.org)

To volunteer at a caregiver conference or workshop email [info@CarePartnersTexas.org](mailto:info@CarePartnersTexas.org)

# WHAT'S HAPPENING AT CAREPARTNERS



## FOLLOW US ON SOCIAL MEDIA

Stay up to date with what is going on with CarePartners by following us on our social media pages. Make sure to also share our pages with family caregivers who are in need of our programs.



[facebook.com/CarePartnersTexas/](https://facebook.com/CarePartnersTexas/)



[instagram.com/carepartnerstexas/](https://instagram.com/carepartnerstexas/)



[twitter.com/carepartnerstx](https://twitter.com/carepartnerstx)



[linkedin.com/company/carepartners-texas/](https://linkedin.com/company/carepartners-texas/)



## LOCATE A PROGRAM NEAR YOU

CarePartners' programs are located all across the Greater Houston and Waco areas. If you know someone who is caring for a loved one with memory loss and would like to attend our Gathering Place, Common Ground or be part of the Second Family program, tell them about our zip code locator search button on our website. This great feature will locate a program near them and will be able to narrow the search down by the specific program they are looking for. After finding the program they want to attend they can then contact the CarePartners' Coordinator to help them get registered for the program.

We encourage all family caregivers to sign up to attend as many programs as they need every month so that they can get the break and support they deserve.

[Click here](#) to view the zip code locator on our website.

# HAPPY ANNIVERSARY!

## January-September 2019

### COMMON GROUND

First UMC Pearland .....11  
 Grace Presbyterian Church .....11  
 Woodlands Community Presbyterian Church .....11  
 Woodlands United Methodist Church .....11  
 First Presbyterian Church - Pasadena .....11  
 Brentwood Baptist Church .....10  
 Living Word Lutheran Church .....9  
 Clear Lake United Methodist .....8  
 St. Paul the Apostle Catholic .....7  
 Lakewood UMC .....6

### SECOND FAMILY

Holy Comforter Lutheran .....21  
 Memorial Drive Presbyterian Church .....20  
 St. Anthony of Padua Catholic .....20  
 St. John the Evangelist Catholic .....16  
 Christ The King Catholic Church .....15  
 Brookhollow Baptist Church .....15  
 Independence Heights Asst. Ministry .....12  
 St. Paul the Apostle Catholic .....11  
 Messiah Lutheran, Cypress .....11  
 Lakewood UMC Second Family .....4  
 Grand Lakes Presbyterian .....3  
 KUMC Second Family .....2  
 Christ the Good Shepherd .....2  
 St. Paul Lutheran .....2

### GATHERING PLACE

Memorial Drive Presbyterian.....26  
 Memorial Drive UMC .....26  
 Memorial Drive Presbyterian Church .....26  
 Brentwood Baptist Church .....26  
 Zion Lutheran Church .....26  
 South Main Baptist-Pasadena .....24  
 St. Martin’s Episcopal .....20  
 Grace Presbyterian .....19  
 St. Peter’s United Methodist Church .....19

Northwoods Presbyterian Church .....18  
 Woodlands Community Presbyterian .....16  
 Christ the Good Shepherd Catholic .....14  
 St. Cecilia Catholic Community .....14  
 Epiphany of the Lord Catholic .....14  
 St. Francis Episcopal .....14  
 Congregation Emanu El .....14  
 Holy Comforter Lutheran .....14  
 Bear Creek United Methodist Church .....14  
 Chapelwood UMC .....13  
 Cypress United Methodist Church .....13  
 St. Rose of Lima Catholic Church .....13  
 Klein United Methodist Church .....13  
 St. Charles Borromeo Catholic Church .....13  
 St. John Vianney Catholic .....13  
 Congregation Beth Israel .....13  
 First United Methodist Church Pearland .....12  
 St. Paul the Apostle Catholic Church .....12  
 The Woodlands United Methodist Church ...12  
 First Presbyterian Pasadena .....11  
 Houston’s First Baptist .....11  
 Kingwood United Methodist Church .....11  
 Living Word Lutheran Church .....10  
 First United Methodist Katy .....10  
 Friendswood United Methodist .....9  
 Lakewood United Methodist Church .....8  
 Champion Forest Baptist Church .....8  
 First UMC Humble .....7  
 New Faith Church .....6  
 Tallowood Baptist .....6  
 St. Stephen’s United Methodist .....4  
 Trinity East United Methodist Church .....4  
 St. Paul’s Episcopal Church .....4  
 Cypress Bible Church .....3  
 Spring Branch Presbyterian .....2

**CONTACT US**

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**SOCIAL MEDIA**    