

THE GUIDED LIGHT

LA CROSSE COUNTY'S DEMENTIA NEWSLETTER
FOR HOPE, SUPPORT, AND RESOURCES

"Staying Active with Dementia"

WHY ARE ACTIVITIES IMPORTANT?

Persons with dementia can greatly benefit from many different types of activities. Activities can lead to behavior reduction, independence, confidence, and inspire purposeful for someone with dementia. Activities are not just games and crafts, they can also be exercise, household chores or time spent in nature. When looking for the right activity for your loved one, it is important to start with what already interests them and something that matches their current abilities. There are many opportunities for engagement available in the La Crosse area, this edition hopes to connect you to them.

COMMUNITY RESOURCES

There are many activities in the community that are dementia friendly! Here are a few FREE programs to check out:

- 1) Caregiver Kits: 5 different themed kits to choose from that contain activities for stimulation & fun to take home. Check out from one of the 5 La Crosse County Libraries. Call **608-526-9600**
- 2) Connect Smart: Physical, social & cognitive engagement for people with dementia. Care partner support/education in a separate room. Hosted by the La Crosse Park & Rec. For schedule & to Register, call **608-519-2088**
- 3) SPARK! is a monthly group that keeps participants actively involved in their community by participating in stimulating conversations, peer support & creative experiences. Hosted by Clearwater Farm in Onalaska. For schedule & to register **608-385-4819. Begins Oct. 2021**



the
Memory Café

A place for family, friends, and fun!



Dementia Friendly
Community
LA CROSSE COUNTY

This year the Memory Café will provide fun & activity along a drive or walk thru route. A memory café is designed for people living with memory loss, Alzheimer's & other related dementias and their care partners to enjoy regular, social interaction.

Attendees can participate through the passenger window or walk through route. Café is open anytime during the 1 hour window to stop by and participant in activity stations. Enjoy a drive, visit us, and get outdoors after!

- July 20th 10:30-11:30am Myrick Park | 789 Myrick Park Dr. La Crosse
 - August 17th 10:30-11:30am Clearwater Farm | 760 Green Coulee Road, Onalaska
 - September 21st 10:30-11:30am Myrick Park | 789 Myrick Park Dr. La Crosse
- Call ADRC for information and to register. 608-785-5700

CAREGIVER TIP

Even with lots of planning, an activity may not always go as planned. **THAT IS OKAY!** Remember, it's not going to help the situation to stress about it. All you can do is try again another time. Sometimes, going with the flow turns into the best activity of all!

AT HOME ACTIVITIES

Sometimes it can be challenging to get out of the house for certain events and activities. Providing activities at home can be a great solution for someone who has dementia. The great thing about at home activities is that they do not need to be elaborate and most of the time they can be finding ways to incorporate your loved one in daily living activities. These can help keep your loved one engaged, reduce sun downing later and also provide them with a sense of purpose. You can try these with your loved one or ask a friend, schedule respite, or a neighbor to come over to participate with your loved one.

Here is a list of ideas:

- Scavenger hunt (look outside for something green, something round, and something smooth)
- Sorting coins
- Involve them in small tasks of a household activity (cleaning, laundry, cooking, etc.)
- Games like checkers, cards, chess (even if they can't play, they can fidget and move them, group them, sort them)
- Puzzles
- Tell stories from the past, use pictures to start conversation
- Gardening
- Walking
- Chair exercises (youtube or picture cards can provide ideas)

The possibilities are endless! Do you need extra support or ideas? Call the ADRC to get connected 608-785-5700.

TIPS FOR A SUCCESSFUL ACTIVITY

If you are a caregiver for someone with dementia it can be difficult to come up with activities that work for your loved one. But it is important to remember that an activity you plan may not always seem like it's going as you intended and that is ok. Remember that at-home activities do not need to be planned out and can be simple! Here are some tips to get you started:

- **Be flexible and patient**
- **Encourage involvement in daily life**
- **Avoid correcting**
- **Simplify, structure, and supervise**
- **Help the person remain independent as possible**
- **Establish a familiar routine**
- **Respond to the persons feelings**
- **Provide encouragement and support**



ADDITIONAL RESOURCE

If you want more ideas and information about at-home activities check out this resource from the Alzheimer's Association:

<https://www.alz.org/media/Documents/alzheimers-dementia-activities-at-home-middle-late-b.pdf>

UPCOMING ACTIVITIES & EVENTS

July & August

Virtual Book Club-Joyful Chatter

Mondays 7/12-8/16 1:00-2:00pm

Book "Creating Moments of Joy" by Jolene Brackey, Meet other caregivers as we discuss compassionate caregiving and finding joy in the everyday moments! We encourage you to get outside while we meet! Grab your book and a friend or family member to join you, too! To Register: Please call 608-785-5700. Free Books available.

Brain & Body Fitness Classes!

Group exercise class for people with dementia in the early to middle stages.

**Riverside Corporate Wellness Center | Belle Square
303 State Street La Crosse**

Alumni: Tuesdays 10:30-12 (7/13-10/26) \$10 donation

NEW Participants: Thursdays 10:30-12 (7/15-10/28) first class series free to new participants in program
Enroll until classes are full. Register 608-785-5700

July Memory Cafe

Tuesday 7/20 10:30-11:30 Myrick Park La Crosse

Not the same person: What to expect with dementia

August 5th 10:00-11:00am

Learn about the progression of dementia in terms of behaviors and function from Geriatrician Dr. Eastman. Understand options and approaches for addressing concerns behaviors.

Register ADRC of Jefferson County 920-675-4035

August Memory Cafe

Tuesday 8/17 10:30-11:30 Clearwater Farm Onalaska

Connect Smart

2nd & 4th Fridays: July 9 & 23; Aug 13 & 27

10:30am & 11:30am

1407 St Andrew Street, La Crosse

Physical, social, and cognitive engagement for persons with dementia. Care partner support and education is offered in a separate room. Register: 608-519-2088

For WI Alzheimer's Association Monthly Education &

Support go to: <https://www.alz.org/wi> and scroll to bottom of page.

September & October

Disney's COCO Movie | Sept. 10th 7:30pm

Riverside Park Bandstand La Crosse

In an effort to educate youth about dementia, La Crosse Park & Rec, ADRC, & Dementia Friendly Coalition will show this movie and provide a brief overview of youth dementia resources, including Grandpa & Lucy Book and Play.

September Memory Cafe

Tuesday 9/21 10:30-11:30 Myrick Park La Crosse

DICE Dementia Caregiver Class

October 2021

Caregivers learn the DICE (Describe, Investigate, Create, Evaluate) Approach to managing psychological and behavioral symptoms of dementia. Call to get signed up for more information on location & time. 608-785-5700

GHS Healthy Aging Conference: Joy in the Journey

September 24, 2021 8am-Noon

Radisson Hotel, La Crosse

Save the Date for the annual conference. Registration info. will be available soon.

SPARK! at Clearwater Farm

3rd Wednesday monthly (begins Oct 20, 2021)

1030am-1200pm | 760 Green Coulee Rd, Onalaska

Participants join in their community by participating in stimulating conversations, peer support & creative experiences. Register 608-385-4819

Website: [SPARK! - Clearwater Farm](#)

Connect Smart

2nd & 4th WEDNESDAYS: Sept 8 & 22; Oct 13 & 27

12:30pm & 2:00pm

1407 St Andrew Street, La Crosse

Physical, social, and cognitive engagement for persons with dementia. Care partner support and education is offered in a separate room. Register: 608-519-2088 *New day & time for Fall*

October Memory Cafe

Tuesday 10/19 10:30-11:30 Location to be determined. Call ADRC to register 608-785-5700



For up-to-date offerings, check out the La Crosse ADRC Calendar:

www.lacrossecounty.org/adrc/calendar.asp?View=MonthlyView&AppID=3

Find listings for virtual caregiver resources and events on the Wisconsin Caregiver website:

<http://wisconsin-caregiver.org/virtual-events-for-caregivers>