

# Purple Angels Newsletter

*A monthly publication from Marshfield Area Purple Angels, Inc.*

## SEPTEMBER 2016 *Calendar*

### **September 1**

Memory Café  
11:00 a.m. to 3:00 p.m.  
Good Shepherd Lutheran  
Church, Marshfield

### **September 2 - 5**

Charity Garage Sale *Again!*  
8:00 a.m. to 7:00 p.m.  
1111 N Chestnut Ave

### **September 5**

Labor Day

### **September 11**

Grandparents Day

### **September 13**

Positive Thinking Day

### **September 17**

Walk to End Alzheimer's

### **September 23**

Checkers Day

*See the back page for more  
information.*

September

## **Garage sale was so successful, we're doing it again over Labor Day weekend!**

Despite the rainy weather, we had a very successful charity garage sale August 19-21, raising nearly \$1,000! But we have a lot of donated items left to sell, and several people have mentioned that they have more items to donate. So instead of waiting until next year, we decided to extend our charity garage sale over Labor Day weekend, September 2-5; again it will be at 1111 North Chestnut Avenue in Marshfield. With the fair going on that same weekend, we should get a lot of bargain hunters and garage sale fanatics to stop and shop!



*Shoppers check out the wide variety of donated items at the Purple Angels charity garage sale. If you missed your chance to shop, we're extending the sale over Labor Day weekend.*



*Items for sale include a large collection of Christian gifts donated by Off the Wall Custom Framing and Art: greeting cards, music CDs, picture frames, and first communion and confirmation gifts.*

## **We're still taking donations for the sale**

Did you miss your chance to clean out your closets and attic? Don't worry: we're still taking donations for our extended charity garage sale. We will take any items that are clean, useable, and in good working condition. You can drop them off anytime between now and September 4; or if you need assistance, we can come pick up your donation. To arrange a drop off or pick up, contact Doug at 715-383-0897.

## Caregiver Tip: Dealing with hallucinations and delusions

When an individual with dementia becomes fearful or paranoid of non-real events, validate their feelings and refocus them on tasks that alleviate their anxiety. Being confrontational or trying to reason with them will only worsen the situation and cause more stress for both of you.

Dementia affects a person's ability to interpret sensory information accurately, leading them to construct false realities in an effort to "make sense" of daily events. Dwindling control, confusion and resulting insecurities can cause your loved one to interpret events from a fearful perspective, leading to suspicions and false ideas. In this state, the sound of rain tapping on the window may be identified as someone breaking into the house. Or, a misplaced item may be perceived as stolen.

So how can you best calm your loved one? Respond to the fear or misinterpretation with compassion and support, then redirect the focus. Never attempt to correct, reason or argue with someone affected by dementia, even when the source of misunderstanding appears obvious or logical. Arguing the truth will not correct the situation. Instead, offer to help mom find her "stolen" purse, suggesting a cup of tea after it's located. Tell dad that the sound he heard was probably just raindrops, but you'll stay with him for a while to be sure — then reminisce about a special family holiday or vacation.

When dealing with hallucinations and delusions, the key is to not argue with them, but instead validate feelings, offer reassurance so your loved one feels safe, and refocus attention on positive memories or activities that create good feelings and contentment. Where there is fear and anxiety, you must bring your loved one joy and peace.

## September memory café focuses on keeping your brain healthy

The Purple Angel Memory Café isn't all fun and games! Sometimes we focus on educational topics to help those with dementia and the family and friends who care for them. Our September memory café is all about ways to help keep our brains healthy and strong.

### **You are what you eat.**

Did you know there are certain foods that can help improve memory and boost your brain



activity? At the September memory café you'll get the chance to sample different foods that doctors and scientists say are good for the brain. Some examples include blueberries, walnuts, flax seeds, kale, pomegranate juice, green tea, and dark chocolate. We'll provide an information sheet that explains why these foods boost brain health.

### **Stretch and breathe.**

Research shows that yoga is good for your body: it improves your muscle strength and flexibility, and it helps



you maintain a good posture. Yoga is also good for your mood: it relieves stress and makes you feel happier. But did you know yoga is also good for the brain? For one thing, practicing simple stretches and breathing exercises improves blood flow to the brain, making you more alert. Research also shows that even a short 20-minute session of yoga can improve focus and information retention.

At the September memory café, Sue Twigg will teach us some simple yoga we can all do even while seated in a chair. Sue is the owner and teacher at the Karuna Yoga Studio, and we are honored to have her as our special guest presenter.



A graphic of a spotlight shining down on the text.

## In the Spotlight



**Norman McNamara & Jane Moore**  
*Purple Angel Founders*

Norman McNamara, who lives in the UK, was diagnosed with dementia at only 50 years of age. He wrote the "Guide to Understanding Dementia" and began asking local business owners and their staff to become more aware of how they could better support people with dementia. Together with Jane Moore, he created the purple angel symbol as a guardian over those living with dementia, their families and friends and those helping to raise awareness of the disease. The Purple Angel logo is now embraced by individuals and organizations around the world. The official Purple Angel Campaign began in January 2012 as a steering group working to make Norm's hometown the first dementia friendly community. Because of the important work of Norm and Jane, we were able to establish a Purple Angel organization right here in Marshfield, Wisconsin!

## There's something to do in September...

September means the beginning of the end of summer: it's "back to school" time, Labor Day weekend, the Central Wisconsin State Fair, and the Autumnal Equinox—the first day of autumn. The month of September also has these fun "holidays" and days to celebrate:

**September 11 is Grandparents Day.** It is only right that one day of the year is set aside to honor our grandparents, those special people who are always there with a hug, a kiss, a cookie, or something special just for us. National Grandparent's Day was first declared by President Jimmy Carter in 1978. If you are a grandparent, we hope you have a special day. If your grandparents are still living, go visit with them, send a card, or give them a call. If your grandparents are no longer living, spend some time today thinking about the special memories you have of them.

**September 13 is Positive Thinking Day.** Today is all about attitude.... a positive attitude. The power of positive thinking is absolutely astounding. Research shows that people who have a positive attitude are more successful, happier, and healthier. With that in mind, make today a day of positive thoughts!

**September 17 is the "Walk to End Alzheimer's" in Marshfield.** This event, which is a fundraiser for the Alzheimer's Association, starts at 9:00 a.m. at Marshfield Holiday Inn. The walk route goes north on Central, along the bike trail to Jack Hackman Field, down Oak Avenue to Park Street, and then back to the Holiday Inn for refreshments. Marshfield Area Purple Angels has formed a team and you can walk with us! Call Doug at 715-383-0897 for details.

**September 23 is Checkers Day.** Get out the Checker Board. Today is Checkers Day. So, do you want the red checkers or the black ones? Don't have a checker board? Play online at [www.gamesforthebrain.com/game/checkers](http://www.gamesforthebrain.com/game/checkers).

## Looking for more information? Check us out!

Marshfield Area Purple Angels is an all-volunteer, tax-exempt (501c3) charitable organization serving the greater Marshfield area. Please visit our website [www.marshfieldpurpleangels.org](http://www.marshfieldpurpleangels.org) and our Facebook page [www.facebook.com/marshfieldpurpleangels](http://www.facebook.com/marshfieldpurpleangels) for more information.

If you have any questions, call Doug Seubert, dementia specialist, at 715-383-0897 or email [doug@marshfieldpurpleangels.org](mailto:doug@marshfieldpurpleangels.org).



*Raising awareness, providing support, and  
building dementia-friendly communities.*