



Purple Angels Newsletter

A monthly publication from Marshfield Area Purple Angels, Inc.

APRIL 2017

Calendar

April 6

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

April 11

National Library Day

April 12

Grilled Cheese Sandwich Day

April 16



April 19

National Stress Awareness Day

April 22



*See the back page to learn more
about these holidays and events.*

Marshfield: A Dementia Friendly Community

A dementia friendly community is a place where people with dementia are accepted, respected, and supported to live a high quality life with meaning, purpose, and value. Dementia friendly communities also make an effort to be dementia aware: to be educated about the different types of dementia and the resources available within the community. Dementia friendly communities can be entire counties or cities; they can also be neighborhoods, apartment complexes, care facilities, churches, and community organizations. Everyone involved with Marshfield Area Purple Angels, for example, is part of a dementia friendly community.

For well over a year, Marshfield Area Purple Angels has been leading the effort to make Marshfield the next dementia friendly city in Wisconsin. Part of this effort includes the Purple Angel Campaign, a program that provides dementia awareness training to local businesses. While our efforts have been “on hold” as we attempt to partner with other organizations in the community, we are now once again moving forward. In addition to training local businesses, we have begun training community organizations. In March, Altrusa Club of Marshfield became the first dementia friendly organization in Marshfield, followed by the Marshfield Area Retired Teachers Association. In April, we will hold dementia training at Companion Day Services and Christ Lutheran Church. We also have plans to resume training for downtown businesses.

In May, Doug Seubert will be traveling to California to present on dementia friendly health care, training health care providers how to better serve people with dementia, their families and caregivers. For more information about all of these efforts, visit our sister website: www.dementiafriendlymarshfield.org.

Caregiver Tip: Create a “Sensory” Box

Sensory function refers to the ability to process information from the outside world through the five senses: sight, smell, taste, touch and hearing. Sensory functions decline as we grow older and for those with dementia, loss of sensory function greatly affects the ability to communicate and interact with others. The senses are also directly connected to memory and emotion. Stimulating the senses can bring back memories, spark conversations, and serve as a comforting distraction. One effective way to stimulate the senses is through sensory boxes. Also referred to as memory boxes or rummage boxes, a sensory box contains items that can be touched, explored, and talked about.

To create a sensory box for someone with dementia, think about the things the person likes, past jobs she had, or hobbies he enjoyed. Create specific themes to focus on and collect items related to that theme. For example, if your loved one enjoys fishing but can no longer do it, create a box that contains an old fishing reel, some bobbers, lures (with the hooks removed), and photos of different types of fish (from magazines or printed off the internet). Include photos of the family cabin. If your loved one enjoys sewing or knitting, create a box with thimbles and different colors of threads, or knitting needles and balls of yarn. Include a scarf she made or a sewing project she created. The options are limitless. Just be sure to include items that your loved one finds interesting and wants to explore.

Not only will the sensory box bring back memories and help your loved one share stories with you, sensory stimulation is also a great activity when your loved one is anxious or upset. Use the sensory box as a comforting distraction.

New Resources for Caregivers

Thanks to generous donations in memory of Jerry Kohl, Marshfield Area Purple Angels has purchased a series of caregiving training videos from the Pines of Sarasota Education & Training Institute. The videos feature Teepa Snow, one of America’s leading educators on dementia.



The following videos are now available for check out through the MAPA lending library. Please contact Doug at 715-383-0897 if you are interested in viewing these videos.

Understanding Frontotemporal Dementia

Frontotemporal Dementia (FTD), an umbrella term for a range of disorders affecting the frontal and temporal lobes of the brain, are particularly challenging for families and professional caregivers. This training provides strategies to address the specific challenges of FTD.

Challenging Behaviors in Dementia Care

This video provides strategies for dealing with behaviors that challenge many caregivers, including anger, resistance, and hallucinations.

Improving Communications in Dementia Care

Nothing is more challenging in dementia care than effective communication. This in-depth training offers the skills necessary to tackle crucial conversations and safeguard your loved one.

Advanced Care Skills in Late Stage Dementia

This training offers step-by-step instructions to provide the most comfort, dignity and quality of life to the person living with late stage dementia.



Purple Angels Memory Café

A community program provided by Marshfield Area Purple Angels, Inc.



Come celebrate Easter with your friends at the Purple Angels Memory Café!

- Share your favorite Easter holiday memories and stories!
- Hunt for Easter eggs!
- Ladies – wear your favorite Easter bonnet or spring hat!
- Join in a sing-a-long!
- Enjoy Easter brunch!
- Create fun craft projects!

For more information, contact Doug at **715-383-0897** or visit our website: www.marshfieldpurpleangels.org

WHEN:

Thursday April 6, 2017

LOCATION:

Good Shepherd Lutheran Church
502 W McMillan St, Marshfield

TIME:

11:00 a.m. to 3:00 p.m.

You don't need to stay for the entire time
(come when you can, leave when you need to)

LUNCH:

Free lunch served at 12:30 p.m.

Menu: Scrambled eggs and ham, fried potatoes, French toast, and dessert.

Purple Angels Memory Café events are always free and open to anyone looking for support or information about memory loss, Alzheimer's disease, and other forms of dementia.



In the Spotlight



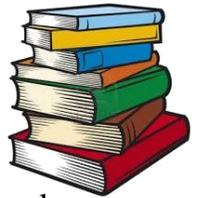
Butch and Shirley Walsh
Purple Angel Supporters

We are grateful to our friends Butch and Shirley Walsh for all they do for Marshfield Area Purple Angels. They have attended just about every memory café since we started in 2015, and they serve an important role as purple angel ambassadors! They meet and greet others who attend the memory café and they actively participate in activities. When we have group discussions or need someone to speak with the media, Butch and Shirley are always willing. They also help spread the word about the Purple Angels in the community and especially through the Marshfield Senior Center. Butch and Shirley are living examples of a dementia friendly community in their support and respect for those living with dementia. Thank you Butch and Shirley!

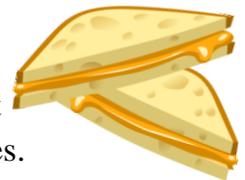
April's Unique Holidays and Events

April showers bring May flowers. April also brings us these interesting days:

April 11 is National Library Day. Actually, it's National Library Week April 9 – 15, with April 11 being a special day to honor library workers. It's a good day to visit your local library, check out some books or videos, and thank those who work in the library. It's one of our community's greatest assets!



April 12 is Grilled Cheese Sandwich Day. Did you know this classic sandwich has a long history? Cooked bread and cheese is an ancient food, popular across the world in many cultures.



In the U.S., however, the modern version of the grilled cheese sandwich came about in the 1920s when inexpensive sliced bread and American cheese became readily available. Grilled cheese sandwiches range from simple to gourmet, and just about any type of bread or cheese can be used. Why not experiment with some different versions today? Add a bowl of tomato soup (or any other soup you like) to make a great lunch!

April 19 is National Stress Awareness Day. Take some time today to relax—especially if you are a caregiver. Too much stress can cause caregiver burnout as well as higher levels of depression. So be aware of the signs of stress.



Take time for yourself, even if it's only a few minutes to sit quietly and take a few deep breaths. If you know a caregiver, offer some respite so they can take a longer break!

April 22 is Earth Day. Celebrate Earth Day with a simple activity like taking a walk and picking up any litter you see along the way. Or take some time to watch a nature program on TV and admire the awesome diversity of plants and animals on our great planet!



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 and our Facebook page 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.



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