



Purple Angels Newsletter

A monthly publication from Marshfield Area Purple Angels, Inc.

DECEMBER 2016

Calendar

December 1

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

December 7

Caregiving Workshop:
*10 Things Every Caregiver
Needs to Know about Dementia*
Marshfield Public Library
12:30 p.m. to 2:00 p.m.
or 7:00 p.m. to 8:30 p.m.

December 14

Caregiving Workshop:
Dementia and the Holidays
Marshfield Public Library
12:30 p.m. to 2:00 p.m.
or 7:00 p.m. to 8:30 p.m.

December 21

Crossword Puzzle Day

December 25

*merry
Christmas*

See inside to learn more about
these holidays and events.

A Purple Angels Christmas Message

The following was written by Norm McNamara, a man with early onset dementia who is responsible for starting the purple angel movement around the world.

I am often asked, “What, in layman’s terms, is dementia?” I often answer it this way, especially at this time of year: Imagine a Christmas tree, absolutely dripping with lights that shine as bright as you have ever seen. Then, imagine that every one of those wonderful lights are your life’s memories which can be seen at any time. Then all of a sudden, one by one, those lights go out. Slowly but surely, they start to diminish until they seem to be gone, all memories of loved ones, family and life’s experiences just disappear until the final one folds into darkness.

But sometimes, if you give that Christmas tree a bit of a nudge, if you include and engage with people who have this awful disease, sometimes, just sometimes these wonderful lights come back on, if only for a second, a few minutes or sometimes even permanently. It does not matter—the point is they have come back on and that memory has returned, for no matter how long.

This is our wish for you this holiday season: May your tree of memories continue to shine bright! And through hope, love, understanding, and compassion, may we all gently nudge those we love who have dementia, and help them rekindle lights on their trees: the lights of past memories and of new experiences, the lights of respect and understanding, and the brightest lights of all—pure JOY.

Merry Christmas to you all!

Caregiver Tip: Making the holidays more enjoyable

The holiday season can cause mixed feelings for those who have a loved one living with dementia. It's common to experience a sense of loss for the way things used to be and to feel guilt about what we think we should do or how we think we should feel. At a time when you believe you should be happy, you could instead find that stress, disappointment and sadness prevail. You might also feel pressure to keep up family traditions, despite the demands caregiving places on your time and energy. By adjusting your expectations and modifying traditions, however, you can still find meaning and joy for you and your family.

Here are some ideas:

Make preparations together. If you bake, your loved one might be able to participate by stirring batter or rolling dough. You might find it meaningful to open holiday cards together. Concentrate on the doing rather than the result.

Tone down your decorations. Blinking lights and large decorative displays can cause disorientation. Avoid lighted candles and other safety hazards, as well as decorations that could be mistaken for food, such as artificial fruits.

Host quiet, slow-paced gatherings. Holiday gatherings often involve music and loud conversation. Yet for a person who has dementia, a calm and quiet environment usually is best. Keep daily routines in place as much as possible and, as needed, provide your loved one a place to rest during family get-togethers.

Pick and choose. Decide which holiday activities and traditions are most important, and focus on those you enjoy. Remember that you don't need to do all of them.

Prepare family members. If you have family coming in from out of town, update them on your loved one's status ahead of time so they know what to expect.

Trust your instincts. As a caregiver, you know your loved one's abilities best. You also know what's most likely to agitate or upset him or her. Resist pressure to celebrate the way others might expect you to. You can't control the progress of dementia or protect your loved one from all distress — but by planning and setting firm boundaries you can avoid needless holiday stress and enjoy the warmth of the season.



Marshfield Area Purple Angels Offers Free Caregiving Workshops

Marshfield Area Purple Angels is offering free caregiving workshops in December. These workshops provide information and resources for family members caring for a loved one with dementia. The workshops will be held at the new Everett Roehl Marshfield Public Library, with an afternoon and evening session offered. Sign up for the time that best fits your schedule.

10 Things Every Caregiver Needs to Know about Dementia

Wednesday, December 7

12:30 p.m. to 2:00 p.m. or 7:00 p.m. to 8:30 p.m.

Dementia and the Holidays

Wednesday, December 14

12:30 p.m. to 2:00 p.m. or 7:00 p.m. to 8:30 p.m.

Each workshop is taught by a certified dementia practitioner and dementia specialist. There will be time to discuss your specific caregiving challenges and concerns. Call Doug at 715-383-0897 to register. There is no cost to attend.



Purple Angels Memory Café

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

Christmas Party

Our December Purple Angels Memory Café is also our annual Christmas party, and our guests of honor are Santa and Mrs. Claus!

- ▼ Join in our Christmas music sing-a-long
- ▼ Decorate Christmas cookies
- ▼ Share a holiday meal
- ▼ Make a Christmas craft project

WHEN:

Thursday December 1, 2016

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:

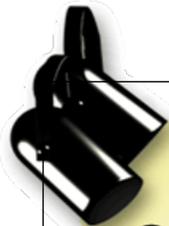
Free lunch served at 12:30 p.m.

Menu: Baked ham, scalloped potatoes, vegetable, dinner roll, 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.

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





In the Spotlight



Shelly Sebold
Purple Angel Volunteer

Shelly has been a volunteer with Marshfield Area Purple Angels from the very beginning! She usually works behind the scenes and is a vital member of the kitchen crew. Not only does she help us prepare and serve a full meal at each Purple Angels Memory Café, she does the dishes! She has volunteered at most of our memory cafes and often stays to help with clean up, putting tables and chairs away and cleaning the kitchen.

Shelly, along with her husband Glen, support Marshfield Area Purple Angels in other ways, including volunteering at our brat fry fundraiser this past May. We are grateful to have such dedicated, hardworking volunteers!

December's Unique Holidays and Events

December is all about Christmas! But did you know that December 21st is also crossword puzzle day? And crossword puzzles are a great way to exercise your brain. Try to see if you can complete this holiday puzzle!



Christmas Crossword



ACROSS

1. Pumpkin or mincemeat
3. Santa's ride
6. Celebration
8. Newborn
9. Northpole crew
13. Word of praise
14. Words on a Christmas card
17. It's opened on Christmas

DOWN

1. Alternative word to 17 across
2. Christmas drink
4. Christmas dinner centerpiece
5. Dec. holiday
7. Christmas warmer
8. "Jingle _____"
10. Christmas tree
11. O. Henry's "The Gift of the ___"
12. What carolers do
15. French Christmas.
16. Snow glider



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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.