



February 2012



Making Visits Meaningful with Memory Impaired Loved Ones

Many families find it can be a struggle when visiting with a loved one who has Alzheimer's disease or other forms of dementia, especially when the person no longer recognizes them. There are ways to make this visit enjoyable and meaningful for everyone.

Establishing a routine for your visits can be very valuable. Visiting on the same day of the week or a specific time of day is very helpful to the loved one you are seeing. You can engage in the same activities each time you visit such as taking a walk, having a meal together or looking through a photo album to reminisce.

When having a conversation, talk about events that happened in the past. It is important to recognize the "period of time" your family member is living in and meet them in that place. It is common for people with dementia to repeat themselves. It is important to remember that each time they repeat a sentence, in their mind, it is the first time they said it. In any conversation it is as important to listen as it is to talk, even when what is being said may not make sense.

Planning an activity in advance will contribute to the success of your visit. When you come for the visit, bring a favorite food to share. My husband Brian would often visit his grandmother Helen in the nursing home. To make the visit successful he would bring her a treat from Dairy Queen. Helen didn't always recognize who Brian was, but she knew that he was someone who cared enough to bring her ice cream. If your loved one is no longer able to communicate verbally, you might try a hand or neck/shoulder massage or simply holding their hand and sitting quietly.

Coping with a love one who has dementia can be a challenge, but your visits do not have to be. With a little planning and a great amount of patience, you and your loved one can have a good time together.

Janelle Meyers

Housing Manager



Help us fulfill the vision, join us in "Changing Aging" by logging on to www.ecumen.org



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UPCOMING EVENTS:

2/3 Heart Health-"Wear Red" Day-special speaker here-Wilder House at 2:00 PM

2/14 Valentine's Parties-ALL THREE HOUSES

2/23 Memorial Service-Officiated by St. Jude Hospice (soon to be St. Croix Hospice)-2:00 PM in Lilac Place

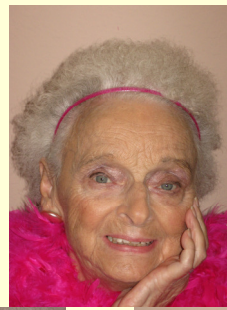


National Heart Month:

by Sherrie Dahlin, Wellness Coordinator

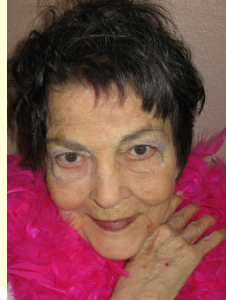
Come and join us by exercising our heart this month for National Heart Month. First we are having the physical therapist from Intrepid Health Care speak on physical activity on Feb. 3rd. In Wilder House. Also we are putting up charts for everyone to keep track of their walking around the dining room. If you walk 13x around the dining room it equals 1/4 mile! You don't have to do 13x's all at once. A little at a time adds up. Let's all work to get our hearts healthy by exercise and the proper foods!

January Memories!



"The girls" enjoyed being pampered, and getting a makeover by the Activity Staff and volunteer Linda Hammer!

We had our first Gorgeous Grandma Day!



Thank you to Paula Okerstrom, our Business Office Manager, for supplying the Mary Kay products!

Happy Birthday to all our friends at Prairie Lodge!

2/5 Don Hons
2/12 Ron Larson
2/12 Bertha Smith
2/18 Anita Peterson
2/20 Marian Catlett
2/27 Genevieve Chounard

Outings for January

Ice Sculpture Drive 2/2
Wal-Mart 2/7
Dollar Store 2/21
Bus Rides: Hs. 2 & 3 Every Wednesday
Weather Permitting
All outings require 5 riders.

Welcome, New Residents!

*Bud & Barbara Meyer
Gladys Christofferson
Ginger Lafferty*

DID YOU KNOW?



Did you know that Ecumen Prairie Lodge has a Facebook Fan Page? "Like" us when you check it out.

You can find us under "Ecumen Prairie Lodge". It's a great way to keep current with what's going on here as well within the Ecumen Family! We'd love for you to comment and add your thoughts. Our goal is to increase our "fans" to 100 fans and you can help us! We also have a website at www.prairielodge.org. This has the latest newsletter, activity calendars and links to other websites. Check it out!

Jane Thieman, Marketing Manager 763-566-1495 Ext. 105

A Valentine Poem

*Roses are red, violets are blue,
Sugar is sweet, and so are you!*

New volunteers are showing up!

We are still taking applications for volunteer positions! Volunteering is a life-long rewarding activity. It helps fight off depression, loneliness, and boredom. Why not help others, and help yourself too?

Call Kori at
763-566-1495 Ext. 118