Alzheimer’s and Dementia Caregiver Support Group

Are you living with or caring for someone with Alzheimer’s or another type of dementia? You are not alone!
Over 5 million Americans are living with Alzheimer’s disease. Alzheimer’s and dementia take a devastating toll, not just on those with the disease but also on their caregivers.

The Bluffs of Lake City will be hosting a support group for caregivers who are living with or caring for a loved one with memory loss.

Starting on Monday, January 11th from 3:30-4:30pm and every 2nd Monday of the month we will meet in the Private Dining Room. Refreshments will be served.

Our support group is for those who are in need of emotional, educational and social support for their role as caregiver. There will also be learning opportunities for developing methods and skills to solve problems that arise when caring for someone with dementia.

Please contact Support Group Facilitator, Jennie Niss at 651-448-8307 for any questions or to RSVP. This is a safe and secure environment to share your feelings and experiences.

Caring for Caregivers
By Ava M. Stinnett
"Caregiving often calls us to lean into love we didn’t know possible."*

More than 65 million family caregivers, 29% of the U.S. adult population, provide an average of 20 hours of care per week; some provide care around the clock. The physical and emotional toll can be overwhelming. So how can you nurture yourself as the caregiver?

1. Seek support from other caregivers. There are great benefits from knowing that there’s a network of other caregivers you can turn to for encouragement and problem-solving.
2. Accept offers of help. Let someone provide a weekly scheduled meal, pick up groceries, or accomplish another item from your to-do list.
3. Take care of your own health. You need rest, healthful food, plenty of water, and time away—whether it’s taking a walk, meeting a friend for a movie, or taking a nap.
4. Keep your own doctor appointments. Let your doctor know that you are a caregiver and be sure to mention any signs of depression (e.g., overeating or loss of appetite; difficulty concentrating; remembering details, and making decisions; feelings of hopelessness).
5. Be flexible. Why argue for 30 minutes to get your loved one to wear matching socks only to realize that you went out with your own shirt on backward?

References
2. Caregiving in the United States. (November 2009). National Alliance for Caregiving in collaboration with AARP.


5.
4.
3.
2.
1.

SAVE THE DATE! “Crendor” Event

On Friday, February 12th from 2:00pm-6:00pm
and
Saturday, February 13th from 9:00am-2:00pm

The Bluffs of Lake City will be hosting a “Crendor” Event - which will include a variety of crafts, vendors and a bake sale.

This is a great opportunity to find your sweetheart (or better yet yourself!) something special right before Valentine’s Day!

Proceeds from the event will be donated to a local charity.

Out For Lunch…

Make sure to sign up for these fun outings at the front desk, guests are welcome to join!

January 6th - Whistle Stop Café, Frontenac
January 20th - Fiesta Jalisco, Mexican Restaurant
January 27th - National Eagle Center Outing, Wabasha - complete with a Live Eagle Program!