

# FRIENDS CLUB NEWSLETTER

## FALL 2018

*Celebrating more than 28 years of serving the Alzheimer's community!*

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### *Improving Communication with a Loved One with Memory Loss*

*Source: The Alzheimer's Association*

#### **Don't Reason**

**Person:** "What doctor's appointment? There's nothing wrong with me."

**Don't:** (reason) "You've been seeing the doctor every three months for the last two years. It's written on the calendar and I told you about it yesterday and this morning."

**Do:** (short explanation) "It's just a regular check-up  
(accept blame) "I'm sorry if I forgot to tell you."

#### **Don't Take It Personally**

**Person:** "Who are you? Where's my husband?"

**Don't:** (take it personally) "What do you mean who's your husband? I am!"

**Do:** (go with the flow, reassure) "He'll be here for dinner."  
(distract) "How about some milk and cookies? Would you like chocolate chip or oatmeal?"

#### **Do Repeat Exactly**

**Person:** "I'm going to the store for a newspaper."

**Don't:** (repeat differently) "Please put your shoes on. You'll need to put your shoes on."

**Do:** (repeat exactly) "Please put your shoes on. Please put your shoes on."

#### **Don't Argue**

**Person:** "I didn't write this check for \$500. Someone at the back is forging my signature."

**Don't:** (argue) "What? Don't be silly! The bank wouldn't be forging your signature."

**Do:** (respond to feelings) "That's a scary thought."  
(reassure) "I'll make sure they don't do that."  
(distract) "Would you help me fold the towels?"

#### **Don't Ask Questions of Recent Memory**

**Person:** "Hello Susie. I see you've brought a friend with you."

**Don't:** (question memory) "Hi, Mom, you remember Eric, don't you? ... What did you do today?"

**Do:** (short explanation) "Hi, Mom, you look wonderful! This is Eric. We work together."

#### **Use "nevertheless" Instead of "but"**

**Person:** "I'm not eating this. I have chicken."

**Don't:** (say 'but') "I know chicken's not your favorite food. But it's what we're having for dinner."

**Do:** (say 'nevertheless') "I know chicken's not your favorite food, (smile) nevertheless I'd appreciate it if you'd eat a little bit."

### Don't Remind Them They Forget

**Person:** "Joe hasn't called for a long time. I hope he's okay."

**Don't:** (remind) "Joe called yesterday and you talked to him for 15 minutes."

**Do:** (reassure) "You really like talking to Joe, don't you?"  
(distract) "Let's call him when we get back from our walk."

### Don't Confront

**Person:** "Nobody's going to make decisions for me. You can go now and don't come back!"

**Don't:** (confront) "I'm not going anywhere and you can't remember enough to make your own decisions."

**Do:** (accept blame or respond to feelings) "I'm sorry this is a tough time."  
(reassure) "I love you and we're going to get through this together."  
(distract) "You know what? Don has a new job and he's really excited about it."

### **Validation Technique Demonstrated**

*Source: Alzheimer's Foundation of America Quarterly, Spring 2017*

Dad: "I have to find my car keys."

Child: "Your car keys...(the child doesn't tell him he doesn't have a car and hasn't driven for years)"

Dad: "Yes, I need to get home – lots of work to do, you know!"

Child: "You are busy today?" (the child doesn't tell him he really has nothing to do)

Dad: "Yes, I am busy every day!"

Child: "You like being busy." (the child is redirecting the conversation at this point)

Dad: "I didn't say I liked it. I just have to work – like most of the rest of the world, you know!" (Dad seems to be getting a little bit frustrated but hasn't mentioned the keys)

Child: "I know all about work, Dad. I do some of that myself. In fact, I am getting ready to fix some lunch for us. Care to join me?"

Dad: "Lunch, huh? What are you having?"

The point of the Validation Technique is to agree with what they want and steer them to do something else along the way without them realizing they are being redirected. True, this doesn't always work, but it will allow for a non-confrontational approach when conversing with our loved ones. Think about it this way: when somebody tells you that you are wrong, how do you feel?

Thank you to Giant  
Food for donating  
lunch to Friends Club  
in June, July and  
August!

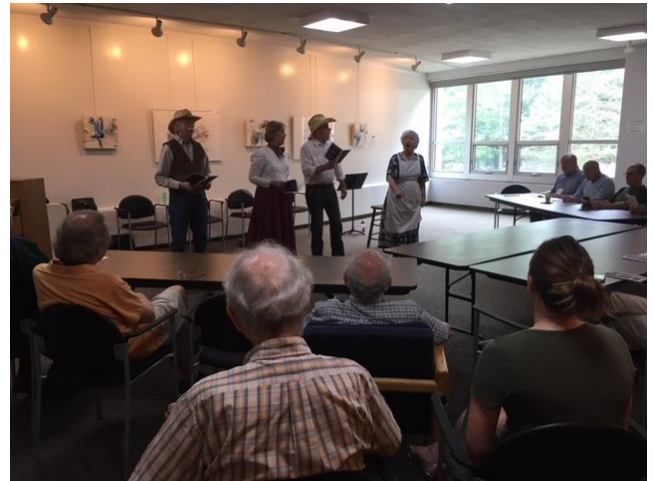


**FOLLOW FRIENDS CLUB  
ON FACEBOOK!**

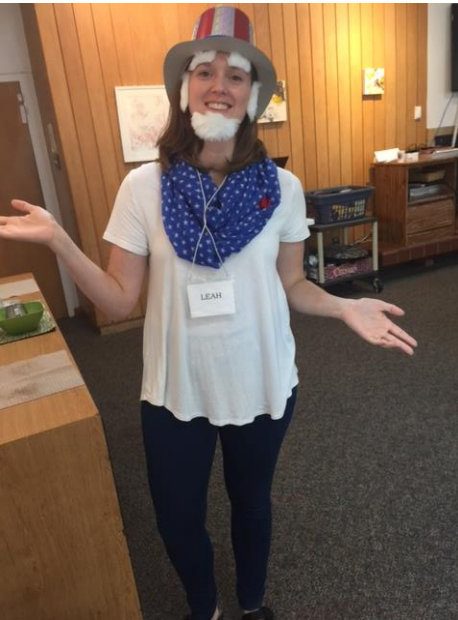
**@FriendsClubBethesda**



## MOMENTS OF JOY



Left: Volunteers David Belkin (left) and Harry Benner (right) welcome guest speaker Richard Wiener. Richard told the club about his incredible journey as a Holocaust survivor during a talk on Aug. 20.  
Right: Performers from Mini Musicals on the Move delighted our members with “Oklahoma!” on July 30.



Left: In what has become an annual tradition, Leah Covert dressed as Uncle Sam for our July 4 celebration.  
Center: Brooke Kenny, Marty Ganzglass, Bob Grafton, Leah Covert, Art Levine, Bruce McWilliams and Andrew Lyman at the club on July 5.  
Right: Bruce McWilliams, Bob Grafton and Joe Meltzer during coffee hour on July 31

# SPECIAL NOTICES

## UPCOMING CLUB CLOSURES

- Monday, September 3 (Labor Day)
- Monday, September 10 (Building in use for Rosh Hashanah)
- Wednesday, September 19 (Building in use for Yom Kippur)
- Thursday, November 22 (Thanksgiving)

## School Supply Drive a Success!



Thank you to all who donated! The items were given to both the National Center for Children and Families in Bethesda and Springhill Lake Elementary School in Greenbelt. We are overwhelmed by your generosity!

## BIRTHDAYS

### SEPTEMBER

Jenks M. 6  
Bruce M. 23

### OCTOBER

Robert L. 3

### NOVEMBER

Lance G. 9  
Frank A. 11  
Michael G. 16  
James L. 21

*Happy Birthday*



## Upcoming Friends Club Support Group Meetings

*All meetings are held from 9:30 – 11 a.m. in the church library*

### September

**Wednesday Sept. 12**

(Not the regular day due to two Jewish holidays)

### October

**Monday, Oct. 1**

**Wednesday, Oct. 17**

### November

**Monday, Nov. 5**

**Wednesday, Nov. 21**

## SAVE THE DATE!

Friends Club is pleased to present “Stress Management for the Caregiver”

Friday, Oct. 26 from 10 a.m. to 1 p.m.

The Lounge, Bradley Hills Presbyterian Church

Free, including a catered lunch!

Psychotherapist and eldercare expert Terry Ullman will teach how to identify how you personally experience stress and offer effective stress interventions and relaxation techniques.

**Please register by calling 301-469-0070 or emailing [debbie@friendsclubbethesda.org](mailto:debbie@friendsclubbethesda.org).**