

FRIENDS CLUB NEWSLETTER

March 2016

Celebrating 25 years of serving the Alzheimer's community!

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LEAVING YOUR LOVED ONE WITH DEMENTIA HOME ALONE

IS IT SAFE?

At Friends Club, we often see family caregivers who are struggling to decide whether it is safe to leave their loved one home alone. Other families don't immediately realize that there will be a time when every person with dementia becomes unsafe at home alone. Caregiver.com compiled the following excellent list of questions to help you and your family decide if it is safe to leave your loved one with dementia home alone.

- ❖ Are they capable of calling 911 or neighbors if an emergency occurs?
- ❖ Can they distinguish friends and family from strangers if they are faced with answering the door or having someone enter the home?
- ❖ If they are hungry, can they prepare and eat a meal without your assistance?
- ❖ Is it easy for them to use the bathroom without your help, or do they require aid (or prompting) every time? Are there any other plans in place if they are not able to go to the bathroom without your help?
- ❖ How does their behavior and temperament change from when you leave to when you return? Do they appear angered or scared at the first sign of you leaving the house?
- ❖ In case of emergency, are they able to leave the home and seek shelter outside?
- ❖ Are they aware of smoke alarms and unusual noises, which may trigger danger, or are they likely to overlook all such noises?
- ❖ Are they likely to wander off and get lost?
- ❖ Are they routinely experiencing emergencies, which place their life in jeopardy? For example, do they suffer from epilepsy, or shortness of breath that may need to be monitored all the time?
- ❖ Do they get lonely easily and feel deserted at the slightest moment of your absence?
- ❖ Can they be destructive at times of stress and sickness and cause damage to themselves and your home in the process?

What to do if you're loved on insists on wearing the same clothes over and over again

Paula Spencer Pratt, author of the book "Surviving Alzheimers: Practical tips and soul-saving wisdom for caregivers" wrote a tremendously useful article recently about how to get a loved one with dementia to wear clean clothes. The following is a portion of her article from the Alzheimer's Reading Room:

Why it happens:

Impaired short term memory causes someone with dementia to forget the clothes are dirty as soon as they undress.

Impaired judgment means that the usual clues (stained, wrinkled, smelly) don't add up to the usual response (put them in the hamper to be washed).

Donning the same handy clothes the next day can be easier than having to choose among many clothes in drawers or the closet. Making choices can be cognitively overwhelming. Familiarity - in contrast - is comforting.

Try:

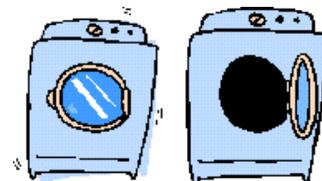
- **Steer clear of logic**, such as pointing out, "Honestly, Dad! You wore the same outfit yesterday!" Not only is it hard for someone with dementia to follow logic but you risk putting him on the defensive and setting up a no-win argument.
- When he's sound asleep, go in his room to remove the dirty clothes. Lay out something similar in the same spot. As long as replacement clothes are handy in the morning, he's apt to forget about the dirty favorite. If he should notice, make a big fuss over a white lie: "Oh Dad! I'm so sorry! I spilled juice on your favorite shirt

yesterday and nearly ruined it! I've sent it to the cleaners, but meanwhile I found this one. Oh, I hope you can forgive me!"

- If your loved one prefers having the old clothes hung back up, help him do so. Keep the dirty clothes to one side of the closet, so you know which they are and can wash them later. Put clean clothes in a more prominent place.
- Pare down the closet, so there are far fewer options (just a few shirts, for example), which can make choosing clean clothes easier. Bonus: If you make sure everything matches, there will be no more clashing outfits. Choose solids in a favorite color over patterns, which can be distracting and irritating to someone with dementia.
- Buy identical multiple versions of favorites, so one set can be washed while the other is worn. Bonus: Only one type of sock, for example, means no more mismatches.
- If your loved one sleeps in the same clothes, your only chance may be to take them away for washing when he bathes. Bring clean clothes into the bathroom to put on afterward. You may have to settle for a change of clothes only every few days if he won't bathe daily.

To help you cope:

- Make sure the real problem is dirt and odor, not your own irritation by the repetition of the outfit. A few generations ago, nobody changed clothes every day.



FRIENDS CLUB GROUP REMINDERS

Please make sure that your loved one is not dropped off at Friends Club prior to 9:30 a.m. We are a small staff and it takes us time to get set up in the morning. Unfortunately, we are not able to safely supervise club members while we are still getting the room ready for the day. If you have a hired driver, please instruct them not to drop off members early.

Also, please remember that registrations are due before the month of attendance. Of late, this has become a problem. Thank you for your compliance.

TELEPHONE SUPPORT GROUP

Holy Cross Hospital's Resource Center offers a telephone support group for caregivers unable to get out of the home to attend in-person meetings.

The Telephone Support Group for Spouses and Adult Children is held Tuesdays from 6 to 7:30 p.m. **Call 301-754-7152 in advance to obtain an access number.**

A FOND FAREWELL TO VOLUNTEER NATHAN REYNOLDS



Nathan Reynolds, son of Bradley Hills Presbyterian Church Office Manager Linda Reynolds, will be leaving his volunteer post at Friends Club. Nathan has gotten a new job and will no longer be available to brighten up our Mondays. Nathan has been bringing his gentle yet witty personality to Friends Club since 2013. His service is greatly appreciated and we will miss him!

It's Tax Time!

Here's a Tax Tip That May Benefit You

Elderly Dependent Care Credit

Commonly referred to as the "Child and Dependent Care Credit," this tax credit can be claimed by a person who pays for an outside caregiver (e.g. home health aide, adult day care services) to look after an older relative so that they (the taxpayer) can work. An older adult does not have to qualify as a dependent for tax purposes in order for their family member to claim this credit, which can be found on line 49 of [Form 1040](#). However, there are a few important factors to keep in mind.

- First, the taxpayer cannot claim this credit if their own child (19 years of age or younger) is the paid caregiver.
- Second, the Elderly Dependent Care Credit does not apply to money that is paid so an older adult can be cared for in a nursing home or assisted living facility.
- Third, it's important to be aware that hiring an in-home caregiver who doesn't work for an outside agency can have certain tax consequences in the eyes of the IRS. For more information on how hiring an independent caregiver can affect taxes, see "The Tax Implications of Hiring a Home Caregiver." ([link to article](#))

Certain states, including Maryland and DC, also offer a separate state Child and Dependent Care Credit, which is typically calculated as some percentage of the taxpayer's federal Child and Dependent Care Credit amount.

Please consult with your tax advisor. Source: www.agingcare.com.



IN MEMORIAM



HOMER LOWENBERG

September 19, 1921 – December 24, 2015

Homer Lowenberg passed away peacefully on Thursday, December 24th. Homer was a longtime member of Friends Club and beloved by all of our members, staff and volunteers. Despite having survived many health crisis in his lifetime, Homer maintained a positive attitude and wonderful sense of humor during all his time at Friends Club. We loved Homer's stories of his youthful escapades with his brother, Robert, while growing up in New Jersey, his great love of tennis (including being selected for the U.S. Junior Davis Cup tennis team) and of his meeting Rita in Cumberland, Maryland, and his mother's 'help' in proposing to Rita.

Homer was also an avid stamp collector and shared his impressive collection with our group. We always said Homer was one of the greatest minds of his generation. Graduating from Stevens Institute of Technology in 1942 with a degree in mechanical engineering, he went on to garner two more degrees in chemical and nuclear engineering. Homer was an esteemed nuclear engineer having worked on The Manhattan Project. He went on to work for Hercules Power Company, Vitro Engineering, Atlantic Richfield, and the Nuclear Regulatory Commission (NRC). After his retirement from the NRC, Homer formed his own nuclear engineering consulting firm.

Homer was married to the love of his life, Rita, for 67 years. Homer was so proud of his three sons, Paul, Mark, and John and four grandsons. He considered his family to be his greatest accomplishment. Our deepest sympathy goes out to his wife, Rita, their sons and families.

SID MCQUEEN



Sidney "Sid" McQueen passed away last fall. After growing up on a farm in rural Minnesota and serving in the Navy, Sid went on to spend his career running various performing arts centers.

Sid was given a lifetime achievement award by the Association of Performing Arts Presenters. He kept up with national and international news and was an avid reader of murder mysteries and political non-fiction. He was interested in theater, opera and dance, and always offered a smiling face and a unique perspective on current events to other members of the Friends Club. He especially loved talking about his grandson, Armond McQueen, who was a student at MIT.

In addition to Armond, Sid is survived by his daughter, Suzzane McQueen and son-in-law Ken Heise. Friends Club would like to extend a very special thank-you to the McQueen/Heise family for putting together a collection of donations to Friends Club in memory of Sid. He will be truly missed by everyone at the Club.

IN MEMORIAM

NICHOLAS POULOS

Former Friends Club member Nicholas Poulos passed away in August 2015 at age 86. Nick was born in Elyria, Ohio to John and Mercina Poulos, who were immigrants from Greece. His family also included his brother Michael and his sister Mary. He attended grade school and high school in Elyria before graduating in 1948. He went on to enlist in the Army where he trained in the medical corps. That experience led him to deliver one or two babies in emergency situations!

Aided by the G.I. Bill and working where he could, Nick enrolled at Bowling Green State University, where he would go on to meet his wife, Percy. While at Bowling Green, he joined Phi Delta Theta Fraternity and ROTC, where he received his commission in the Air Force and served in the reserves after graduation.

Nick and Percy were married on March 17, 1956. Percy always joked that the only way they could celebrate St. Patrick's Day was through their anniversary.

Nick went on to teach elementary school and to take on the role of principal at several particularly troubled schools. He also taught at Montgomery College, which he found to be both challenging and stimulating. Nick was particularly dedicated to his faith, and spent many years in service to The Saint Sophia Greek Orthodox Cathedral in Northwest Washington.

Nick is survived by his wife Percy, their daughters Juliana Poulos and Christine Tully and grandson Alexander Nicholas Tully.



FELIPE C. ROBINSON, M.D.

August 19, 1944 –December 28, 2015

Felipe "Phil" Robinson was born in the Panama Canal Zone on August 19, 1944 to Phillip C. and Roslyn B. Robinson. He moved to Brooklyn, NY as a child and graduated from Boys High. He went on to attend Pratt Institute, where he received bachelors and master's degrees in engineering. He attended medical school at the University of Florida, College of Medicine in Gainesville, Florida on a Navy scholarship. Afterwards he spent five years as a Navy medical officer with a deployment on the USS Wichita. After the Navy, he was awarded fellowships at the National Institutes of Health in Bethesda, where he met his wife, Audrey.

At the NIH, Phil studied cardiology and nuclear cardiology. He was a pioneer in the use of the Positron Emission Tomographer (P.E.T.) scanner and contributed to more than 25 published medical research papers. He was a founding member of the Association of Black Cardiologists. He was a dedicated physician who spent much of his time at the bedside of his patients.

He enjoyed watching the Washington Bullets, the Oakland Raiders and the Florida Gators. He enjoyed Gospel and Motown music, playing golf, traveling, watching movies and collecting electronics.

Phil is survived by wife Audrey, daughter Erron Al-Amin, son-in-law Scott Markham, grand-children Nia and Andrew Markham, his brother Leo Robinson (Monica) and two nephews.

SPECIAL NOTICES

THANK YOU TO THE BARKLEY FAMILY

Friends Club wishes to thank Lani Barkley, Emmett Barkley and the rest of the Barkley and Henninger families for designating Friends Club as the recipient of memorial contributions for Lani. Such generosity allows us to continue our work enriching the lives of men with dementia.

Upcoming Club Closures

Friends Club will be closed Monday, March 28 for Easter and Monday, May 30 for Memorial Day.

Friends Club Caregivers Support Group

Meets 9:30-11:00 a.m.

The 1st Monday and 3rd Wednesday of each month in the church library

MARCH

Monday, March 7

Wednesday, March 16

APRIL

Monday, April 4

Wednesday, April 20

MAY

Monday, May 2

Wednesday, May 18

Welcome to the world Finn Jacob Williamson!

(Grandson of Bif Williamson)

Born January 16, 2016 to Andrew and Kaylee Williamson



Bif Williamson with her husband Dale and their first grandchild!

Friends Club wishes to thank SUSIE WELLMAN, Chair of The Bradley Hills Presbyterian Church Kitchen Ministry



The Kitchen Ministry donates two homemade meals to our club each month. We sincerely apologize for leaving Susie off of our thank-you list in our last newsletter. Thank you for all you do, Susie!

BIRTHDAYS

MARCH

Robert S.	8
Chuck W.	21
Mark W.	30

APRIL

Marty G.	1
Peter S.	14

MAY

Brooke K.	2
Larry S.	3
Debbie R.	12
Amy D.	15
Bob G.	15
Molly T.	19
Aric S.	21
Debbie D.	30

Happy Birthday

