

**St. John Neumann Day Away
Merrimack, NH**

**Caring for the Memory-Impaired Person
A Resource List for Families & Friends**

Local Community Resources

Alzheimer's Association MA/NH Chapter

Bedford, NH 02110

The chapter provides ongoing education and confidential Care Consultation for individuals and families who are facing many decisions and challenges associated with Alzheimer's disease and other forms of dementia. The goals are for each family to develop a better understanding of the disease, make a plan to secure needed care and support, and develop strategies for the best possible symptom management and communication.

HELP HOTLINE: 1-800-272-3900 (Available 24hrs *every* day)

Later Stage Alzheimer's Disease: A Caregiver's Guide for those providing care at home.

Chapter Website: www.alz.org/manh/

Service Link Resource Center

555 Auburn St

Manchester, NH 03103

(603) 644-2240

70 Temple St

Nashua, NH 03060

(603) 598-4709

This is a statewide network of community-based connections for elders, adults with disabilities and their families. Offers **caregiver support group** and referrals to programs that provide respite care at home and in day settings outside of the home.

Website: www.nh.gov/servicelink

St. John Neumann Day Away (1992 – Present)

708 Milford Rd – Route 101-A (Pennechuck Square)

Merrimack, NH 03054

(603) 880-4689

Website: www.sjnnh.org

E-mail: dayaway@sjnnh.org

Contact: Kathy Hopkins, RN, M.Ed., Director

A social model activities-based day program that provides a safe, loving, and stimulating environment for those in the early stages of Alzheimer's disease or a related type of dementia and a brief period of respite from those responsibilities for their primary caregivers. Staffed 1:1 with specially-trained volunteers and a Registered Nurse. An intake assessment is required to be a program participant.

NOTE: The staff of SJN Day Away continues its ministry of mentoring other faith communities in the development of additional social model Day Away programs. For more information, contact Kathy Hopkins, RN, M.Ed.

St. John Neumann Day Away
Resource List for Families and Friends...continued

Mission Pointe Senior Services

0 Eugene Way
Hudson, NH 03051

Includes:

St. John XXIII Day Away at Mission Pointe: A social model activities-based day program that provides a safe, loving, and stimulating environment for those in the early stages of Alzheimer's disease or a related type of dementia and a brief period of respite from those responsibilities for their primary caregivers. Staffed 1:1 with specially-trained volunteers and a Registered Nurse. An intake assessment is required to be a program participant.

Contact: Nanci Rydstrom, Director

Church Office: (603) 882-3603

St. Joseph Hospital

Parish Nurse Center for Wellness Activities

72 Vine St
Nashua, NH 03060
598-2424

Contact: Pam Deres, RN, MSN, Director or Janice Karg, Administrative Assistant

Provides **Alzheimer's Education Series** for caregivers on the 2nd and 3rd Fridays of each month from 10a.m. – Noon. Session topics and speakers are listed in Healthy Choices newsletter.

<http://stjosephhospital.reachlocal.net/Community-Health-Programs/Healthy-Choices-Newsletters>

Edward V. Karg Day Away: A social model activities-based day program that provides a safe, loving, and stimulating environment for those in the early stages of Alzheimer's disease or a related type of dementia and a brief period of respite from those responsibilities for their primary caregivers. Staffed 1:1 with specially-trained volunteers and a Registered Nurse. An intake assessment is required to be a program participant.

Offers **Alzheimer's Caregiver Support Groups:**

- 2nd, 3rd, 4th Mondays each month. Facilitator: Pam Deres, RN, MSN

Easter Seals New Hampshire

555 Auburn St
Manchester, NH 03103
(603) 623-8863 or (800) 870-8728

Website: www.nh.easterseals.com

Hours of Service: Open Monday through Friday from 7:30a.m. until 5:30p.m.

Licensed Medical Adult Day Services for Alzheimer's & Related Dementias includes:

- Day Program for Adults with Alzheimer's & Related Dementia
- Daybreak Program for Adults in the Early Stages of Alzheimer's & Related Dementia

St. John Neumann Day Away
Resource List for Families and Friends...continued

Gateways Community Services

Adult Day Services Program (at Alvirne High School)

200 Derry Rd

Hudson, NH 03051

(603) 883-0994

Website: www.gatewayscs.org

Contact: Mary Beth Smaha, Director

Hours of Service: Monday through Friday 8:00a.m. until 3:30p.m.

This is a medically licensed adult day program designed for seniors and disabled adults who are looking for that social and cognitive stimulation but may also need health monitoring during the day.

Elliot Hospital

Senior Health Center

138 Webster St

Manchester, NH 03104

(603) 663-7030

Website: www.elliethospital.org

The healthcare center offers comprehensive senior health services. It provides a resource center, community education, caregiver support, information/referral, and case management services in addition to healthcare for its clients.

Caregiver Support Group meets at Elliot Senior Health Center. Call (603) 663-7051 for more information.

VETERANS AID AND ATTENDANCE BENEFIT

Right at Home: In Home Care & Assistance

1B Commons Drive, Suite 13A

Londonderry, NH 03053

(603) 216-9296

E-mail: info@rightathome-snh.com

Aid and Attendance (A&A) is a benefit paid in addition to monthly pension. Benefits may be available for Veterans and surviving spouses who require the regular attendance of another person to assist in bathing, dressing, meal preparation, medication monitoring or other various activities of daily living. This benefit is available to individuals who reside in assisted living communities, personal care homes, skilled nursing facilities and those receiving personal in-home care.

St. John Neumann Day Away Resource List for Families and Friends...continued

National Resource Links

- **Alzheimer's Association** is the *go-to website* for caregivers and for people newly-diagnosed with Alzheimer's Disease. There you'll find current, complete and comprehensive information about the disease, latest research findings, and helpful guidance in coping and caring for those who have Alzheimer's Disease. www.alz.org
- **National Institute on Aging: Alzheimer's Disease Education and Referral Center (ADEAR)** Find current, comprehensive Alzheimer's disease information and resources from the U.S. Government's National Institute on Aging (NIA). www.nia.nih.gov
- **Caring for a Person with Alzheimer's Disease: Your Easy-to-Use Guide from the National Institute on Aging**
Access website to order free print copies or to download as PDF. www.nia.nih.gov/Alzheimers/Publications/CaringAD/
- **Mayo Clinic: Alzheimer's Caregiving Newsletter** offers an online newsletter and blog for caregivers. www.mayoclinicalzheimers@everydayhealth.com
- **Family Caregiver Alliance** provides information, education, services, research and advocacy to sustain the important work of families caring for loved ones with chronic, disabling health conditions. www.caregiver.org/caregiver/jsp/home.jsp
- **Lewy Body Dementia Association** offers online information for families and professionals about Lewy Body Dementia. www.lewybodydementia.org
- **Association for Frontotemporal Dementias** is an online source for information and support to individuals and families whose lives are touched by frontotemporal dementias. www.ftd-picks.org
- **FTD Support Forum** is an online international group set up by caregivers of people who have various types of frontotemporal dementia. www.ftdsupportforum.com
- **Encouraging Comfort Care: A Guide for Families of People with Dementia Living in Care Facilities.** This 21-page booklet provides useful information to families and professionals about Alzheimer's disease and related dementias, particularly care issues related to the late and final stages. It's free to view and download from the Alzheimer's Association – Greater Illinois Chapter website. www.alz.org/illinois
- **Tips on Designing Homes for Alzheimer's Patients** at www.bsu.edu/web/nursing/alzhome

Additional Recommended Reading

A Dignified Life: The Best Friends Approach to Alzheimer's Care

Authors: Virginia Bell and David Troxel

Target Audience: Family Caregivers and Friends

Illustrated through real, heartfelt stories, *A Dignified Life* shows how the Best Friends method can bring dignity to the lives of those who have Alzheimer's disease and those who care for them. The book describes how families can work together to create effective communication and meaningful activities that reduce or avoid challenging behaviors.

St. John Neumann Day Away

Resource List for Families and Friends...continued

The Best Friends Book of Alzheimer's Activities

Authors: Virginia Bell, Tonya M. Cox, David Troxel

Target Audience: Family Caregivers, Friends and Professionals

The ideas and suggestions found in this book can easily turn the simplest interaction with a memory-impaired person into an activity that helps satisfy essential physical, emotional, and spiritual needs. At its heart, the Best Friends approach is about the art of being together. The authors show how easy and natural it can be. Plus, all activities are adult in content and provide meaningful moments for all.

Creating Moments of Joy

Author: Jolene Brackey

Target Audience: Family Caregivers and Friends

This book gives quick and practical assistance to caregivers to help them discover new ways to understand what the person with dementia is trying to communicate through actions and words. The author presents new ways of looking at common situations that are often viewed in a negative context. She provides creative strategies to make a negative situation better. Caregivers are encouraged to use this book as their own personal journal to write ideas and then share the book with another caregiver once their journey has ended.

Learning to Speak Alzheimers: A Groundbreaking Approach for Everyone Dealing With the Disease

Author: Joanne Koenig Coste

Target Audience: Family Caregivers and Friends

In his 30's, the author's husband became paralyzed, unable to speak or remember after suffering a major stroke. Joanne Koenig, pregnant with their 4th child, took on the daunting role of his full-time caregiver while raising their 4 young children. By making an effort to understand what life must be like for the memory impaired, Koenig was able to develop the "habilitation" approach to her caregiving by simplifying their home environment to create a positive atmosphere for accommodating and capitalizing on her husband's remaining functional, emotional, and spiritual strengths and abilities.

The Eldercare Handbook: Difficult Choices, Compassionate Solutions

Authors: Stella Mora Henry, RN with Ann Convery

Target Audience: Family Caregivers

A comprehensive and accessible guide that helps readers navigate the daunting logistics and powerful emotions of making care decisions for an elderly parent or loved one. All the tough issues are tackled: spotting the warning signs of dementia, redefining sibling roles, doing a walk-through at an assisted living facility or nursing home, making the move, and coping with the "take me home!" demands. There are pearls of wisdom for journeying through the medical, legal, and insurance maze.

St. John Neumann Day Away

Resource List for Families and Friends

Additional Recommended Reading...continued

Inside Alzheimer's: How to Hear and Honor Connections with a Person who has Dementia

Author: Nancy Pearce

Target Audience: Family and Professional Caregivers

The core teaching of this book is how the memory impaired person - just like the rest of us - need to be heard, seen, valued and appreciated by another human being, so to feel a part of the flow of intangible gifts of humor, wisdom, and understanding that comes with person-to-person connection. Alzheimer's, no matter how progressed, does not alter enjoyment and satisfaction that comes from being in relationship with others. Yet the person's opportunity to connect often lessens, simply because we presume it's too difficult and impossible. Through simple steps and inspiring case studies, the author demonstrates how we can help the dementia person transcend the limiting aspects of their disease to experience profound moments of beauty, meaning, dignity, laughter and love.

Still Alice (A Fiction Novel)

Author: Lisa Genova

Target Audience: Families and friends of those who have been newly diagnosed with Alzheimer's.

Genova gives us a hauntingly accurate portrayal of a young Neuroscience Professor's descent into Alzheimer's Disease from the prime of life and the loftiest of cerebral heights. The author holds a PhD in Neuroscience from Harvard University and is a member of the Dementia Advocacy, Support Network International and Dementia USA. She is an online columnist for the National Alzheimer's Association.

Entertaining Videos

That's Entertainment Trilogy (3 Disc Gift Set)

Cast: Gene Kelly, Fred Astaire, Bing Crosby...and more.

These DVD's feature outtakes from the great music and dance movies of the 1940's and 1950's. Nothing lifts the spirits better than music and dancing. The effect is amazing!

Available through: www.walmart.com, www.barnesandnoble.com, www.amazon.com

KMH

Rev. 05/2015