

CAREGIVER NEWSLETTER

September 2019



Connecting Through Creativity

What is TimeSlips?

TimeSlips is an award-winning non-profit founded by MacArthur Fellow Anne Bastling who started a storytelling approach with people with dementia she developed in a Wisconsin nursing home in 1998. She received a grant to replicate and TimeSlips became incorporated as an independent non-profit in 2013. "It began with one volunteer in 1998 and they now train and certify individuals and organizations around the world. At present, TimeSlips has over 800 Certified Facilitators in 48 states and 19 countries, and 48 Creative Communities of Care, with over 65 in process."

LA Communities of Care Launch

In 2019, "a year-long training initiative was made possible by the Rosalinde and Arthur Gilbert Foundation. TimeSlips invited organizations working with elders and people with dementia to apply to receive a grant for Creative Community of Care training. Training covers learning how to engage elders, families, staff, and volunteers in meaningful programming and to embed meaningful creative engagement and community building techniques across the organization. Participating organizations were selected to reflect the cultural diversity and geographic spread of Los Angeles, and they will implement TimeSlips with groups and individuals in a variety of settings." Among the 10 sites chosen for this exciting project was ONEgeneration and two of their staff were asked to participate. Lori Resnick, Alzheimer's Disease and Related Dementia Program Manager, and Denise Kee-White, Assistant Program Director, Adult Daycare are currently in the training process to become Certified Lead Facilitators.

Positive Impact

"Research suggests that TimeSlips can: Increase the quality and quantity of interactions between staff and residents in care settings; reduce factors of anxiety and depression, thereby decreasing psychotropic medications, improve caregiver attitudes toward aging and people with dementia, increase social engagement among people with dementia, and many other positive benefits."

Sources of information provided by timeslips.org Please visit the website for more information about creative storytelling and their additional imaginative activities as well.

**"Creativity is
intelligence
having fun"**

Albert Einstein



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What is Creative Storytelling?

“Creative Storytelling is an activity for seniors with Alzheimer’s and dementia which privileges imagination over memory. With the support of a facilitator, participants work together to co-author stories about pre-selected photos. Because this activity centers on pictures, its focus is the concrete “here and now” rather than the often more elusive past.”



Havin’ A Good Time

By Three Ladies from Adult Daycare

“Oh, would you look at them, they sure are having a good time. They are at a club in Los Angeles or Corpus Christi. Maybe a ballroom because the light is so fancy. They are dressed up and his shoes shine. They are free-dancing to ‘Singing in the Rain.’”

[They sing “I’m singing in the rain, just singing in the rain, what a glorious feeling, I’m happy again...”]

“They look like they are swing dancing. Maybe to Chubby Checker. I think they are doing the twist.”

[They sing “Come on baby, let’s do the twist, come on baaaabaaaay, let’s do the twist...” then they laugh]

“I have seen a lot of bands live, I don’t drink, I don’t smoke, but I love to dance. Sometimes my daughter comes in my room when I’m dancing and I tell her to get out, I’m having a good time!”

“They don’t know each other’s names because they just met at the dance. He really wants to be her friend. They are happy and they are enjoying themselves. She is confident and free and probably just wants a dance partner. I’ve been to dances when I was younger, and I just needed to find a man who could dance. I think her name is Betty Jean and his name is Duke. Now that they know each other, they’ll go out again.”

By Denise Kee-White, LCSW

Support Groups and Upcoming Events

ONEgeneration Caregiver Support Groups are free and held at ONEgeneration JOY Center
17400 Victory Blvd Van Nuys, 91406

Saturday October 5th from 1:30pm to 3pm at the JOY Center-please call Lucy Nalbandyan at 818.708.6634

Tuesdays October 1st and 15th from 3:00pm-4:30 or 5pm at the JOY Center please call Denise Kee-White at 818.708.6376

Grief Support Group A monthly support group for those experiencing the loss of a loved one. Upcoming dates are October 11th, November 8th, and December 13th from 3:00pm-4:30pm at the JOY Center please contact Lucy Nalbandyan at 818.708.6634

Powerful Tools for Caregivers

Held at ONEgeneration Senior Enrichment Center
18255 Victory Blvd Reseda, 91335

Fridays Oct 11th-Nov 15th 2:30pm –4:30pm

An educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country. Classes will be run by Jenna Hauss, MSW, ACSW and Denise Kee-White, LCSW. This class series meets once a week for six weeks.

Class size is limited, and registration is required.

Call (818)705-2345 to sign up

Cost: Suggested donation of \$5 per class to defray cost of your workbook. Not required in order to attend class.

Adult Daycare is now open TWO Saturdays per Month!!!

Does your loved one (adult with dementia or in need of supervision) need care on the weekend? Services include supervised activities, breakfast, lunch, afternoon snack, and assistance with personal care. Hours: 9:30 am-3:30 pm
Cost: \$75 /day-private pay only* Adult Daycare will be open Saturday October 5th and Saturday October 19th. For eligibility criteria and information about enrolling please contact (818) 708-6625.

Virtual Dementia Tour

Interesting in finding out what your loved one diagnosed with dementia is experiencing in their day to day activities of living? Here is your chance to experience the physical and mental challenges that face your loved one every day through an evidence-based, ground-breaking and scientifically proven method. This experience will help you to better cope with and understand your loved one as well as to aid in enhancing their care. Our next free event will be offered Saturday October 19th-space is limited. Please contact (818) 708-6625 for more information.

Our 3rd Caregiver Education and Support Day

Saturday December 7th

Mark your calendars-more information is forthcoming