

YOUR GAST TEAM MEMBERS

Kimberly Williams, Director
Kimberly.Williams@TrilliumNC.org

Ruth Fredrick, GAST Coordinator
Ruth.Fredrick@TrilliumNC.org

Frankie Glance
Administrative Assistant
Frankie.Glance@TrilliumNC.org

Tamisha Vaughan, GAST Coordinator
Tamisha.Vaughan@TrilliumNC.org

Linda Windley, GAST Coordinator
Linda.Windley@TrilliumNC.org

Linda Klund, GAST Clinician
Linda.Klund@TrilliumNC.org

FIND COMMUNITY RESOURCES QUICKLY

NC211.org

There are hundreds of health, human service and other helpful organizations listed for nearly any kind of need. Simply dial 2-1-1 any time of day or visit www.NC211.org to find the help you need.

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Stay up to date on events, news and information about Trillium Health Resources and how we work to Transform Lives!



DEMENTIA “WHAT DO I SAY NOW”

by Kimberly Williams, MSW, LCSW

It can be difficult having a conversation with a loved one you have known your whole life but is now facing a ravaging of the mind - dementia. Memories of them include them changing your diapers, showing you how to ride a bike, talking about the birds and the bees and helping you mend your first broken heart. Now, they look at you with searching eyes. Searching for that memory or a name that can no longer be found.

What do you say once you've gotten past the “How are you?” or “Did you sleep well last night?” Many people find it difficult to have a meaningful conversation with a loved living with dementia. Often times they will sit in silence looking at everything in the room but the person and eventually exit after a hug and a few enduring words. Thankfully, it is possible to still have a meaningful conversation with individuals diagnosed with dementia.

Here are some conversation ideas that can create beautiful memories. Better yet, you might be surprised at what the person with dementia remembers.

- ❖ Talk about an old memory. “Just the other day I was thinking about when the whole family went to Kerr Lake and Uncle Phil...”
- ❖ Ask them to talk about a memory. What was it like when you got married? Tell me about your mom and dad?
- ❖ Don't quiz them with “Do you remember when...” or “Do you know who I am?” You get the conversation started and let them join in. Don't set them up for failure.
- ❖ For animal lovers bring a pet. This will make a great conversation starter
- ❖ Do something together - make a craft, sing, play checkers.
- ❖ Talk about things going on in your life, they might have some invaluable wisdom to share.

- ❖ Never think that your visit isn't meaningful in their life. They may not remember your visit or conversation tomorrow, but for the moment your time and attention are priceless. Live in the moment.
- ❖ And most importantly - maintain your sense of humor.

What about when the conversation turns to bad language and accusations?

- ❖ Don't argue and don't correct. If mom accuses you of talking about her and going through her "stuff" - just respond with an "I'm so sorry".
- ❖ Remember that as the disease progresses the language filter is destroyed - If they think it, they will say it.
- ❖ Although difficult, don't take it personally - the individual may be afraid, scared, or confused. As they lose their language and social skills they may begin saying things that can be very hurtful. Don't respond and try remember the penguins in the movie Madagascar - "just smile and wave boys".
- ❖ Distract and redirect if things get too dicey.

Remember that individuals with dementia are still there and they need conversation and social interaction. Take a little time to be there for the person. You don't always have to have meaningful conversation, silence can speak volumes.



**Join us in welcoming the newest
GAST Coordinator to our team
Tamisha Vaughan MS, QP**



10 WAYS TO SUPPORT A CAREGIVER

by Frankie Glance, Administrative Assistant

Every year more than 65 million people, 29% of the U.S. population, provide care for a chronically ill, disabled, or aging family member or friend. They spend an average of 20 hours per week providing care. (National Family Caregivers Association) Family caregivers are the foundation of long-term care nationwide. November is recognized as National Caregiver Appreciation Month, a month-long tribute to recognize those individuals providing caregiving support to a family member or loved one. Find out how you can get involved and show support for a caregiver you know. A little support will go a long way.

National Caregiver Month is a time that we recognize and honor those people that are responsible for the daily care of others. A caregiver's role doesn't stop at the end of the day, and it is often times a long, lonely journey. Thankfully there are ways you can help. Here are some tips for you to get involved and help out a caregiver in your community.

- Offer a few hours of respite time so they spend time with friends or simply relax.
- Send a card, flowers or call them to let them know you are thinking of them.
- Go grocery shopping or other errands for them.
- Treat them to a day at a spa while taking over their responsibilities for the day.
- Decorate their home for the holidays or offer to address envelopes for their holiday cards.
- Try to lighten their spirits with a funny movie, audio book or even tickets to a local comedy club.
- Create a monthly calendar with family photos so they can use it to keep track of appointments and events.
- Prepare a holiday dinner for a caregiving family in your community.
- Find information, resources or a support group in your area.

**"The best and most beautiful things in the world cannot be seen or even touched.
They must be felt with the heart. "
- Helen Keller**



BEATING THE HOLIDAY BLUES

by Ruthie Fredrick, BSW, QP

After a recent visit to Union Station I was greeted by Santa who was ringing his bell and shouting, "Merry Christmas. Everybody smile...remember it will be over in 2 months!"

Do you feel extra pressure and think you should be filled with joy when you hear *'Tis the season?* While this is the time of year to remember all the special moments over the past year and want to share your gratitude with others, it can be a mixed bag. Perhaps you experienced the loss of a loved one; maybe your

employment status changed, you moved to a new city, or had other major life changes that are on your mind this time of year.

Here are some helpful ways to counter the "holiday blues":

❖ ***Remember you are NOT alone***

Chances are many people you know are also quietly wishing something could be different. Sometimes it helps to share your feelings with people you trust.

❖ ***Set realistic expectations***

While we may be dreaming of a white Christmas, we know making it happen is beyond our control. The same goes for the actions of our friends and families. The only thing we can control are our expectations. Perfection is not likely! Plan for the fact that you may not get your dream gift, or not everyone at the dinner table may be just as you remembered. The holiday season is a great time to think of ALGEE - the [Mental Health First Aid](#) action plan. Whether you encounter a crisis situation or not, remember that listening nonjudgmentally and giving reassurance will make you everyone's favorite.

❖ ***Indulge (moderately) and exercise***

'Tis the season...to eat and drink. You can enjoy an eggnog and a few cookies without feeling guilty, but remember everything in moderation serves us better in the long run. Counter that extra cookie with an extra walk around the block. A little exercise really helps to enjoy the day.

❖ ***Do something for others***

This is not just a cliché. Sometimes being down or depressed can be very isolating making it easy to wallow in sadness...justifiably for sure. The minute we divert our attention to doing something for someone else, the chemicals in the brain really do change and we feel better.

❖ ***Start a new tradition***

When part of the joy of the season is connected with someone that is no longer in your life (either through death or separation), it may be time to do something new. For example, if your tradition was making cookies with Grandma Mary and she is not longer with you, try finding someone else to continue the tradition or start a new tradition to honor her memory. Things like planting a tree, lighting a candle, and visiting their favorite place can be comforting and healing.

❖ ***Don't be alone, unless you want to be***

Sometimes it's comforting to have a quiet day for special activities you have been wanting to do. Yet most of us would prefer to be with others. Make plans. Don't wait till the last minute. Volunteering is a good idea.

❖ ***Show gratitude***

And last but not least, no matter what the situation, as long as there is breath in our body, we have something to be grateful for. Be mindful of the moment and experience joy in the simplest of pleasures.

Dear Geri,

While visiting my Aunt Gertrude at a nursing facility, my aunt mentioned to me that none of the residents wanted to talk to her and she does not want to talk to them either. The statement surprised me, due to my aunt attends all the activities at the facility. She is a friendly person and loves to socialize. How can I help my aunt connect better with the residents?



By Linda Windley, MS, QP, LRT/CTRS

Sincerely,

Lonesome

Dear Lonesome,

There is an old saying "I feel lonely in a crowd" that seems to apply to this situation. People tend to think that being in a crowd of people will cause their loneliness to go away, but many times, it can exasperate the feelings. The key to decreasing loneliness is connecting with those around you. One might ask, what do you mean by connecting? The answer lies in how we relate to the ones we are around at the time. For example, residents are sitting at the table playing Bingo. The game is entertaining, but unless you are really feeling a part through talking and laughing with others socially at the time, you can leave feeling empty and sad. This scenario of not connecting is especially hard for our social butterfly personalities like Aunt Gertrude. The way to connect socially with others is different for people. One resident might shake hands with others, while another person could have great eye contact while asking, "How are you today?" I have found that some people even though they are sociable have a problem relating with people they do not know. It seems your Aunt Gertrude is offended from others not talking to her and perhaps has put up a wall to keep from feeling rejected.

One of the ways you might address this dilemma is to let the activity director know that your aunt is not relating well to the other residents while doing activities. Perhaps the activity director could pick out a person that could sit with your aunt, like a buddy system. Another option is for you to visit and offer support to your aunt during an activity. You could encourage your aunt to get involved during the time the residents are meeting together.

Look for other residents that are sitting by themselves and offer to be a friend. It will take time, but with patience, love, and reaching out, I believe your aunt will find her niche with other residents.

Sincerely,

Geri

ADVANCE DIRECTIVES

By Tamisha Vaughan, MS, QP

What are advance directives? According to the *National Care Planning Council*, an advance directive is a document in which a person uses to make provisions for health care decisions in case that person becomes unable to make such decisions. There are several documents that an individual can prepare to make their wishes known. Some of the documents are as follows: Power of Attorney, Durable Power of Attorney, Living Will, MOST form, Five Wishes and DNR.



- ❖ Power of attorney grants legal authority to an individual to make decisions on behalf of another.
- ❖ Durable Power of Attorney is a signed, witnessed document in which an individual designates an agent to make health care decisions on his/her behalf if the individual is temporarily or permanently unable to make decisions. The individual does not have to have a terminal condition and the agent has the authority to decide if health care will be provided, withheld or withdrawn from the individual.
- ❖ Living Will is a signed, witnessed document called a declaration or directive in which most instruct an attending physician to withhold or withdraw medical intervention from the individual if his/her condition is terminal and they are unable to make decisions about medical treatment.
- ❖ Medical Orders for Scope of Treatment (MOST) form outlines a plan of care respecting patient's wishes at the end of life. This form is completed by the patient with a qualified health professional. The MOST form cannot be used without consent of the patient or the patient representative. It is important to note that some hospitals and facilities may not recognize the MOST form due to policies and procedures of the facility but may use it as a guide for treatment.
- ❖ Five Wishes is a living will document written in everyday language to allow an individual to express their wishes in areas that matter. Five Wishes is accepted in 42 States and Washington D.C.
- ❖ Do Not Resuscitate (DNR) is a legal order to allow a natural death and withhold CPR or Advance Cardiac Life Support if the heart stops beating or the individual stops breathing.

Although, the subject of death and dying is difficult, advance directives allow loved ones to know the wishes of the individual. Advance directives are a guide to assist caregivers, family members and medical providers in honoring wishes for medical treatment. The legal documents should be considered and discussed with family and medical providers to prepare for end of life care and to ease the difficulty of loved ones decision-making during the time of illness.

Sources:

- ❖ National Care Planning Council - [Advance Directives, Fiduciaries, Guardianship, and Power Attorney](#)
- ❖ North Carolina Medical Society - [FAQ- Medical Orders for Scope of Treatment](#) (MOST)
- ❖ Aging with Dignity - [Five Wishes](#)

MEDICATION CORNER

By Linda Klund, RN, BSN



Yes, it is fall again and soon we will be setting our clocks back an hour. What does that do to our bodies? Changing of the time of our daily routine can be upsetting to our circadian rhythm, our body's day to day schedule. It can upset our sleep pattern and makes some people very irritable.

Let's look at circadian rhythm and what we can do to help ourselves and others get through this change. The "master clock" that controls the rhythms is a group of nerve cells in the brain called the suprachiasmatic nucleus or SCN. Located in the hypothalamus, the area just above where the optic nerves from the eyes cross, it contains 20,000 nerve cells. This area of the brain keeps all the body clocks in synch with each other. It is the area of the brain that interprets signals from the environment (light) and adjusts the genes that control the internal clock. Our sight, genes, and brain cells all work together to develop our rhythm.

Our body naturally changes each season as the sun's pattern changes. Most people adjust well with that change but when it comes to changing the pattern due to time changes, it's not so easy. Changes in time such as the seasonal clock and traveling across time differences can cause real behavior issues with some people. This can be further complicated by mental illness and/or dementia.

When someone is having issues adjusting to time changes, here are ways to assist the their rhythm:

- Keep a daily routine
- Watch for changes in behaviors (these are communications)
- Have activities such as ADLs, and appointments earlier in the day
- Avoid stimulants such as nicotine, alcohol and sugar
- Keep naps short
- Exercise early in the day
- Keep a bedtime ritual
- Review medications and timing of administration
- See a doctor for possible medical issues

Don't forget a person with mental illness or dementia may not understand why they are feeling so tired or more confused. They will adjust to time changes but it will take them longer. Be patient and remember they are doing their best.

PANCAKE BREAKFAST CASSEROLE

This casserole makes breakfast pancakes extra special by baking them in a rich, creamy custard.



- ✦ 4 tablespoons unsalted butter, plus more for greasing the dish and serving
- ✦ 1 3/4 cups all-purpose flour
- ✦ 1 1/2 teaspoons baking powder
- ✦ 1 teaspoon baking soda
- ✦ 6 tablespoons sugar
- ✦ Kosher salt
- ✦ 1 3/4 cups buttermilk
- ✦ 7 large eggs
- ✦ 2 cups half-and-half
- ✦ 1 teaspoon pure vanilla extract
- ✦ Maple syrup, for serving
- ✦ Blueberries, for serving

Preparation:

- ✦ **Butter** an 8-inch square baking dish; set aside. Put 3 tablespoons of the butter in a microwave-safe small bowl or liquid measure; microwave for 30 seconds to 1 minute to melt the butter.
- ✦ **Whisk** together the flour, baking powder, baking soda, 3 tablespoons of the sugar and 1/2 teaspoon salt in a large bowl. In a separate small bowl, whisk together the buttermilk, 2 of the eggs and the melted butter. Add the wet ingredients to the dry ingredients, and stir until just combined.
- ✦ **Heat** a large nonstick skillet or griddle over medium heat. Melt a little of the remaining butter in the pan. For each pancake, spoon 1/4 cup of batter into the skillet and cook until the bottom is golden brown and small bubbles appear on the top, 2 to 3 minutes. Flip and cook until golden brown on the other side, about 2 minutes. If the pancakes brown too quickly, reduce the heat to medium-low. Transfer the pancakes to a plate as finished. Repeat until all the batter is used, adding more butter to the pan as necessary. (You should have at least 12 pancakes.)
- ✦ **Whisk** together the half-and-half, vanilla, the remaining 5 eggs and 3 tablespoons sugar, and 1/4 teaspoon salt in a large bowl.
- ✦ **Shingle** the pancakes in the prepared baking dish. Pour the egg mixture evenly over the pancakes. Cover the dish with plastic wrap and refrigerate for at least 8 hours up to overnight to allow the pancakes to soak in the custard.
- ✦ **Preheat** the oven to 350 degrees F. Remove the plastic wrap, and bake the casserole until it feels firm yet springy to the touch in the center and the custard is set, 50 to 60 minutes. Let cool 15 minutes before serving. Serve warm with maple syrup, blueberries and pats of butter.



THE SMELL OF THE HOLIDAYS POLANDERS

Place a rubber band around the middle of a pink grapefruit or an orange. Use it as a guide to make an even ring of cloves around the fruit, piercing the skin first with a wooden skewer or nail. Remove rubber band, and make additional rows. If desired, use a hot-glue gun to attach star anise.

To encourage pomanders to dry evenly and retain their scent for up to one year, shake each in a plastic bag of powdered orrisroot (available at health-food stores) before displaying. Stack the pomanders in a pyramid, using clear plates between the layers and tucking in greenery, such as this mountain laurel, as you go.

Another way to preserve these polanders is to hang them in a dark place for about a week or in the refrigerator before displaying to keep them from molding.



COMMUNITY HAPPENINGS

NOVEMBER

National Holidays

- ✦ Nov 11 - Veteran's Day
- ✦ Nov 23 - Thanksgiving Day

Observances

- ✦ National Alzheimer's Disease Month
- ✦ National Family Caregivers Month
- ✦ National Home Care & Hospice Month
- ✦ National Long-Term Care Awareness Month
- ✦ Adopt a Senior Pet Month

Events

- ✦ **Nov 8 - 2017 Bertie County Caregiver Workshop;** 8:30am-12:30pm; Location: Cashie Heritage Convention Center, 118 County Farm Road, Windsor; - For more information, call 252-794-5315
- ✦ **Nov 10 - Candlelight Vigil & Flower Ceremony;** Location: Union Point Park Gazebo, New Bern; Free Event - Live Music & Food; Registration 4:30
- ✦ **Nov 16 - 2017 Hertford County Caregiver Workshop;** 8:30am-12:30pm; Location: Ahoskie United Methodist Church, 212 West Church Street, Ahoskie - For more information, call 252-358-7856

THE GRANDS GROUP

(Grandparents Raising Grandchildren Support Meetings)
12-1 p.m. at Pitt County Council on Aging
4551 County Home Road, Greenville

Upcoming Meetings

- November 2,
- December 7

DECEMBER

National Holidays

- ✦ Dec 24 - Christmas Eve
- ✦ Dec 25 - Christmas Day
- ✦ Dec 31 - New Year's Eve



"SENIOR CENTER WITHOUT WALLS"

Is an award-winning program of [Episcopal Senior Communities](#) offering activities, education, friendly conversation, and an assortment of classes, support groups, and presentations to seniors. Each week, seniors can access over 70 groups by phone or online, all from the comfort of home.