



## ADULT DAY SERVICE PROVIDER QUARTERLY NEWSLETTER

ARENAC, CHEBOYGAN, OGEMAW, OTSEGO AND ROSCOMMON



Hello Adult Day Service Providers! As you know June is Alzheimer's and Brain Health Awareness month. It is a great time to spread awareness about the disease and educate others. I suggest visiting the Trualta website there you will find hundreds of articles, videos, and information on Dementia and other caregiver information. Trualta offers printer-friendly options so you can print the information off and hand it out to your family caregivers, and staff. Continue to do great work!



### ALZHEIMER'S AWARENESS MONTH

June is Alzheimer's & Brain Awareness Month, a month sponsored by The Alzheimer's Association and set aside to raise funds and awareness for Alzheimer's disease and related forms of dementia. Learn more about dementia, how Alzheimer's & Brain Awareness Month strives to fight it the disease, and meaningful ways you can contribute to the fight against it.

**Ways to participate in Alzheimer's and Brain Awareness Month include:** Take the purple pledge, share your stories, fundraise on The Longest Day, Wear Purple on June 21st, post something to social media, Decorate your center, support family caregivers, write to your legislators ,and host a educational event.

- Purple is the official color of the Alzheimer's movement.
- Alzheimer's disease is named after Dr. Alois Alzheimer. Dr. Alzheimer found the disease in 1906.
- Alzheimer's disease is the most common form of dementia.
- It is estimated that 6.7 Million Americans are living with Alzheimer's.
- By 2060, the number of people age 65 and older with Alzheimer's dementia is projected to reach 13.8 Million.
- Alzheimer's is currently ranked as the seventh leading cause of death in the United States and is the most common cause of dementia among older adults.
- An additional direct care worker will be needed between 2020 and 2030.
- More than 11 Million Americans provide unpaid care for a family member or friend with dementia, a contribution to the nation valued at nearly \$340 Billion.

[For more information check out the 2023 Alzheimer's Disease Facts and Figures](#)



**The Day With the Most Light Is the Day We Fight!**  
 On June 21, the summer solstice, people from across the world will fight the darkness of Alzheimer's through a fundraising activity of their choice.

**Fundraising Ideas:**

- Sell crafts (holiday cards, ornaments, and more).
- Offer workshops or classes (Yoga, Pickleball, or fitness) and collect donations.
- Host a game night, movie night, dinner party, or book club.
- Have a bake sale.
- Facebook Fundraiser.
- Hold a raffle, silent auction, or auction.
- Hold a talent show.
- Host a Longest Day Purple Party.
- Offering cooking lessons.
- Host a trivia night.

Kathleen Colonello  
 Events Manager, The Longest Day  
 Alzheimer's Association Michigan Chapter  
[kscolonello@alz.org](mailto:kscolonello@alz.org) | [alz.org/gmc](http://alz.org/gmc)  
 248.996.1045 or 248.351.0419  
 25200 Telegraph Rd., Suite 100  
 Southfield, MI 48033

**Kathleen is The Longest Day event manager for our area, reach out to her for questions and ideas!**



**JUNE IS ...**

- Pride Month
- Alzheimer's Awareness Month
- Gun Violence Awareness Day - June 3
- World Oceans Day - June 8
- World Sea Turtle Day - June 16
- Juneteenth - June 19
- World Refugee Day - June 20
- Helen Keller's Birthday - June 27
- National Zoo and Aquarium Week
- Pet Appreciation Week
- World Reef Day - June 1

**PRIDE WEEK**

**Crafts:**

Color the rainbow, or Rainbow Crayon Melt Art

**Reminiscing:**

Talk about first love, Pride Trivia

**Low-Functioning:**

Listen to Music from LGBTQ+ Musicians, Read out loud books from LGBTQ+ Authors

**Physical:**

Parachute Games



**ALZHEIMER'S AWARENESS**

**Crafts:**

Color Purple Ribbon, Forget Me Not Crafts, or decorate Sugar cookies

**Reminiscing:**

Childhood Games, School Experiences Favorite Animal or Pet

**Low-Functioning:**

Music, Watch Parade,

**Physical:**

Garden plant purple flowers



**WORLD SEA TURTLE DAY**

**Crafts:**

Sea Turtle Coloring, Crafts with Recycled Materials (Bottle Caps), or Sea Turtles Paper Plate/Bowl

**Reminiscing:**

Beaches, Boat Trips, or Vacations

**Low-Functioning:**

Watch National Geographic,

**Physical:**

Pick up Trash, or Turtle Races,





## DEMENTIA, INTIMACY, HYPERSEXUALITY AND DISINHIBITED BEHAVIOR

Intimacy is the special bond we share with a person we love and respect. It includes the way we talk and act toward one another. Intimacy and sexual activity have the reputation of being difficult and taboo topics to discuss, yet they are essential to our needs and wants as humans. They remain important throughout the lifespan, even as we age. Sexuality and intimacy can be further complicated for older adults if one's partner is diagnosed with dementia. Suddenly, the roles in the relationship shift, one person is the caregiver and one is the patient. A diagnosis of dementia often changes intimacy and sexual activity in these relationships but the need for intimacy does not go away.

### HYPERSEXUALITY

- Overly interested in sex.
  - Masturbation
  - Trying to seduce others

Try giving that person more attention and reassurance. Such as a gently touch, hug, or use other kinds of affection to meet their emotional needs.

Some may need medication to control their behavior. Have the caregiver talk to their doctor about what steps to take.

This behavior are symptoms of the disease.

### DISINHIBITED BEHAVIOR

- Socially inappropriate behaviors.
- Occurs when people with dementia do not follow generally accepted social norms and act in ways that are considered inappropriate or in ways that their caregiver may find unusual, unexpected, or even distasteful.

Examples:

- Flirting with strangers.
- Graphically speaking about sex.
- Disrobing in front of others.
- Masturbating in public.

This is due to Dementia and their judgment to act on our impulses may no longer be working.

## INVESTIGATE WHY THE BEHAVIOR IS OCCURRING!

**The person with dementia may be trying to communicate a different need.**

- A man may remove his pants in public to indicate that he has to go to the bathroom.
- Someone touching their genital area can mean the person has a urinary tract infection.
- Kissing a new acquaintance could reflect loneliness.

**What are they trying to tell you about what they need?**

## STRATEGIES FOR RESPONDING TO INAPPROPRIATE BEHAVIOR

- Redirect to different activities.
- Have the person with dementia engage in physical exercises.
- Learn your care recipients' patterns in order to understand their behavior.
- Explore new ways of spending time together.
- Have conversations about intimacy early and throughout the progression of the disease.
- Reassure the person that you love them, and keep them safe.
- Talk to someone about it. It may feel awkward to talk about such personal issues, but it can help.
- Think about the positive parts of your relationship.
- Gather more information and educate yourself.
- Focus on other ways to show affection.
- Consider other ways to meet your sexual needs. Ex. Masturbation.
- Ask the nursing home for privacy, and overnight accommodation.
- Some situations may require management with medications.

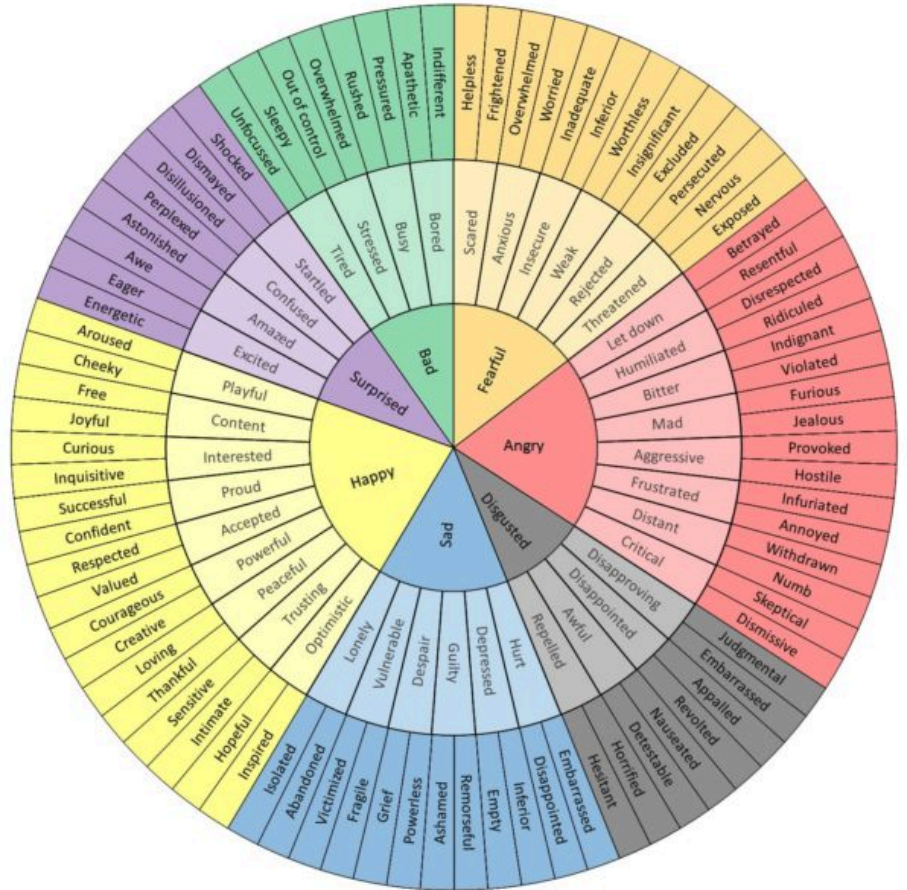


## SELF-CARE TECHNIQUE: EMOTION WHEEL

To learn how to use the Emotion Wheel, [click here](#).

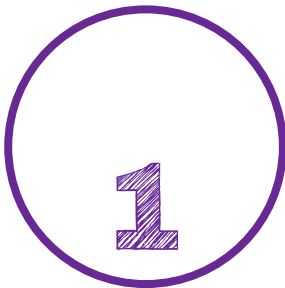
I Feel:

Describe that Emotion  
(Intensity):



I feel this way because:

How can I Cope with this Emotion?



“IT IS NOT THE LOAD THAT BREAKS YOU DOWN. IT IS THE WAY YOU CARRY IT.”

LENA HORNE





## SELF-CARE JOURNAL

My favorite way to spend the day is . .



List some of the qualities of people you admire.



List five things that make you smile.



What makes you appreciate your job or career the most?





What are some of your favorite things about your town?

Draw one thing you are grateful for today:

Write all the things you are grateful for in your life.

**Joke:**  
I wish I could remember that one joke I heard about Alzheimer's.

# “YOU CAN DO ANYTHING, BUT NOT EVERYTHING.”

DAVID ALLEN



# IMPORTANT DATES

## Healthy Living Webinar: What is Normal Aging?

April 10, 2025  
1:00 PM - 2:00 PM  
VIA ZOOM

## Caregiver Empowerment and Wellness Conference

FRIDAY, APRIL 25, 2025  
10:00 AM - 4:00 PM  
CRAWFORD COUNTY

## Caregiver Webinar: Improving a Difficult Caregiving Day

May 9, 2025  
1:00 PM - 2:00 PM  
VIA ZOOM

## Dementia Webinar: Communicating Effectively

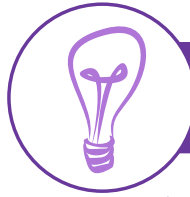
June 13, 2025  
1:00 PM - 2:00 PM  
VIA ZOOM

## Dementia Webinar: Common Dementia Challenges

July 11, 2025  
1:00 PM - 2:00 PM  
VIA ZOOM

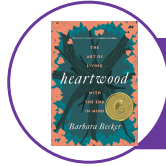
## Dementia Webinar: LGBTQ+ Caregivers

August 8, 2025  
1:00 PM - 2:00 PM  
VIA ZOOM



## ONLINE RESOURCES

- Sex, Intimacy, Love, and Romance in Elderly and Alzheimer's Patients By Dr. Sandy Sanbar & Judy Rector
- The National Institute of Aging
- Alzheimer's Association
- National Institute of Aging: Caring for a Person with Alzheimer's Disease Book



## HEARTWOOD: THE ART OF LIVING WITH THE END IN MIND

Author: Barbara Becker

Becker inspires readers to live with the end in mind and proves that turning toward loss rather than away from it is the only true way to live life to its fullest.



## LOCAL UPDATES:

Here are some local updates and resources for you to peruse:

- Caregiver Wellness Workshop
- Caregiver Webinar Topics
- New Region 9 AAA Caregiver Brochure
- Quaterly Caregiver Newsletter: April



## ALZHEIMER'S FOUNDATION OF AMERICA (AFA) ALZHEIMERS & DEMENTIA ONLINE ACADEMY

AFA's online courses and live webinars provide individuals, families, and caregivers affected by Alzheimer's disease and dementia with the knowledge, techniques, and best practices in caring for patients and loved ones. LSWs, certified case workers, and other professionals can also earn CE credits by taking many of our courses.



**FOR MORE INFORMATION CONTACT  
989.358.4616 OR MAINVILLEB@NEMCSA.ORG**