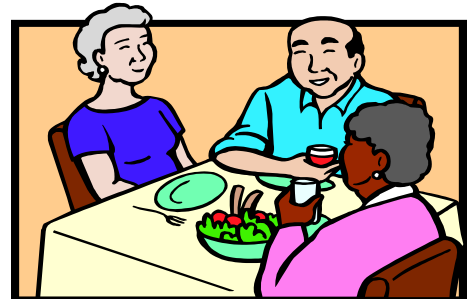
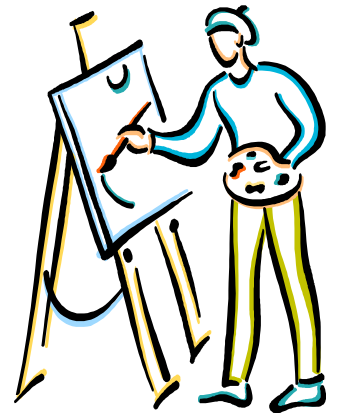
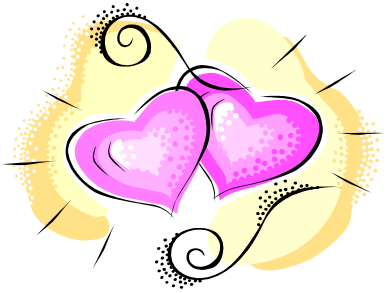


Leaving a Legacy

- ★ Who we are
- ★ What we value
- ★ Where we turn for support
- ★ Who we love



We Each Have a Story



"Some people think

We're made of flesh & blood and bones.

Scientists say we're made of atoms.

But I think we're made of stories.

When we die, that's what people remember,

the stories of our lives

and the stories that we told."

Ruth Stotter (from *The Power of Personal Storytelling*, Maguire, 1998)

Sharing Personal Stories

It can be most helpful to consider your life story and a great gift to provide this opportunity for someone with memory loss.

We encourage you to consider this for yourself and for your loved one. Often, enlisting the help of another relative, such as a grandchild or close friend, can enhance this experience for everyone. There are many suggestions on life review in the handouts for persons with memory loss.

It is an essential need of the self to know that we are loved
and that we have made a difference. - *Flavia Weedn*

One Heart

We need to feel more to understand others
We need to love more to be loved back
We need to cry more to cleanse ourselves
We need to laugh more to enjoy ourselves

We need to be honest and fair when interacting with people
We need to establish a strong ethical basis as a way of life
We need to see more than our own fantasies
We need to hear more and listen to the needs of others
We need to give more and take less
We need to share more and own less
We need to realize the importance of the family as a backbone to stability
We need to look more and realize that we are not so different from one another

We need to create a world where we can trust one another
We need to create a world where we can all peacefully live the life we choose - or that has been chosen for us.

One Moon
One Sun
One World
One Heart

Contributed by Kathy Doberstyn, from the writings of Susan Polis Schutz

Religion and Spirituality

Research is increasingly recognizing the important role of religion and spirituality to help caregivers and those with dementia cope with the challenges they face. Religion and spirituality have two separate meanings.

Religion most often refers to a formal doctrine guiding a system of beliefs. It structures the way people worship and provides the tools for worship, like prayer, hymns, songs, and sacred text.

Spirituality, on the other hand, is more focused on finding the meaning of life. It brings relationships to ourselves, each other, the earth, the universe and gives meaning to these relationships. It gives us a sense of wholeness, a sense of connectedness to others and to a larger meaning or purpose. It may or may not be connected to religion.

It is not uncommon for people with a diagnosis of dementia to ask "Why is this happening to *me*?" Religious practices and spirituality can play a significant role in helping people cope with the disease. It can provide:

- Faith, hope, strength, guidance, or something to hold on to
- Hope specifically in the afterlife
- Help with acceptance
- Relief of fears and anxiety
- A feeling of not being alone
- Purpose and meaning

Another reason that religion and spirituality can be so important to the person with dementia is because it can connect with the *heart*, rather than the *intellect*. Both can be an important means of self expression and comfort. Because people with Alzheimer's often retain the ability to remember things that they have learned since childhood for a longer period of time, they often remember the words of hymns and prayers when other things have been forgotten. In addition, symbols of faith usually remain familiar even longer.

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

Individuals with dementia often continue to have a deep desire for spiritual fulfillment and they can connect spiritually through a variety of activities. However, because of the loss of ability to initiate activities and experiences so common to the disease, it is important for caregivers to plan for these spiritual activities and experiences for their loved ones and encourage them to participate.

Suggestions for fulfilling a person's spiritual needs:

- Reading familiar passages of scripture or religious prayers
- Reflecting on passages of scripture
- Praying
- Listening to music (especially organ or gospel music which can evoke memories of past church activities)
- Singing familiar hymns
- Celebrating religious holidays
- Attending religious services, as appropriate
- Continuing contact between the person with dementia and other friends in the faith community
- Appreciating the mysteries of nature, art, and sacred objects
- Keeping a spiritual journal, recording thoughts and intuitions
- Watching a beautiful sunrise or sunset
- Meditating
- Yoga

**Nurturing your inner life can make a positive difference
in how you perceive your outer life!**

Attending Religious Services:

As Alzheimer's progresses, the person with the disease may find it increasingly difficult to sit through a formal service. The following suggestions can make the experience more comfortable for the person with Alzheimer's and others participating in the service.

Let your clergy know you're there. Then he or she won't be alarmed or concerned if the person with Alzheimer's becomes momentarily restless or agitated.

Be prepared. Services can be lengthy. Consider sitting near an exit, in case you decide to leave early. Take care of toileting at home and make certain the person is dressed comfortably. Bring a safe, familiar object for the person to hold. A personal Bible, rosary or picture of a religious figure may help remind the person where she is.

For those who cannot continue to attend religious services:

Not all individuals with Alzheimer's disease are comfortable in church. Ask a friend to bring you a tape of the service, or your pastor to visit your family for a short prayer service or reading of scripture.

Also, provide opportunities for visiting familiar places of worship, such as the church or synagogue where the person last attended or attended as a child. This can take place when formal worship is not occurring and can provide comfort.

<p style="text-align: center;">Complementary and Alternative Medicine & Healing Arts Therapies</p>

Complementary and alternative medicine (CAM) describes a collection of approaches to health care that are outside the realm of conventional medicine, as practiced in the United States. The National Center for Complementary and Alternative Medicine (NCCAM), a component of the National Institute of Health, uses a set of categories to describe CAM therapies. They include:

- Energy-based therapies – (such as acupuncture, healing touch and Reiki)
- Mind-body-based therapies – (such as yoga, biofeedback, hypnosis and meditation)

- Manipulative and body-based therapies (such as chiropractic and massage)

Complementary medicine and alternative medicine are not the same thing. Complementary medicine is used together with conventional medicine. An example of a complementary therapy is using aromatherapy or what is called "healing touch" to help lessen a patient's discomfort following surgery.

Alternative medicine is used in place of conventional medicine. An example of an alternative therapy is using a special diet to treat cancer instead of undergoing surgery, radiation, or chemotherapy that has been recommended by a conventional doctor.

Lifestyle, age, physiology, and other factors combine to make every person different. A treatment that works for one person may not work for another who has the very same condition. You as a health care consumer (especially if you have a preexisting medical condition) should discuss any CAM treatment with your health care practitioner.

Healing arts therapies take their form from the Fine Arts. These include:

- Music therapy
- Dance therapy
- Art therapy
- Poetry therapy
- Drama therapy

Each of these therapies involves elements of art to promote physical, emotional, and spiritual well-being. These therapies provide a connection to the inner spirit, as participation in an art experience is an opening of the soul, and essentially a spiritual experience.

Examples of CAM and Healing Arts Therapies

Acupuncture: Traditional Chinese medicine theorizes that there are more than 2,000 acupuncture points on the human body, and that these connect with 12 main and eight secondary pathways called meridians. Chinese medicine practitioners believe these meridians conduct energy, or qi (pronounced "chee"), throughout the body.

Qi is believed to regulate spiritual, emotional, mental and physical balance and to be influenced by the opposing forces of yin and yang. According to traditional Chinese medicine, when yin and yang are balanced, they work together with the natural flow of qi to help the body achieve and maintain health. Acupuncture is believed to balance yin and yang, keep the normal flow of energy unblocked, and maintain or restore health to the body and mind.

Aromatherapy: Aromatherapy is actually a form of herbal medicine. However, instead of using the entire herb, it employs the fragrant “essential oil” that is released when a fresh herb is compressed or subjected to chemical extraction. Essential oils are also often used as fragrances in cosmetic and bath products. Pleasant fragrances may be soothing, refreshing, calming and stimulating-hardly a revolutionary concept.

Art Therapy: Art therapy uses the creative process of art making to improve and enhance the physical, mental, and emotional well-being of individuals. It is based on the belief that the creative process involved in artistic self expression helps people to resolve conflicts and problems, develop interpersonal skills, manage behavior, reduce stress, increase self-esteem and self awareness, and achieve insight.

Massage Therapy: Along with herbal treatment, touch-based therapy is undoubtedly one of the most ancient forms of medical care. We instinctively stroke and rub areas of our body that hurt; massage therapy develops this instinct into a professional treatment. There is no doubt that massage induces relaxation. It may also relieve pain. And it feels good.

Meditation: Meditation involves concentration and focusing of the conscious mind to bring about mental tranquility and physical relaxation. This quiet contemplation has been used for thousands of years in different cultures and is an element of many of the world's religions. Meditation involves concentrating the mind on a neutral or meaningful focus such as a word, an image, an object or your breathing. This is reported to bring about mental tranquility and physical relaxation

Music Therapy: Music therapy is the prescribed use of music and musical interventions in order to restore, maintain, and improve emotional, physical, physiological, and spiritual health and well-being. Within this definition are the key elements which define interventions as music therapy.

Yoga: Yoga is a series of very gentle physical exercises aimed at stimulating the whole body. It involves breathing exercises to slow down a too-rapid heartbeat and increase relaxation. It also involves meditation to help calm and balance the mind.

Reiki: Reiki means “universal life energy.” Reiki is a therapy that the practitioner delivers through the hands, with intent to raise the amount of ki in and around the client, heal pathways for ki, and reduce negative energies. Reiki can be practiced in several ways: on its own, along with other alternative therapies, and along with conventional medical treatments.

While the activities listed above can be very therapeutic and beneficial to the caregiver, the same holds true for the person with dementia. The therapies listed above can reduce stress and anxiety, by aiding in relaxation, for example. They can also provide a connection to the inner spirit, such as through art and music therapy. While a person with dementia may no longer be able to express him or herself as well as in the past with words, these therapies provide an outlet for self-expression and inner connection. Due to the loss of interest in activities and loss of initiative that often are part of the disease process, it may take your suggesting and prompting to get your loved one started on any activity, even one that is enjoyed.

Success means that you have found a way to be
happy within the confines of this disease.

- Kathy Doberstyn

**Good Morning!
This is God.**

**I will be handling
all of your
problems today.**

**I will not need
your help.**

**So, relax and have
a great day.**

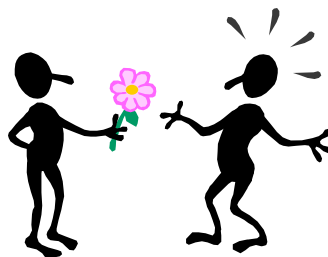
Learn from the mistakes of others.
You can't live long enough to
make them all yourself!



To handle yourself; use your head.
To handle others; use your heart.



Yesterday is history.
Tomorrow is a mystery.
Today is a gift.



Prayers, Quotes, and Affirmations

To pray means to open your hands before God. Above all, prayer is a way of life which allows you to find stillness in the midst of the world where you open your hands to God's promises, and find hope for yourself, your neighbor, and your world. In prayer, you encounter God not only in the small voice and the soft breeze, but also in the midst of the turmoil of the world, in distress and joy, and in the loneliness of your own heart.

Henri Nouwen, *With Open Hands*

Breathe on Me, Breath of God

Breathe on me, breath of God,
Fill me with life anew,
That I may love what Thou dost love,
And do what Thou wouldst do.

Breathe on my, breath of God,
Until my heart is pure
Until with Thee I will one will,
To do and to endure.

Breath on me, breathe of God,
So shall I never die
But live with Thee the perfect life
Of Thine eternity.

Edwin Hatch, 1878

Arranging a bowl of flowers in the morning can give a sense of quiet in a crowded day — like writing a poem, or saying a prayer. -Anne Morrow Lindbergh

How do we keep in the forefront of our minds the simple fact that we live in an indescribably wonderful world? It's not easy. Routine dulls the eye and ear.

Repetition and familiarity fog the capacity for astonishment. Even so, moments come to all of us when everything suddenly seems fresh and new and marvelous.

The gift of awareness makes possible some of our happiest hours. We need to be receptive to it and grateful for it.

When you love someone, you do not love them all the time, in exactly the same way, from moment to moment. It is an impossibility. It is even a lie to pretend to. And yet, this is exactly what most of us demand.

We have so little faith in the ebb and flow of life, of love, of relationships. We leap at the flow of time and resist in terror its ebb. We are afraid it will never return.

We insist on permanency, on duration, on continuity; when the only continuity possible in life, as in love, is in growth, in fluidity, in freedom.

The only real security is not owning or possessing, not in demanding or expecting, not in hoping, even.

Security in a relationship lies neither in looking back to what it was, nor forward to what it might be, but living in the present and accepting it as it is now.

For relationships, too, must be like islands. One must accept them for what they are here and now, within their limits, islands surrounded and interrupted by the sea, continuously visited and abandoned by the tides.

One must accept the serenity of the winged life, ebb and flow, of intermittency.

A Prayer for a Greater Awareness of the Presence of God

Heavenly Father, help me better understand and believe I can do what you ask me to do.

Forgive me for the times, even now, when I question your judgment.

As I go about the many daily tasks of caregiving, give me energy.

As I watch my mom oh-so-slowly walk across the room, give me strength.

As I answer Dad's repeated question just one more time, give me patience.

As I look for solutions to whatever is the most recent concern, give me wisdom.

As I sit and reminisce with Mom about the "good old days," give me a moment of laughter.

As I get to know Dad in a new way, seeing both his strength and his frailty, give me joy.

As I sit beside Mom's bed waiting for her pain medication to take effect, give me comfort.

Lighten my burden, answer my prayer, and give me the strength to do what so often seems impossible.

Give me a quiet place to rest when I need it and a quieting of my anxieties when I'm there.

Change my attitude from a tired, frustrated and angry caregiver to the loving and compassionate one I want to be.

Remain my constant companion as I face the challenges of caregiving and when my job is through and it's time for me to let go, help me remember my parent is leaving my loving arms to enter your eternal embrace. Amen.

Holy Spirit of God

Holy Spirit of God, abide with us;
Inspire all our thoughts;
Pervade our imaginations;
Suggest all our decisions;
Order all our doings.

Be with us in our silence and in our speech,
In our haste and in our leisure,
In company and solitude,
In the freshness of the morning
And in the weariness of the evening;
And give us grace at all times
Humbly to rejoice in
Thy mysterious companionship.
Amen.

Contributed by Marge Gutkowski



May I Be Peaceful

May I be peaceful, happy, and light in body and mind.

May I be safe and free from accidents.

May I be free from anger, unwholesome states of mind, fear, and worries.

May I know how to look at myself with the eyes of understanding and love.

May I be able to recognize and touch the seeds of joy and happiness in myself.

May I learn how to nourish myself with joy each day.

May I be able to live fresh, solid, and free.

May I not fall into the state of indifference or be caught in the extremes of attachment and aversion.

May you be peaceful, happy, and light in body and mind.

May you be safe and free from accidents.

May you be free from anger, unwholesome states of minds, fear, and worries.

May you know how to look at yourself with the eyes of understanding and love.

May you be able to recognize and touch the seeds of joy and happiness in yourself.

May you learn how to nourish yourself with joy each day.

May you be able to live fresh, solid, and free.

May you not fall into the state of indifference or be caught in the extremes of attachment and aversion.

May all beings be peaceful, happy, and light in body and mind.

May all beings be safe and free from accidents.

May all beings be free from anger, unwholesome states of mind, fear, and worries.

May all beings know how to look at themselves with the eyes of understanding and love.

May all beings be able to recognize and touch the seeds of joy and happiness in themselves.

May all beings learn how to nourish themselves with joy each day.

May all beings be able to live fresh, solid, and free.

May all beings not fall into the state of indifference or caught in the extremes of attachment and aversion. - Thich Nhat Hanh (Prallax Press)

I Keep Forgetting Things

I keep forgetting things:
Which letters I've answered,
Whether I turned the stove off.

But I keep remembering things, too:
Faces, places,
Sights, scents, sounds.

It's annoying not to know where I left my glasses,
But it's lovely to have always, right behind my eyes,
A picture of my daughter at three,
Hair glinting in the sun,
Looking up at me,
Asking, "Do butterflies have puppies or is it the other way around?"

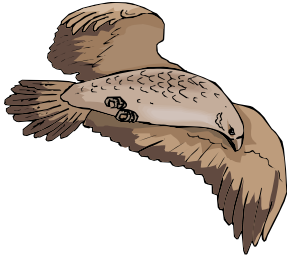
I can recall perfectly the sound of a fog horn
Off the coast of Maine,
Though, as the family will tell you,
I sometimes don't hear the phone.

I remember graduations and weddings and
Picnics and parades,
The way a fresh-cut lawn smells,
The taste of apricot jam.

Help me to be happy about what I remember
Instead of fretting about what I forget.

I'd rather relive love than find my glasses.
(But, of course, Lord, I wouldn't mind if you wanted to
Give me a hint.)

From Green Winter: Celebrations of Later Life by Elise MacLay



I am a shadow
of my former self
Trying to catch up
to the person that is me;
Yet always
a step
behind.

You are
the noonday sun
That makes the shadow
Disappear
Allowing the person
To Shine through.

-Pauletta Gwinnup, 1998

Learning Together II Leaders Manual: Family Members

Focus: Leaving a Legacy

Supplies:

Handouts for workbooks (3-hole-punched, paper clipped to take home)

Discussion handout (copy at end)

1. *Good Morning, This Is God, p. 10.*

1. Welcome individuals. If several families are entering the group, ask participants to introduce themselves, offering a snapshot view of their situation. Mention confidentiality.
2. Mention monthly social outings at Paneras (handout flyers). Note Memory Walk flyers – encourage families to come.
3. The focus of this section is Leaving a Legacy or life review. Ask if anyone has done this for themselves or for their person. Encourage them to consider this in the future, noting information in the handouts for persons with memory loss.
4. Open discussion to the importance of caring for themselves. Ask individuals to say what they do to nurture themselves – things just for them – without their person.
5. May open discussion to spirituality: spirituality is different than religion. Religion most often refers to a formal structure guiding the way people worship, like prayer, hymns, songs, and sacred text.

Spirituality, on the other hand, is more focused on finding the meaning of life. It gives us a sense of wholeness, a sense of connectedness to others and to a larger meaning or purpose. It may or may not be connected to religion. A non-religious example would be watching a beautiful sunset together.

Research has found that caregivers who have a spiritual base cope better with the changes they face. Do you agree with this? Does anyone want to share anything they have found to be useful in a spiritual or religious sense?

6. Is anyone using a complementary therapy or alternative medicine. For example:
 - Energy-based therapies – (acupuncture, healing touch, Reiki)
 - Mind-body-based therapies – (yoga, biofeedback, hypnosis and meditation)
 - Manipulative and body-based therapies (chiropractic and massage)

<p>Nurturing your inner life can make a positive difference in how you perceive your outer life!</p>

7. Ask individuals to consider something they could do this next month that would be nurturing to their spirit - something just for them. Next month's group will open with the opportunity to share these experiences.
8. May end by reading one of the prayers on pp. 12-16 and or *Good Morning, This Is God, p. 10.*

**Good Morning!
This is God.**

**I will be handling
all of your
problems today.**

**I will not need
your help.**

**So, relax and have
a great day.**