

# Ongoing Volunteer Training:

## Communication Tips When Interacting with Dementia Residents:

Non-verbal communication (body language, voice tone, facial expressions) relay great amounts of information to the cognitively impaired adult. Clear communication is the essence of any quality interaction.

Changes in the ability to communicate are unique to each person with Alzheimer's. In the early stages of dementia, the person's communication may not seem very different or he/she might repeat stories or not be able to find a word. As the disease progresses, a caregiver may recognize other changes such as: using familiar words repeatedly, inventing new words to describe familiar objects, easily losing his/her train of thought, having difficulty organizing words logically, speaking less often.

### Helping the Person with Alzheimer's

Communicate: People with Alzheimer's and other dementias have more difficulty expressing thoughts, emotions, and understanding others.

Here are some ways to help the person with Alzheimer's communicate: Be patient and supportive, offer comfort and reassurance, avoid criticizing or correcting, avoid arguing, offer a guess, encourage unspoken communication, limit distractions, focus on feelings not facts.

Best Ways to Communicate: Identify yourself, call the person by name, use short/simple words/sentences, speak slowly and distinctively, wait for response, repeat information/questions as needed, avoid confusing/vague statements, give visual cues, avoid quizzing, treat the person with dignity and respect.



# **Volunteer Newsletter**

## Rolling Hills - April 2023

Hello Volunteers!

**April 16-22 is National Volunteer Week.**

Thank you to all of our volunteers for all you do, and all your continued support. We greatly appreciate you!



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### April Volunteer Birthdays:

Sharon B  
Sue H  
Sheila E  
Barb L



### April RH Volunteer Anniversaries:

Sharon B—5 years

**THANK YOU**  
**VOLUNTEERS!**

## Volunteer Opportunities

Any Tuesday from 1:30 to 3:00 to bring residents to/from the Bistro, visit, and/or play cards with residents at the Bistro.

April 6 - Come help us dye eggs in the Pine View dining room at 1:30.

April 13 - WalMart shopping trip with Prairie Hills, arriving at WalMart around 1:45. If interested in helping, please let us know.

April 19 - WalMart shopping trip with Meadows, arriving at WalMart around 1:45. If interested in helping, please let us know.

April 26 - WalMart shopping trip with Rolling Hills, arriving at WalMart around 1:45. If interested in helping, please let us know.

## Recipe Corner

### Savory Oven Roasted Sweet Potatoes

2 1/2 pounds sweet potatoes, peeled and cut into 1 inch chunks  
4 TBSP olive oil  
2 TBSP Hidden Valley Ranch Seasoning  
1/2 cup Parmesan Cheese, grated

Preheat oven to 425. Spread the sweet potatoes on a baking sheet in an even layer. Drizzle 2 1/2 TBSP oil over the potatoes and sprinkle with Ranch.

Toss to coat.

Roast, tossing once halfway through cooking, until the potatoes are tender and golden brown in spots, about 25-30 minutes.

Remove from oven and drizzle with remaining oil. Sprinkle with parmesan and parsley and toss to coat evenly. Serve immediately.