

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 a 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 - August 2024

Happy August!

Summer is coming to a close and the kids will be heading back to school already. I hope you all had a wonderful summer and that you get to enjoy these last few weeks.



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Volunteer Opportunities

August Volunteer Birthdays:

Brian Y



August RH Volunteer Anniversaries:

Susan G – 2 years

THANK YOU VOLUNTEERS!



Recipe Corner

Hash Brown Ham and Cheese Egg Cups

20 oz refrigerated hash browns
1 1/2 C shredded cheddar cheese
1 C cubed ham
8 eggs
1 tsp salt
1/2 tsp pepper
1/4 tsp garlic powder
2 Tbsp milk or half and half

Preheat oven to 350. In a medium size bowl, stir all ingredients together until well blended. Liberally grease a muffin tin. Scoop mixture into each space trying to make sure you get enough of the egg liquids. Sprinkle the tops with a little extra cheese. Place in oven on the middle rack for about 30 minutes, or until golden brown.

Instead of a muffin tin, you can also use a 9x13 pan.

Shopping:

August 1 - Meadows shopping at 1:30

August 5 - Prairie Hills shopping at 1:30

August 29 - Rolling Hills shopping at 10:00

If interested in helping with any of these shopping trips, please reach out to Linda or Jessica.

August 2 - Bean Bag Tourney on Prairie Hills at 10:00.

August 12 - Meadows La Crosse gardens outing. Meet us at the gardens in LaCrosse and help push residents through the gardens. If interested in helping, please reach out to Linda or Jessica.

August 14 - Water balloon toss in the courtyard at 1:30. Dress appropriately, and come have some fun tossing water balloons!

August 19 - Watermelon on courtyard at 1:30. Help bring residents to/from the courtyard to enjoy some watermelon and socialization.