

COMMUNICATION CONNECTION

Kathryn Kilpatrick

www.connectionsincommunication.com

www.memoryfitnessmatters.com

SPRING 2009

Minds are like parachutes. They only function when they are open.

SIR JAMES DEWAR

MORE STRATEGIES

Make sure you take advantage of your **prime time**.

Be mindful when you go to check emails that you don't get **sidetracked** for a longer period of time.

Beware of what you do when **distracted**. What happens is your ability to focus and pay attention is impacted and then you "forget" more often.

When you have something in your hand that you are putting away, **notice** the location and repeat it to yourself several times.

If you are a person that has a note with phone numbers or names and cannot recall what it is for, consider getting a mini **digital voice recorder**. At the end of your day, listen to your messages and record them in the place where they belong.

MEMORY FITNESS COURSE AND PRODUCTS

<http://www.connectionsincommunication.com:80/pages/Memory.htm>

MEMORY STRATEGIES

The day I opened my refrigerator and found my dishwashing liquid on the top shelf, I could not help but laugh. No - I did not think I was losing it.

In my haste (multitasking craziness) I cleaned up the counter top, gathered what I needed for the day and headed out the door. How did I manage to do something so silly? First of all, I obviously was *not* paying attention. I was on auto pilot. I usually drink cranberry juice and the dishwashing product was a large bottle of the same color. Instead of saying you are having a senior moment or worrying that something worse is going on, try to challenge your brain, be creative and find a workable solution.

In this case I made sure the color of my dishwashing liquid was not any shade of red! So far, so good.

Keys - ever misplace them? I have more than once. I used the strategy of always putting your keys in the same place as a reason to treat myself to a unique key holder. After finding just the right place, I am managing to put the keys there almost every time because it is on my way into the house. I tried to do a similar solution for my reading glasses. I bought a fun eyeglass holder, however, I am not always in the room where it is located when I take my glasses off. My current solution - extra reading glasses in some of the rooms.

What solutions have you created for frequently misplaced items?

FEATURING CONNECTING THE GENERATIONS

Your story - My story

Recently a friend shared a story with me about her niece who brought this book with her when she visited her grandmother and some of their ideas on how they connected.

THEIR STORY

http://www.connectionsincommunication.com/documents/CONNECTING_GENERATIONS_IDEAS.pdf

MORE IDEAS

http://www.connectionsincommunication.com/pages/static/word02_wisdomAges.htm

INTERGENERATIONAL KIT (sample pages)

http://www.connectionsincommunication.com/pages/Conversation_.htm

ORDER FORM FOR THE KIT

http://www.connectionsincommunication.com/documents/order_form_09_Resources_Book.pdf to purchase it along with Time Well Spent which is part of the Intergenerational Kit.

Individual orders - Contact kathy@connectionsincommunication.com

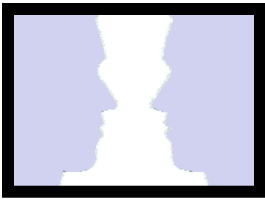
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FOR PRODUCT INFORMATION

<http://www.connectionsincommunication.com/pages/Catalog.htm>



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STRESS BUSTERS

Have you noticed that when you are stressed, it is harder to focus and pay attention? Stress can impact your ability to remember no matter how old you are.

What stops the tape running in your head that distracts you from concentrating? Some sort of meditative activity is a good place to start. For some it is yoga or tai chi but it easily could be planting a garden, praying, listening to favorite music, knitting, playing with a pet or taking a walk the beach.

Other effective stress busters may include exercise and humor. Lightening up, surrounding yourself with positive people or someone who uplifts your spirits can be just what you need when you are stressed.

HUMOR MATTERS

Here are some quotes. Pick one that you enjoy and write it in a place where you can see it. My home is filled with inspirational words and sayings. This Christmas I found a little plaque that said "Don't get your tinsel in a tangle" and after a fairly stressful day, it reminds me to just let it go! Sometimes you might not feel like laughing but share your smile with someone and give them a little sunshine.

A person without a sense of humor is like a wagon without springs.

It's jolted by every pebble on the road. Henry Ward Beecher

A sense of humor is a major defense against minor troubles. Mignon McLaughlin

Humor is mankind's greatest blessing. Mark Twain

A smile is a curve that sets everything straight. Phyllis Diller

ENHANCING THE QUALITY OF YOUR CONNECTIONS WITH THE OLDER ADULTS IN YOUR LIFE

TIME ORIENTATION - One of my clients recently was having a problem with recalling the date and keeping track of appointments. The Alzheimer's Store now has a clock that will fit on a small table and it provides the month, date, day of the week and time. For those clients who are having difficulty with the year, I attach a label with the current year. Now, when someone calls to schedule one of his home health care appointments, he can refer to his all purpose clock, find the date on his monthly calendar and write in the appointment. For this and other useful products visit www.alzstore.com. Also sign up for their daily informative newsletter.

UPCOMING CELEBRATIONS - If some of the members of your group include hard of hearing adults, consider a quieter location. A busy restaurant and a lot of conversation makes it much harder for them to follow what people are saying. For additional tips visit http://www.connectionsincommunication.com/pages/Hearing_Loss.htm for information on a two part educational program filled with practical tips when hearing problems are a concern.

Have you read this book? *Listening is an Act of Love*

Story Corps - The Conversation of a Lifetime <http://www.storycorps.org/>

For those of you who are regular followers of my newsletter, you know how much I encourage the sharing of our stories. When *So What Do You Think - Talk Talk Talk* was first created, I can fondly remember the many stories friends and family shared. One gentleman shared a story about his great grandparents then realized he was now the only person who knew that story and needed to pass it along to his children. I also remember sitting around the kitchen table with my brother and sister-in-law many times while my niece asked us some of the questions. I also remember a story my mom shared that I had never heard before and really took me by surprise. Those are moments to treasure.

"Lifestyle" Advance Care Planning is a tool created that allows you to share your story and preferences if you should ever need to be in the care of others. For sample care plans and other information on a valuable resource that can enhance the quality of your care visit

http://www.connectionsincommunication.com/documents/Lifestyle_Advance_Care_Plan_2009.pdf



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