

COMMUNICATION CONNECTION

Kathryn Kilpatrick

www.connectionsincommunication.com

www.memoryfitnessmatters.com

Memoryis a diary that we all carry around with us.
Oscar Wilde

For my 50th birthday I created a journal with questions under a variety of topics and presented it to my mom. There were conversation starters and I wanted her to write her story as a gift to me. Since she enjoyed letter writing, I thought that this would be something she would enjoy doing. A year and then another year passed and she had only worked on bits and pieces, much to my surprise.

One summer when she visited me in Ohio, I decided to take the back roads to Massachusetts, brought the journal, a tape recorder and lots of cassettes. While we took our time driving, I heard her share many stories I had never heard before.

When we got to her apartment, we spent a little more time with the questions which created a few more stories. I felt so lucky because I didn't have many stories about dad.

Little did I suspect that mom would be diagnosed with Alzheimer's disease a few years later.

I treasure the memories of that trip and feel so grateful that I had created the opportunity to hear what she wanted to share when I did. Her stories are such a gift to me and my family.

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Every person's life is worth a novel. Erving Polster

The days of sitting around the kitchen table, relaxing on the front porch or sharing regular family meals with several generations seems to be happening less often. Could we be losing some of those favorite stories that lingering together allows to just happen spontaneously?

When I have the opportunity to talk to support groups or health care professionals, one of the messages I like to share is that it is important to take the time and open our hearts and listen to each others stories as the years come and go.

When a loved one begins to show the early stages of memory loss, that is the time to start getting more of their stories. Then as their memory frustrations increase, you will know more of their story and be able to assist them. Then in the later stages it is an opportunity to tell their story for them.

When an old person dies, it is like a library has burned down. ALEX HALEY

Resources from Communication Connection *that encourage sharing of stories and reminiscence*

Activity Kit ~ Wisdom Across the Ages ~ Time Well Spent

Reminiscence Puzzle and Word Games ~ Reminiscence Calendar

Visit <http://www.connectionsincommunication.com/pages/Products.htm>
for details and sample pages

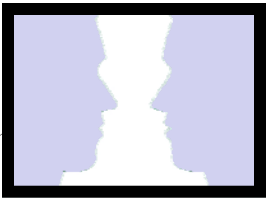
PROGRAMS have been created that bring information based on over 36 years as a speech and language pathologist working with older adults with communication, memory and cognitive problems. Sharing those experiences as the daughter of a wonderful mother (and proofreader for most of my products) who had the challenges of hearing, then vision and memory problems in her later years provides many insights to caregivers and healthcare professionals.

**Maximizing Communication and Connection
Creating Time Well Spent
Walking the Journey When a Loved One
has Alzheimer's Disease**

Contact kathy@connectionsincommunication.com
for her full list of programs for professionals and caregivers as well as private consultation services.

COMMUNICATION
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AND
MEMORY FITNESS
MATTERS





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SPECIAL ANNOUNCEMENT

Senior Approved Services and Communication Connection

are collaborating to help seniors and caregivers find the best support and care possible. Barbara Mascio, Founder of Senior Approved Services is offering this quarterly ezine to their SAS members and clients at (www.seniorsapprove.com/ezine.html).

Senior Approved Services advocates for the right of each senior to receive excellent care and services,, and most importantly to remain safe in the receiving of this care. Further, they facilitate an atmosphere of trust and cooperation between the person receiving care and the services providing care.

For details visit <http://www.seniorsapprove.com/contact.html> or call 877- 620- 6448

To request certification visit www.qualityeldercare.com/KK

Another collaborating partner is Carol Bursack. For more information and excellent resources visit www.mindingourelders.com and sign up for her monthly newsletter.

Senior Approved

Results on File 877-620-6448
www.seniorsapprove.com

Share your story and create an ADVANCE CARE PLAN

www.advancecareplan.com

Read RUTH'S STORY and learn how sharing her story helped those who provided care for her.

The Advance Care Plan systematically catalogs a person's lifestyle preferences, as well as medical, and biographical information. The ACP process collects information pertinent to all types of care, including assistance by healthcare providers in homes, assisted-living facilities, nursing homes, hospitals, and rehabilitation centers.

Advance Care Planning, Inc., in partnership with Communication Connection, would like to offer this new product free of charge until AUGUST 1. In return for taking advantage of this limited time offer, we would like your feedback and opinions.

Take advantage of this offer by going to www.advancecareplan.com and using the promotion code of [kpat33](#).

If you decide to pass this along as a gift to a loved one, please use the code [kpat66](#) to receive a 25% discount.

Start with an easy-to-use software questionnaire.

Finish with a care plan custom tailored to your unique lifestyle.

Every day, well-meaning decisions made by others may not necessarily address the lifestyle preferences, tastes, and basic needs of people unable to communicate effectively because of their physical or cognitive impairment. Without this information, healthcare professionals and family members charged with making these decisions must then rely on good intentions and guesswork. As a result, caregivers simply do not have the information necessary to provide the proper and desired care. It is about maximizing the quality of their life and the time you spend together. Being proactive and setting aside some time to create something you can use in the years ahead is worth the effort you invest now. Being able to update the information as needed is also available.

Communication Connection (www.connectionsincommunication.com) can provide additional recommendations on how to use this information more effectively with those providing care for a loved one.

An individualized plan focused on creating time well spent with a loved one, particularly those with speech, hearing, vision, memory or cognitive limitations can be developed for your loved one using the **Advance Care Plan** information

Please contact kathy@connectionsincommunication.com for details about the consultation services available to compliment your Advance Care Plan.

Visit www.connectionsincommunication.com for ideas, articles, newsletters, podcasts, and interviews that can facilitate communication, provide visitation suggestions, and much more.