

This newsletter is dedicated to all families and friends of St. Anne's Salvatorian Campus.

Happy February!

February is here, so let's spread some Valentine's cheer! You can start by sending your loved one a St. Anne's Valentine's Day balloon. They're only \$2 apiece, and you can include a special message. Place your order at the front desk. If you live out of town, send a check or money to me or Lisa Anderson, Lifestyle Director (include your Valentine's message). You can purchase more than one, but supply is limited so order ASAP.

February 12 will be the first day on the job for our new Director of Nursing (DON), Jane Gamez. Jane has over 40 years of nursing experience and has been a DON the past 20 years. She is very excited about joining the St. Anne's family and she's looking forward to getting to know the residents, family members, and employees. She is wonderful, and I have a feeling everyone will love her. Please feel free to stop by and say hi to Jane when you're in the building.

We have a resident artist at St. Anne's. His name is Bud, and he also is the Resident Council President. As you can see from the pictures to the right, he is an extremely talented artist and we are lucky to be able to share his gift with everyone at St. Anne's. If you see Bud, let him know how much you appreciate his artwork.

Happy Valentine's Day!

Janet Krahn,
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Four paintings from St. Anne's resident Bud, who took up painting in retirement.

Blame it on Something or Someone Else

When you love someone with Alzheimer's disease, there are times when a situation may require you to do a little "fibbing" in order to help them move past the issue and feel better. It is perfectly fine in those moments to blame the "bad" that's happening on something or someone else: the doctor, the insurance company, the government, the news, etc.

For example, "The Insurance company says you have to: take this med" or "go to this appointment" or "have this person help you in the morning."

Another example: "I know you want to go back to your house today but the doctor wants you to stay here for a little bit until you feel better."

Trust me, the doctor isn't going to care you used him/her as an excuse. It will help move the conversation along and stop your loved one from being frustrated with something that they can no longer understand.

One last example: If your loved one is incontinent, it may be embarrassing for them to be told they need to be changed. Instead, try, "You must have sat in a little water. Let's change so you feel better."

Dementia care it is all about the approach. It's OK to blame a bad situation on someone else so your loved one doesn't blame you. There is nothing wrong with "fibbing" in order to make an uncomfortable situation better for your loved one.

St. Anne's Monthly Family Caregiver Support Group Meeting

Wednesday, February 21

2:00-3:00 p.m. and/or 6:30-7:30 p.m.

St. Anne's Pavilion

Topic: Can I do anything to Prevent Alzheimer's disease?

Please join us as we help and support each other.