

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

Happy October!

"Great art picks up where nature ends." This is the perfect quote for this time of year as the trees show off their stunning fall colors. The beautiful picture on the right that our nursing home residents created together is definitely great art.

Kiersten, our new Art Therapist graduate who we are fortunate to have full time in the Activity Department, coordinated this project with 13 residents over the course of a few weeks.

All the residents loved the experience, and as you can see, what they created is striking. Come and look at it in person-- **it's better than** any picture I can take. You can find it in the showcase in the hallway to Jordan Hall.

We are extremely blessed to have **someone with Kiersten's expertise** and compassion. She is able to pull out residents' feelings, frustrations, hopes, and thoughts through art. Sometimes this may be the only way a person can communicate their feelings anymore. Often these projects open up a dialogue that can help mend old wounds.

What a wonderful asset Kiersten is to **the St. Anne's family!** We look forward to many more beautiful creations from our residents.

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Artwork created by nursing home residents with our new Art Therapist graduate, Kiersten.

To Let Go Takes Love

To "let go" does not mean stop caring; it means I can't do it for someone else. To "let go" is not to cut myself off; it's to realize that I can't control another. To "let go" is to admit to powerlessness, which means the outcome is not in my hands. To "let go" is to try not to change or blame another; I can only change myself. To "let go" is not to "care for," but to "care about." To "let go" is not to fix, but to be supportive. To "let go" is not to judge, but to allow another to be a human being. To "let go" is not to deny, but to accept. To "let go" is not to nag, scold or argue, but instead to search out my own shortcomings and correct them. To "let go" is not to adjust everything to my desires, but to take each day as it comes, and to cherish myself in it. To "let go" is not to regret the past, but to grow and live for the future. To "let go" is to fear less and love more. -- Robert Paul Giles

This beautiful poem is very appropriate for caregivers who love someone with Alzheimer's. When we love someone with Alzheimer's we find we are letting go of so much and it feels devastating. Our loved one is losing so much, yet **we** are faced with having to "let go" of so much as well. Each day becomes more and more difficult. If we can take each day as it comes and cherish something about it, even the smallest things may be easier. And, if we can try to fear the future less and love the moment more we may be able to handle what challenges come our way. May we all know when to let go of what we can't control and remain in a state of love in our day-to-day interactions with our loved ones.

St. Anne's Monthly Family Caregiver Support Group Meeting

Wednesday October 25

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

Topic: Finding the Bright Moments in the World of Alzheimer's