

### Protecting memories

Faded photos, cracked at the corners, water-stained and wrinkled. Dusty film reels and neglected negatives. Video and audio cassettes stacked on shelves, with no way to play them. Boxes of memories, tucked in basements, attics and backrooms, waiting to be remembered.

Dan Smith of WinterSpring Studios can bring them to life through his video and photo service packages. He explained his business and shared examples of his work with participants at the May meeting of the Alzheimer’s caregiver support group.

Light, magnetism, humidity and heat can damage or destroy photos, negatives, films, audio and video cassettes, flash drives, CDs and DVDs. Time can exaggerate everything damaging. If you wish to keep your photos and movies usable for this and future generations, you need to store your media properly and create a backup, if you don’t have one. In the case of digital photos, make a DVD copy so if you lose data off your computer or camera card, you have a backup. Make it a habit to save your photos routinely, including those on your phone and in the cloud. “Even the cloud can have a rainy day sometimes,” Dan said, noting digital media companies come and go, and your “saved” memories could be at risk.



FAMILY PHOTOS CAN BE RESTORED FOR FUTURE GENERATIONS.  
PHOTO ILLUSTRATION COURTESY OF WINTERSRING STUDIOS

WinterSpring Studios can transfer old films and videos from many formats onto DVD or make a digital copy. Photos and slides from prints or negatives can be scanned and either saved to a DVD or set to music in a video scrapbook on DVD. Torn, faded or damaged photos can be restored.

Dan also shared a family history video with the group. It combined an interview with the subject, photos and additional narration to retell a local man’s memories of a great friend he had during service in World War II.

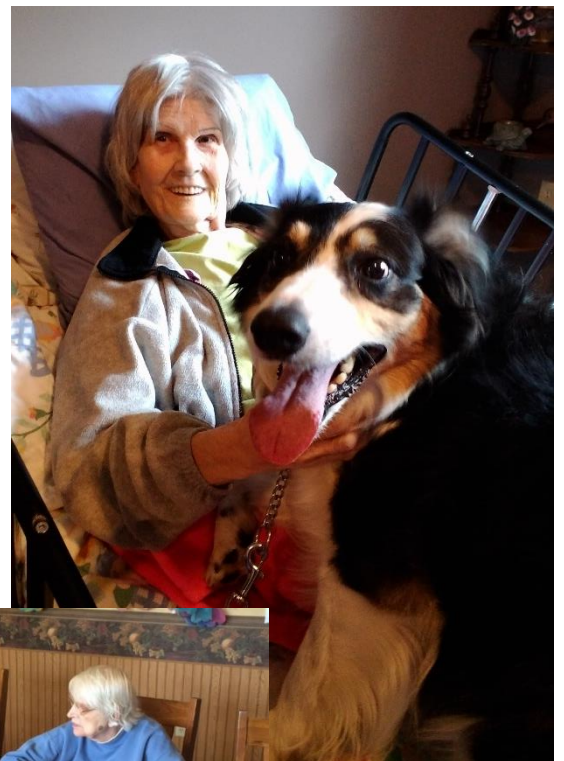
Dan encourages people to save their memories and offers these tips to get family members to talk about their history:

- Gather photos and ask your family member to talk about them. Then, you can include the photos over the narration you record of your family member.
- Have your family member talk about other family members, if he or she is reluctant to talk about himself or herself. Ask questions about his or her parents or grandparents to get your family member talking and sharing memories.

Dan also has several DVDs for sale, combining music and video of soothing scenes, including the Rudolph Grotto or waterfalls and streams. They are a nice alternative to regular television for anyone looking for a relaxing video experience.

For more information, visit WinterSpring Studios at 244 W. Grand Ave., call 715-423-0085 or go to [www.winterspringstudios.com](http://www.winterspringstudios.com).

## Activities



We enjoyed a variety of activities in May. Here are a few highlights: Making May baskets, clockwise from top left, Mother's Day project, Hollie visits for pet therapy, playing dominoes and celebrating Cinco de Mayo. To see which activities are planned, go to <http://hilltopaffiliatesinc.com/calendar.html>.





## Caregiver questions

Mark Sweet of Disability Rights Wisconsin gave an excellent presentation during the state Alzheimer's Association conference on considering the point of view of those we care for: "Six Questions Worth Asking."

Consider your own triggers: What sets you off? What do you wish you wouldn't see or hear? Words and thoughts influence our actions. Words are powerful. Even our thoughts about people have an effect. We can be influenced by appearance and hygiene, language and fluency, attitude, environment, beliefs/practices and cognition/processing.

When you are uncomfortable, what are your thoughts? Emotions? Sensations? Actions? What happens to your intention? The intention to be helpful isn't always taken as help. "I was *just* trying to help," usually means you were not helpful.

"Behavior" often has negative connotations, but behavior just means action. Human behavior always has context. Behavior doesn't come out of nowhere -- there is always a reason. You might never know the reason, but what's important is how to help someone feel safer and accepted in the moment.

Our brains lock on characterizations: stubborn, manipulative, aggressive, out of it, difficult, challenging. Our intention is to be kind, but the implication is we have to fix the person. "It's just behavioral" suggests action with no context. We think we should be able to manage or control behavior. Will we talk/think about this person as a behavioral problem or as someone coping with, asserting or trying to accomplish something? Will we interact with judgment or curiosity about her/his point of view?

So, the six questions to consider:

1. What do you see or hear?
2. When is s/he more likely to ...?
3. What does s/he understand?
4. What is s/he probably experiencing (sensations) and feeling (emotions)?

5. What is s/he trying to cope with, accomplish or assert?
6. With ease of communication, what would s/he say?

## Who's new

Hilltop announces new employees. Say hello when you see them around.

- Nicoll Tibbetts, Ravenwood
- Kissimity Kuehn-Rehwinkel, Hilltop of Pepper
- Rochelle Newman, Hilltop of Pepper
- Lynn Payne, Hilltop of Pepper
- Rita Jaroch, Hilltop of Pepper

## Remember when?

You won't personally remember when the first roller coaster opened in America – it was June 16, 1884. It was at Coney Island in Brooklyn, N.Y. It traveled about 6 mph and cost a nickel to ride, according to a story on the History Channel website. By the turn of the century, there were hundreds of roller coasters around the country.

Do you remember your first roller coaster ride? Was it exciting? Terrifying? Did you want to ride again or never again? Perhaps a trip to an amusement park is part of your family's summer plans. The History Channel features stories every day in its Today in History feature. Check it out at <http://www.history.com/this-day-in-history>.

## Employee spotlight

Stephanie Ponter, resident assistant, was driving past Hilltop Alpine Terrace when she saw the sign and decided to stop in and apply. She has been working at Hilltop since March 3, 2014. She had just moved to town from Marshfield where she worked in long-term care. She received her CNA certification in New York four or five years ago.



Her favorite part of the job is spending time with residents – “making them happy, making their day a little bit better,” she said.

Stephanie said she’s pretty outspoken, so there isn’t much people don’t know about her. On her bucket list: To travel the United States to see everything and take her kids to Disney.



IMAGE COURTESY OF STUART MILES AT FREEDIGITALPHOTOS.NET

## Something to do

If you’re looking for something to do, check out <http://visitwisrapids.com> for a list of upcoming events as well as numerous places to visit in the Wisconsin Rapids area.

Now that the weather is nice, get out for hike or bike. The Ahdawagam Trail System in Wisconsin Rapids offers more than 20 miles for biking and walking. It connects with the Wisconsin River Trail, which is 9.5 miles and extends through Port Edwards and Nekoosa. The South Wood County Park Recreation Trail circles Lake Wazeecha on 4.1-mile multi-use recreation loop. Or visit the 125-acre Nepco Lake County Park.

## Try this!

Jessa finds new uses for old items. Try these suggestions: Poke holes in the top of a milk jug to make a watering can. Cut the top off a milk jug to make a paint brush holder. Fill empty jugs with water and freeze to make ice for coolers. Need a quick and cheap fire starter? Put dryer lint in paper towel tubes, teepee them in your fire pit and ignite.



IMAGE COURTESY OF SMARNAD AT FREEDIGITALPHOTOS.NET

Have a suggestion of your own? Send it to Mystique at [mystique@hilltopaffiliatesinc.com](mailto:mystique@hilltopaffiliatesinc.com) or mention it to her in the office.

## Happy Birthday!

We wish a happy birthday to all on their special day. June birthdays will be celebrated with parties at the facilities featuring cake and games.

- **June birthdays:** Kay, Henry, Arnold

## Final notes

>> Something new is coming to Wisconsin Rapids for people with early stage dementia, mild memory loss or cognitive impairment. Memory Café will meet the first Friday of the month from 10:30 a.m. to noon at McMillan Memorial Library. It’s a time for caregivers and their loved ones to meet for discussion, information sharing, refreshments, camaraderie and creative fun. The first meeting will be **June 5**. Call Karen Bradbury, RN, Park Place Adult Day Services, 715-422-2795.

>> The Alzheimer’s caregiver support group will meet at 9:30 a.m. the second Thursday of the month at the Aging & Disability Resource Center, 220 Third Ave. S., Suite 1, in Centralia Center by Rapids Mall. Future topics include: **June 11**, Funeral planning, trusts and time of need counseling with Ritchay Funeral Home; **July 9**, Rock Larson, Wood County Veterans Service officer, eligibility and procedure to inquire for veterans benefits. It is open to family members, caregivers and anyone who has questions about Alzheimer’s disease and other dementia. There is no cost to attend and no donations. Meetings include a time for discussion and sharing. Find the calendar for the rest of 2015 on our website: <http://hilltopaffiliatesinc.com/news.html>.

>> The Lowell Center monthly newsletter is online at <http://www.seekandfind.com/find/the-city-of-wisconsin-rapids-lowell-center> or pick up a paper copy at Hilltop. We are proud to help sponsor this publication.

>> Want to see what’s happening at Hilltop more often than our monthly newsletter? We often post photos and videos from activities on our Facebook page. Check it out at <http://tinyurl.com/Hilltop-Facebook>.

