

Respite gives caregivers a much-needed break

If you’ve been a caregiver for someone with Alzheimer’s disease or other dementia, you know sometimes you need a break.

Maybe you need time for appointments or errands. Maybe you need some alone time or time to socialize with a friend. Maybe you need to go to work.

Respite care can provide the time you need for yourself – whether it’s an hour or two occasionally, a day or two a week or more often. Respite is a short time of rest or relief, according to Karen Bradbury, RN, director of Park Place Adult Day Services in Centralia Center.

Park Place can provide respite for caregivers. It is open from 7:30 a.m. to 4:30 p.m. Monday through Friday. Park Place serves vulnerable or dependent adults and specializes in dementia care. Staffing ratios are four clients to one staff member, which is lower than other respite providers where there might be six or eight clients to every staff member.

“If you feel frustrated or impatient, you might need help,” Bradbury said. “Your loved one may pick up on that. It may be good for them to be exposed to someone else,” such as a respite caregiver.

Respite can help caregivers maintain their hobbies and friendships. “What did I do before I did all of this caregiving?” Bradbury asked. It’s important to keep some of your hobbies and friends.

Respite also can let caregivers better enjoy their loved ones by giving them a break and maybe even taking over some caregiving duties. For instance, Park Place staff members can provide showers to client members. Sometimes, people with dementia dislike bathing, so turning this duty over to staff members can ease the situation at home.

At the end of the day, “You can just relax and enjoy their



Respite can give caregivers time for themselves.

company,” Bradbury said.

Park Place helps keep people as independent as possible, by encouraging clients to do as much for themselves as possible. Staff members encourage clients to interact with them and each other. Group activities and individual attention are provided.

In-home care providers and some assisted living facilities also can provide respite care. Call to find out about availability. If you’re unsure about where to start, call the Aging & Disability Resource Center, 715-421-0014.

About Park Place Adult Day Services

Address: 220 Third Ave. S., Wisconsin Rapids, WI 54494

Located inside Centralia Center

Phone: 715-422-2795

Website: www.ppads.org

email: Karen.parkplace@solarus.net

Employee spotlight

Candace Gecht's favorite part of caregiving is bonding with the residents, by getting to know them and their histories.



The resident aide started at Hilltop almost two years ago. She got into caregiving when she took care of her ex-husband's grandmother, who had dementia. She graduated college with a degree in computer management, but she'd rather spend time with the residents.

Her family is important to her. She has three children and is one of six siblings.

She said her grandpa inspires her. "He's always been the type to always look at things in a positive way, no matter how hard," she said.

Perhaps that mindset helped her with a personal trial. Her daughter received a diagnosis of diabetes last October. They still are looking for a good way to control it.

But on the bright side, Gecht is getting married in October 2017 to Jordan. She joked that maybe she would go skydiving on her honeymoon. Skydiving is on her bucket list.

"I want to, but I'm scared to death," she said with a laugh.

"She would chicken out," said her long-time friend and co-worker Maria Knoll.

Gecht works all shifts at Hilltop of Pepper and has filled in at Alpine Terrace in a pinch.

Rafters baseball

Some Hilltop staff members, residents, family members and volunteers will enjoy a night at the ballpark. Shelly, director of resident enrichment, scheduled us to attend a Wisconsin Rapids Rafters game on June 30.

We look forward to a fun outing!



Alzheimer's caregiver support group

Join us June 9 at the Alzheimer's Caregiver Support Group for an update on Wisconsin Rapids as a dementia-friendly community. Erin Johnson of the Aging & Disability Resource Center will be the guest speaker.

Learn about Project Lifesaver and Silver Alert at the July 14 meeting with Sara McCormick of the Wood County Sheriff's Department.

We meet at 9:30 a.m. at the Aging & Disability Resource Center in Centralia Center. Join us for a time of sharing. Call 715-423-7400 for information or to arrange free respite care for your loved one so you can attend the meeting.

Memory cafe

Memory cafes are for people with early stage dementia, mild memory loss or cognitive impairment and for family and friends of those affected. Join us at 10:30 a.m. Friday, June 3 and July 1 at McMillan Library for lively discussion, refreshments, camaraderie and fun. Call Karen Bradbury at 715-422-2795 for more information.



The Honeybees visited Hilltop! LeAnn Gotz and Clara Elsen, far left, brought their accordions and provided old-time waltzes, polkas and other favorite music to residents at Hilltop of Pepper. Some of us even got out and danced! Chair dancing is encouraged – even with a partner!



We celebrated Cinco de Mayo at Hilltop. Shelly and the residents made pinatas, then used a bat to take turns trying to break it open. We enjoyed salsa and chips and non-alcoholic strawberry margaritas. Mariachi music set our toes tapping. And some donned sombreros for the fiesta!



Hilltop Grand Village: Core comes together

Hilltop Grand Village is coming together.

A walkthrough in May revealed more of the building's core taking shape. Drywall is making it easier to see where everything will be located. The core will include offices and common areas, including the dining room, swimming pool, pub, movie theater, spa, salon and more.



Stairs lead to upstairs offices in the Hilltop Grand Village foyer.

Go to www.hilltopgrandvillage.com to follow our progress. We have photos, videos, updates and more. You can also like us on Facebook at www.facebook.com/HilltopGrandVillage.



Join the #ENDALZ walk

Hilltop again will have a team in the Walk to End Alzheimer's. This year's event will be at 10 a.m. Saturday, Sept. 24 in Stevens Point. The 2-mile walk will begin at P.J. Jacobs Junior High School.

This annual event raises money for the Alzheimer's Association. We had a team last year, and it was a nice day for a walk for a good cause. You are welcome to join our team. We will do something fun to help our team stand out – maybe purple capes!

We also could use donations to reach our team goal of \$2,000. You can register or donate online at <http://act.alz.org/goto/Hilltop>. Thank you for helping us! We'd love to have you join us at the walk!

Hilltop to host city band concert

Strike up the music, the band starts to play. Join us when Hilltop hosts the Wisconsin Rapids City Band concert. We will provide free refreshments and information about Hilltop at the June 21 city band concert.

Concerts are held at 7:15 p.m. Tuesdays at Robinson Park's band shell. In case of rain, the concerts are at the Performing Arts Center at Lincoln High School, starting at 7:30 p.m.

The band also performs July 4 outside the Centralia Center during the Fourth of July celebration. The band holds a special fundraising concert July 31 at the PAC.

Bring the family and enjoy an evening of music in the park!

Happy birthday!

We celebrate birthdays each month with a cake and party at Hilltop.

- Kay, June 2
- Michelle, June 12
- Arnold, June 16
- Richard, June 29

Cake by Becky, cook at Hilltop

