

Home care can help your loved one stay safely at home

For every person living in assisted living facilities, there are many more living at home, many independently. Some people can live safely alone at home as they age. But illness, injury or dementia, such as Alzheimer’s disease, can make living at home a challenge.

Supportive home care can help.

“Our goal is to keep them at home as long as possible, as long as they are safe,” Gail Hancock told the Alzheimer’s caregiver support group at its September meeting. She is manager of Hilltop Home Care Inc., a supportive home care agency.

Supportive home care aides provide assistance with bathing, dressing, laundry, meal preparation, light housekeeping, respite, errands, companionship and more. There is a two-hour minimum, but aides can provide care up to 24 hours a day.

Each person receives an individual assessment to determine a care plan. Home care aides can provide the exact services your loved one needs at the time you need it.

“Sometimes when it’s not a family member (providing care) it goes a little better,” Hancock said, noting some clients have aides come in just for bathing because that’s a trouble spot for their loved ones.

Hancock said some families start out having an aide come in once a week and adjust as needed, adding hours or altering times. “It can be personalized to what you want,” she said. Home care is billed at a flat hourly rate. Home care service is available on nights and weekends, too.

Home care is available as a respite service. Perhaps you need to go to work or school, grocery shop, run errands



take a vacation or just take a night off from caring for your loved one. Supportive home care workers can fill in to allow you to do what you need to do, when you need to do it.

They also can provide service after illness or injury, such as after a hospital stay, until your loved one is well enough to stay alone again.

“I’ve got a good group,” Hancock said. “I’m proud of my home care staff. A lot of times they will go over, above and beyond.”

For more information about Hilltop Home Care

Call: 715-712-3400

Email: hilltop@hilltophomecare.net

Web: www.hilltophomecare.net

Get to know coworkers for United Way fun

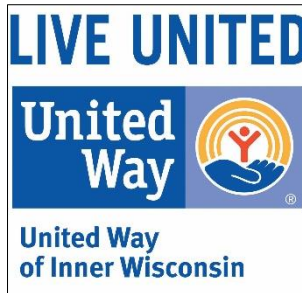
How well do you know your coworkers?

At Hilltop, our employees are spread out in five facilities. Some of our employees never have a reason to visit some of our homes, so they don't get to meet all of their co-workers.

That's no reason not to get to know them. Usually, this spot in the newsletter is intended to get to know one of our employees in the Employee Spotlight. Right now, we are using it to spotlight the United Way of Inner Wisconsin and the important work it does providing support services in the community.

The United Way campaign is in full swing right now, raising money for programs like The Family Center, Rapids Family Backpacks, food programs and much more. Every dollar given in our community stays in our community to help people and enrich lives.

For fun during our United Way campaign, we put together an employee quiz. (Check your mailbox to play!) Turn in your answers to Mystique for a chance to win a United Way T-shirt! Good luck!




Happy Birthday

This month we wish a happy birthday to the following residents:

- Lucille, Oct. 2
- Marjorie, Oct. 2
- Bernice, Oct. 5
- Fay, Oct. 7
- Richard, Oct. 16



 **Only \$5!**

Hilltop will participate in the community-wide

Denim Day

on Oct. 7. You can donate \$5 to United Way in exchange for wearing jeans to work. Anyone who participates will be entered into a drawing for a United Way T-shirt!

Turn in your \$5 donation to Mystique by Friday to participate.

Image courtesy of Stoonn at FreeDigitalPhotos.net

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, Oct. 7 and Nov. 4 at McMillan Library for lively discussion, refreshments, camaraderie and fun. Call Karen Bradbury at 715-422-2795.

The Gilead Coffee House memory café is from 9:30 a.m. to 11 a.m. Oct. 11 and Nov. 8 at First English Lutheran Church. Call 715-423-2840 for information.



See Hilltop Grand Village's progress in photos:

Last October, before and after the trees were cleared, top left and right.



In December (before snow), and January (with snow), second row from left.



Bright blue skies in February and the beginning of grass in April, third row from left.



Ready for landscaping and visitors in August, bottom.

See more on our website, www.hilltopgrandvillage.com.

Open house draws a crowd

Hilltop Grand Village hosted several open houses recently. Employees and resident families were invited to attend a special open house one evening. Guests associated with the facility's construction as well as some business community members were invited to a private open house.

Finally, we opened our doors to the public and received an overwhelming response. We had thousands attend. We offered guided tours or allowed people to explore on their own and ask questions if or when they had them.

We had many positive comments about our beautiful building from guests at all three of our open houses.

If you didn't get a chance to visit, but you're interested, call the office to set up a time to stop in. You also can attend when we host the Heart of Wisconsin Chamber of Commerce Business After Hours, from 4:30 p.m. to 6:30 p.m. Wednesday, Oct. 26.

Become dementia-friendly

Wisconsin Rapids is becoming a Dementia Friendly Community. Now it's time for you to get involved. Learn how to support neighbors, friends and family members living with memory loss so they can maintain a high quality of life filled with meaning, value and purpose.

Check out these events in October to kick it off!

Learn "The Basics" of dementia in an Alzheimer's Association presentation at 1:30 p.m. Oct. 12 at the Brehm Conference Room in Centralia Center.

Enjoy a film screening of a documentary about a country music singer's "Goodbye Tour" following his Alzheimer's diagnosis at 1 p.m. Oct. 13 at Lowell Center.

Attend the Alzheimer's Caregiver Support Group. (See details at right.)

Get a memory screening or register your business to go through dementia-friendly training.

To learn more, call the Aging & Disability Resource Center at 715-421-0014.

Alzheimer's caregiver support group

Alzheimer's disease has been called the "longest loss" because it takes everything from the person with the disease and his or her family and caregivers. You lose the person a little every day, over and over. This loss of who the person was and what he or she could do can lead to grief. Ministry Home Care's Hospice Services grief coordinator will be the guest speaker at the Oct. 13 Alzheimer's Caregiver Support Group.

We meet at 9:30 a.m. at the Aging & Disability Resource Center in Centralia Center. Join us for a time of sharing after the guest speaker. We provide free refreshments. There is no cost to attend, and no reservations are necessary.

Call 715-423-7400 for information or to arrange free respite care for your loved one so you can attend.

The Nov. 10 presentation will focus on reducing caregiver stress.