

## Grief with Alzheimer’s and dementia can last a long time

Grief is a normal response to a significant loss.

While we often think of grief in terms of losing someone to death, we can grieve over other losses, too. For those who have a loved one with Alzheimer’s disease or dementia, the process of losing that person can last a long time – and so can the grief that goes along with it.

“It’s important to realize where you are in grief so you can get help,” Jen Kondell, a bereavement coordinator with Ministry Home Care Hospice, told participants at the October Alzheimer’s caregiver support group.

It’s common to show a range of emotions during the grieving process, she said. “Grief can be complicated and more intense, depending on the circumstances,” Kondell said.

She also noted the person with dementia can have grief, too, at the loss he or she is experiencing from the disease. “Depression can be very common in dementia, because of all of the losses,” Kondell said.

Relationships change, and caregiving can be exhausting but rewarding. If you become burned out, anxious or tired, don’t wait to see your doctor, Kondell said.

Grief also can occur if you place your loved one in a care facility – even if that person can’t live safely at home and moving is the best choice, she said.

Of course, grief occurs after death, too. Not only do caregivers grieve the person’s passing, they can grieve the loss of caregiving duties, too, she said.

Kondell’s role is to be a support to families in the hospice program as well as those in the community. Ministry provides monthly mailings and support groups, which are



open to the general public. The monthly mailings are designed to be a healing journey for people going through the grief process.

A drop-in grief support group is held from noon to 1:30 p.m. the second Friday of the month at the Ministry Home Care Hospice office near ShopKo. Loss of spouse support groups run for six weeks, with the next session slated for spring. A Handling the Holidays support meeting will be at 6 p.m. Nov. 16 at Mid-State Technical College.

### More about grief support

**Call:** 800-397-4216

**Email:** [ahahinfo@ahah.net](mailto:ahahinfo@ahah.net)

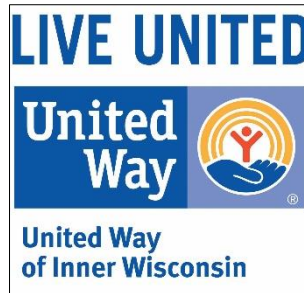
**On the web:**

<http://ministryhealth.org/MinistryHomeCare/GriefSuppo51/Griefsuppo10.nws>

# Who knows coworkers the best for United Way?

How well do you know your coworkers?

Hilltop offered a quiz as part of our United Way campaign. Congratulations to Jaime D. for answering all of them correctly! She wins a United Way T-shirt. Who figured out the answers were in these newsletters, which are archived on our website?



Here are the answers:

## **Who at Hilltop:**

Puts New York City at the top of a list of dream vacations?  
(Wendy K.)

Discovered she has a creative streak when it comes to cake decorating? (Jamie W.)

Hasn't been out of the country but wants to visit the Caribbean?  
(Jaime D.)

Makes soap to sell? (Becky S.)

Would love to go skydiving? (Katie H.)

Thinks Alaska would be a pretty place to visit? (Maria K.)

Wants to swim with dolphins? (Missy P.)

Has been married for more than 40 years and has 14 grandchildren? (Chris M.)

Has a collection of more than 60,000 temporary tattoos?  
(Brittany K.)

Can find you a good deal at a resale shop? (Bernice J.)

Is mesmerized by the color and peacefulness of the ocean?  
(Diane P.)

Cut the cable and would rather read a book than watch TV?  
(Sherri S.)



Thanks to those who  
wore jeans Oct. 7 for  
**Denim Day!**



Wendy won the United  
Way T-shirt for the  
Denim Day drawing.



*Image courtesy of Stoonn at FreeDigitalPhotos.net*





## Hilltop takes part in Walk to End Alzheimer's



For the second year, Hilltop had a team in the Walk to End Alzheimer's in Stevens Point.

This year, the Hilltop team raised \$215 for Alzheimer's research and awareness.

Hundreds of people wore purple and walked 3 miles in Stevens Point on a Saturday morning this fall. It was neat to have car drivers honk and wave in support. It's a fun way to get some exercise for a

good cause.

We will walk again in 2017. Mark your calendar now for September. We will post information in this newsletter as well as on our Facebook page. We would love to have a big team turn out.

## De-stress before the holidays

The holidays are coming. They can be stressful for anyone, any time, but they can be even more so for caregivers. Think about doing everything you want to do – or are expected to do – while also caring for someone who has Alzheimer's disease or other dementia. Don't think too much or stress over it. Instead, come to the Nov. 10 Alzheimer's caregiver support group. Tasha Beestman of the Alzheimer's Association will be the guest speaker and talk about caregiver stress.

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 Dec. 8 meeting will be a holiday gathering with a time for visiting and sharing.

## Happy Birthday!

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

- Lori, Nov. 1
- LaVon, Nov. 8
- David, Nov. 9
- Frank, Nov. 18
- Ron, Nov. 25



## Give a gift this Christmas

We received information about Samaritan's Purse Operation Christmas Child.

You start with a shoebox – cardboard or plastic. Add a “girl” or “boy” label and age category. Fill it with gifts, including school supplies, non-liquid hygiene items, small toys and a “wow” toy, like a doll, soccer ball and pump or stuffed animal. Add a person note and photo, if you’d like. Include a \$7 donation to transport the gift.



Boxes are collected Nov. 11 locally and shipped to children in need around the world.

Visit [samaritanspurse.org/occ](http://samaritanspurse.org/occ) for details about the program, labels and suggestions for items to include. If you decide to participate, you can turn them in to Mystique in the office, who can arrange pickup. It would be a nice project for a family to do to get in the spirit of Christmas!

## Upcoming memory cafes

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, Nov. 4 and Dec. 2 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. Nov. 8 and Dec. 13 at First English Lutheran Church. Call 715-423-2840 for information.

## Happy Halloween!



THE RESIDENTS ENJOYED HALLOWEEN JINGO!