



July 2017 newsletter

*Shouldn't the rest
of your life be the
best of your life?*

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Park Place offers weekday respite for caregivers

Caregivers need a break every now and then. Some caregivers find that respite through adult day services.

Park Place Adult Day Services in Centralia Center is one such place. Open five days a week, staff members provide the supervision and care necessary to allow caregivers to do what they need, be it shopping, going to appointments, working or even sleeping.

Park Place serves people with physical limitations, due to age, illness or injury, cognitive impairment and mild to moderate memory impairment.

"We feel like a one-room schoolhouse," said Executive Director Karen Renner-Valley about Park Place. She spoke to the Alzheimer's caregiver support group. "They are all there all day, like a family," she said about Park Place's clients.

Between 12 and 16 people attend Park Place each day, including veterans with VA benefits. There typically are four clients to every staff member.

Various activities are planned each day. Renner-Valley said they recently have added pet therapy on a regular basis and a volunteer who reads stories to draw in his listeners. An unused white board is the backdrop for a painted mural by a local artist. The piano sits in the center of the room, waiting for volunteers to play. "We always encourage variety," she said. "We find something that they like."

People don't always understand what Park Place is or who it serves, she said. Often people assume they need to be more impaired or that it wouldn't be a good fit for their loved one. To find out if Park Place can help you, set up a visit with Renner-Valley. Call 715-422-2795 or go to www.ppads.org.



Ruth Macomber, front, and her grandson Nick Macomber paint a mural at Park Place Adult Day Services. The facility recently underwent some remodeling. The mural offers a serene waterfront view.

Memory Café

Karen Valley-Renner inherited the memory café when she took over as director of Park Place. Memory café is different than Park Place or assisted living, she said. It's an opportunity for people with mild to moderate cognitive impairment and their caregivers to get together socially with others.

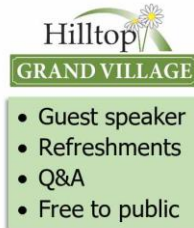
Valley-Renner redesigned the memory café to feature a guest speaker each month. Participants can learn together about a topic, from pet therapy to gardening to reflexology. They also enjoy refreshments and the social aspect.

The memory café is from 10:30 a.m. to noon the second Tuesday of the month in Brehm Conference Room at Centralia Center, next to Park Place.

System helps you take medication safely

Do you have a loved one who takes medication? Do you worry maybe he or she isn't taking it on time or in the right dose? Does your loved one tell you about missing meds or not being sure if he or she took them? Maybe you've resorted to using a weekly or monthly planner for pills.

**Let's
Learn
Together!**



Daly Drug has tools to help you ensure your loved one takes his or her medications on time and in the right dose.

Jason Gruszynski, pharmacist and owner of Daly Drug, developed an at-home medication administration system based off what assisted living facilities use to track and give medications to residents. Daly's also can sync your medications, so they are re-filled at the same time each month, keep track of your refills and deliver all your medications to your home on a schedule. You can also request delivery of over-the-counter products, candy or other items sold at the local drug store.

To learn more and see Gruszynski's program, tune in to Wisconsin Rapids Community Media this month. Let's Learn Together sessions are available at 9 a.m. Mondays and 11 a.m. Wednesdays on Solarus Channel 3 or Charter Channel 985. If you want to see previous programs, log on to YouTube and search "Hilltop Grand Village" to find our play list, which includes all of the Let's Learn Together segments.

All of the presentations are free and open to the public. They are designed to help everyone learn more about a variety of topics.

Upcoming sessions include:

✦ Local attorney Alan Panek will talk about elder law when he joins us at 2 p.m. Thursday, July 20.

Future events include: chronic pain and rehabilitation, financial planning, power of attorney for health care, long-term care insurance and genealogy.

All programs will be held at Hilltop Grand Village, 1400 24th St. S. Enter by Home Depot. With questions, call Mystique at 715-423-7400 or email mystique@hilltopgrandvillage.com.



Happy Birthday!

The following Hilltop residents celebrate birthdays in July:

- Bonnie, July 7

Music at Hilltop

Join us for these upcoming musical performances. The public is welcome.

- July 5: Hilltop's Piano Man Chuck Huhnke, 12:30 p.m., Hilltop Grand Village
- July 11: Hilltop hosts Wisconsin Rapids City Band Concert, 7:15 p.m., Robinson Park
- July 19: Hilltop's Piano Man Chuck Huhnke, 12:30 p.m., Hilltop Grand Village



Join us when Hilltop hosts City Band concert July 11

If you like live music, you'll love the Wisconsin Rapids City Band concert. On Tuesday evenings during the summer, you can enjoy music performed by member of the city band. They play marches, movie themes, even polkas and waltzes.

The concerts are free and open to the public. They begin at 7:15 p.m. at Robinson Park bandshell. If the weather is bad, the concerts are held at 7:45 p.m. at the Performing Arts Center at Lincoln High School.

Hilltop hosted one of the performances last season, and it was so nice we decided to do it again.

Join us at 7:15 p.m. Tuesday, July 11 at Robinson Park for some refreshments and entertainment!



Understanding Alzheimer's behaviors

Changes in the brain from Alzheimer's or other dementia can lead to unusual behaviors. While some are common among many people with Alzheimer's, it doesn't make it easy to handle for caregivers. Tasha Beestman of the Alzheimer's Association will talk about common and maybe some uncommon behaviors and offer tips and ideas on how to address them. Bring your questions to this meeting.

Join us at the next meeting of the Alzheimer's caregiver support group at 9:30 a.m. July 13 at the Brehm Conference Room in the Centralia Center.

We offer refreshments and a time for sharing among the caregivers who attend. Anyone who cares for someone with Alzheimer's or dementia or anyone wishing to learn more is welcome to attend. There is no cost and no obligation.

If you need respite care for your loved one so you can attend, call Hilltop at 715-423-7400 to arrange free care during the meeting.

Memory cafe

The Wisconsin Rapids memory café is held from 10:30 a.m. to noon the second Tuesday of every month at Centralia Center. The next one will be July 11. For more information, call Park Place Adult Day Services at 715-422-2795.



Hilltop Grand Village members and staff attended a Rafter's baseball game. Mascot Rosco P. Rafter gives high-fives and poses in the stands with fans. Former Brewers pitcher Rollie Fingers was the guest that night, so Rosco is sporting a 'stache in honor of Rollie's famous handle-bar mustache..



The Honey Bees accordion ladies, entertain at Hilltop Grand Village. Visitors, guests and members enjoyed the old-time music in the Dining Room.