

# The Leading Edge

*A quarterly newsletter of COVENANT METHODIST SENIOR SERVICES, a strategic alliance of United Methodist Homes & Services and Covenant Retirement Communities.*

## PRESIDENT'S MESSAGE:

### CMSS ADDS MEMORY SUPPORT PROGRAM



CMSS prides itself on being the most comprehensive network of services supporting older adults on the north side of Chicago. Our network includes: home care, assisted living residences, traditional skilled nursing and specialized Alzheimer's care, a rehabilitation and sub acute center for post hip and knee surgeries, a home repair and maintenance program, and housing for seniors with low incomes.

The most recent addition to our continuum is a residential program for older adults in need of memory support programming. Tucked into a quiet neighborhood setting in west Andersonville, The Hartwell pro-

vides an activity based regimen that caters to older adults with memory impairment.

This charming residence, a fully renovated former convent, offers an intimate (only 29 suites) environment that is having great success in optimizing the lives of our clients. Family members who were struggling with care giving responsibilities or anxious with worry from afar have found a solution at The Hartwell.

The building is buzzing with activity throughout the day and mealtimes are festive and interactive. On a weekly basis, field trips to museums, theater, and other offerings are routine. Professional musicians and entertainers bring cultural and educational programming on site to augment the vibrant lifestyle at The Hartwell.

If you are interested in learning more about this exciting new residence, I encourage you to come by to share a meal or, as many families have done, make an appointment for you and/or your loved one to participate in the daily activity programming (at no charge) for a few days to see if living at the The Hartwell might be the optimal solution for you.

William A. Lowe  
President and C. E. O.



**Photos of the lounge, dining room, and garden at The Hartwell.**

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# STAYING CONNECTED WITH SOMEONE WITH MEMORY LOSS

Covenant Methodist Senior Services welcomed Daniel Kuhn, MSW, Director of the Professional Training Institute of the Greater Illinois Chapter of the Alzheimer's Association to The Hartwell for a seminar on "Staying Connected with Someone with Memory Loss." Mr. Kuhn gave an informative and insightful presentation on the nature of dementia, the importance of early evaluation, and approved treatments. The heart of his message focused on strategies on how to stay personally connected to someone with memory loss. Mr. Kuhn stressed the importance of beginning with the basic understanding of who the person was and still is. From there, he talked about developing adaptive and individualized forms of communication to get past the isolation and loneliness that often result when the usual lines of communication break down. The discussion moved on to various categories of personal needs that need to be met, such as identity, comfort, attachment, activity, and inclusion. We all have such needs that naturally develop throughout our lives, but they may require special nurturing and attention for persons living with dementia.

Mr. Kuhn outlined various skills that we can each develop and utilize to help facilitate an individual's memory, build on their existing skills and interests, and encourage their active participation in daily life. He explained how we can each become "bridge builders," capable of building bridges of communication to stay connected with persons with memory loss.

The accompanying guide to the Four Stages of Alzheimer's offers an outline of the stages that one with Alzheimer's goes through. Mr. Kuhn encouraged caregivers to seek support from professionals who can assist them as the disease progresses.

## ALZHEIMER'S NEWS, FALL 2007

November was National Alzheimer's Month. In September, CMSS Staff participated in the Alzheimer's Walk, raising funds for the Greater Illinois Chapter of the Alzheimer's Association.

## FOUR STAGES OF ALZHEIMER'S DISEASE

### EARLY STAGES

#### Function

Memory  
Language  
Orientation  
Motor  
Mood and behavior  
Activities of Daily Living (ADLs)

#### Potential Signs

Routine loss of recent memory  
Mild aphasia (mostly word finding difficulty)  
May get lost in unfamiliar places  
Some difficulty writing and using objects  
Apathy, depression  
Needs reminders or help with high level ADLs (e.g. paying bills, cooking meals)

### MIDDLE STAGES

#### Function

Memory  
  
Language  
Orientation  
Motor  
Mood and behavior  
Activities of Daily Living

#### Potential Signs

Chronic, recent memory loss; occasional loss of long-term memory  
Word finding and comprehension problems  
May get lost at times  
Difficulty using objects, slowed walking  
Depression, anxiety, agitation  
Needs reminders/help with personal ADLs

### LATE STAGES

#### Function

Memory  
Language  
Orientation  
Motor  
Mood and behavior  
Activities of Daily Living

#### Potential Signs

Mixes up past and present  
Severe expressive and receptive aphasia  
Cannot identify familiar people and places  
Rigidity, tremors, shuffling gait  
Increased risk of behavioral disturbances  
Needs reminders with all ADLs

### FINAL STAGES

#### Function

Memory  
Language  
Orientation  
Motor  
Mood and behavior  
Activities of Daily Living

#### Potential Signs

No apparent link to past or present  
Mute or few incoherent words  
Seemingly oblivious to surroundings  
Little movement, swallowing difficulty  
Completely passive, sleep most of time  
Requires total care

## MEMORY SUPPORT RESOURCES

### **Alzheimer's Association, Greater Illinois Chapter, Chicago Office**

Telephone: (847) 933-2413 E-mail: I.Chapter@alz.org

**24/7 Helpline for information, referral and support: (800) 272-3900**

### **Northwestern Geriatric Evaluation Center**

Helene Raidl, Social Worker, Telephone: (312) 926-3344

### **Rush University Medical Center, Geriatric Care Partners**

Laura Petchenik, Social Worker, Telephone: (312) 942-7030

## COVENANT METHODIST HOME CARE — CLIENT PROFILE

**M**r. John Dickson was born and raised in the Chicagoland area. His father was a grain dealer whose trade was selling oats to horse farms, a very risky business. When times were good, the family would move out to the suburbs, and when times were not so good, the family migrated back to the city of Chicago. During the Depression, when Mr. Dickson was about 12 years of age, the family moved to an apartment in the Sherwin Arms, sustained by Mr. Dickson's mother, who worked as the building's manager.

Mr. Dickson was able to start college as a result of his father having had a successful day at the races. When that money ran out, however, Mr. Dickson left school. As a result of Pearl Harbor, Mr. Dickson enlisted in the army and became an airplane mechanic. After four years he got out of the army, and was introduced to his wife by his sister. He then took a job in a grain silo, only to discover that he was allergic to the dust, so he decided to go into business with his father. He and his father continued to deal in oats, and ultimately, they ended up trading at the Board of Trade.

Mr. Dickson was also a writer. When we first met Mr. Dickson, he and Rosa, our North Shore service coordinator, would talk about poetry. When Mr. Dickson was in college, he had roomed with a very silent, uncommunicative young man,

who was always sitting and writing. Mr. Dickson decided that he could write as well, and became involved in writing short stories and poetry. When he finally got around to asking his roommate about his writing, it turned out that he was writing neither short stories nor poetry but love letters. By that time Mr. Dickson had developed a habit of writing which stayed with him throughout his life.

When we went to assess Mr. Dickson's need for service, he had been staying in a nursing home for a short period of time. Rosa and I went together, and after sitting and talking with Mr. Dickson and his daughter Sue for a few minutes, Rosa got up and went into the washroom, emerging a few minutes later with a bowl of warm soapy water and a brush. Without saying anything, she took Mr. Dickson's hand into her own and began gently to clean his fingers. Sue and I have talked about how we both remember that moment, and when I spoke with Sue today as I was putting this profile together, she said that it was at that moment that she felt convinced that we were going to be the right people to look after her parents.

**Laura Solomon, Director  
North Shore Office**



### COVENANT METHODIST HOME CARE

#### Three locations to serve you!

##### Service Area East of Pulaski:

1415 W. Foster Avenue  
Chicago, IL 60640

**(773) 769-5270**

##### Service Area West of Pulaski, including Oak Park and Surrounding Communities:

3249 N. Central Avenue  
Chicago, IL 60634

**(773) 205-7400**

##### North Shore Service Area:

1740 Ridge Avenue  
Lower Level 4  
Evanston, IL 60201

**(847)424-9883**

## DIETARY TIPS: FIND YOUR BALANCE BETWEEN FOOD AND PHYSICAL ACTIVITY

### PHYSICAL ACTIVITY

- ❖ Physical activity simply means movement of the body that uses energy.
- ❖ Walking, gardening, climbing the stairs, and dancing all burn calories.
- ❖ For health benefits, physical activity should be moderate or vigorous and add up to at least 30 minutes a day. However, some activity is better than none.
- ❖ Regular exercise has been shown to reduce the risk of developing chronic diseases and health conditions.

### COOKING TIPS

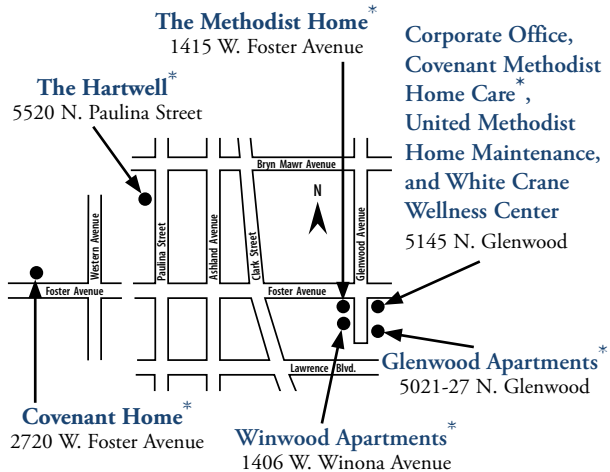
- ❖ Use cooking techniques, such as stir-frying, that bring out flavor and preserve nutrients.
- ❖ Use wholesome, quality ingredients like fruits and vegetables.
- ❖ Offer fruits and vegetables as snacks more often.
- ❖ Use whole grain rolls, breads, cereals, pasta and rice.
- ❖ Use low-fat or fat-free milk, yogurt, and cheese.
- ❖ Use fresh herbs, robust peppers, savory spices and citrus ingredients to enhance flavors more often than using high fat flavorings.

# COVENANT METHODIST SENIOR SERVICES

1415 W. Foster Avenue, Chicago, Illinois 60640-2288

## COVENANT METHODIST SENIOR SERVICES

*Uniting Centuries of Service to Seniors*



Main Phone: (773) 769-5500

[www.cmsschicago.org](http://www.cmsschicago.org)



\* CARF  
Accredited

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### **The Methodist Home\*** ☎ (773) 769-5500

- ❖ Rehabilitation and Sub Acute Center
- ❖ Skilled Nursing and Long Term Care
- ❖ Specialized Dementia and Alzheimer's Care

### **The Hartwell\*** ☎ (773) 275-2400

- ❖ Memory Support Assisted Living

### **Covenant Home of Chicago\*** ☎ (773) 506-6900

- ❖ Customized Assisted Living

### **Covenant Methodist Home Care\*** ☎ (773) 769-5270

- ❖ Personalized Home Care Services

### **United Methodist Home Maintenance** ☎ (773) 769-9000

- ❖ Home Repairs and Improvements

### **Winwood & Glenwood Apartments\*** ☎ (773) 769-5500

- ❖ Affordable Housing for Seniors with Low Incomes

### *Collaborative Services*

### **White Crane Adult Day Wellness** ☎ (773) 271-9001

- ❖ Adult Day Wellness Program

CRC does not discriminate pursuant to the Fair Housing Act subject to any exemptions that may apply.

## COMMUNITY EVENTS AT COVENANT METHODIST SENIOR SERVICES

### ALZHEIMER'S SUPPORT GROUP

**Date:** Wednesday, January 30, 2008, 7:00 P.M.

**Location:** The Hartwell, 5520 N. Paulina, Chicago

Alzheimer's Support Group for family members caring for a loved one with Alzheimer's or other dementia. Join us for sharing information, insights and strategies. Refreshments will be served. Please RSVP to (773) 275-2400.

### LAUGHTER IS THE BEST MEDICINE

**Date:** Tuesday, February 19, 2008, 7:00 P.M.

**Location:** Covenant Home of Chicago, 2720 W. Foster, Chicago

Please join us for lunch and learn how laughter can help your body, mind and spirit. Please RSVP to (773) 506-6950.

### 1415 CLUB - ST. PATRICK'S DAY PARTY

**Date:** Wednesday, March 19, 2008, 2:00 P.M.

**Location:** The Methodist Home, 1415 W. Foster, Chicago

Join the 1415 Club as we enjoy lively holiday entertainment and great food. Please RSVP to (773) 769-5500.

### PLANT THERAPY

**Date:** Thursday, March 20, 2008, 7:00 P.M.

**Location:** The Hartwell, 5520 N. Paulina, Chicago

Come celebrate the first day of Spring! Horticultural activities are a great opportunity for engaging people of all ages. Refreshments will be served. **Group size is limited, please RSVP to (773) 275-2400.**