

Katie Johnson: Good morning and welcome to Apple a Day, Lake Region Healthcare's health and wellness segment featuring news and information you can use to live a healthier life. This is Katie Johnson your host and my guest today is Kendra Lund. She is the program manager for the Alzheimer's Association in this region of Minnesota and North Dakota. Good morning Kendra.

Kendra Lund: Good morning.

Katie Johnson: Kendra is lucky enough to be the first speaker this year. In our Living Well series we are bringing it back for a second year. It's a monthly event held at Lake Region Healthcare to provide knowledge and resources to help people in our region improve their health and to improve the overall health of our community. And every month will feature a different topic. It's open to the public just because people attend one month doesn't mean you need to attend all nine of the series that we have scheduled from September until May. So we'll encourage you to attend any or all of them that are of interest to you. They will focus on the Seven Pillars of wellness. All of our wellness initiatives at Lake Region health care focused on that concept of well-rounded health and therefore the seven pillars come into play their physical environmental spiritual emotional intellectual occupational and social health are all important factors in a well-rounded and healthy lifestyle. And as I mentioned our guest today is Kendra Lund who will be speaking at our first series on Monday night, next Monday September 11th. This session is held at our main clinic on Vernon Avenue in Fergus Falls. And Kendra we could say is back by popular demand. She was one of our speakers in last year's series talking about the difference between dementia and Alzheimer's. And it was a full house. Lots of great questions from attendees. And we could tell they had a lot more questions so we invited Kendra back and we're happy that you're going to join us again next week. The topic that you've chosen for this year's series is Communication Strategies and resources for dementia and Alzheimer's caregivers. Tell us a little bit about what people can expect in that session.

Kendra Lund: This session covers a little bit on how to communicate with somebody who has dementia or more specifically Alzheimer's. Communication can change throughout the disease. For more of a reciprocal communication to be a one sided form of communication and it's very different from normal interactions. So a lot of a lot of tips and how tos and just different way of thinking about things.

Katie Johnson: And you will touch on communication strategies for all of those stages from early to late stage is that right?

Kendra Lund: Correct yeah. In the early stage communication is so much more reciprocal than an individual even with dementia can get responses back to you or in the later stages of dementia. An individual communicates more through the five senses. So communication changes drastically as the disease progresses.

Katie Johnson: You mentioned when we were visiting earlier that the communication strategies can actually be used to prompt certain behaviors. Tell me a little bit more about that.

Kendra Lund: So communication can be something that that helps interaction or it can be something that increases behaviors if that interaction isn't positive and we hope that by giving you some of these strategies on how to effectively communicate that maybe you could avoid some of the behaviors. For instance if you feel the need to correct somebody with dementia and then you kind of end up in this power struggle with not the sky is purple No the sky is blue skies purple and it's kind of an interaction that doesn't end and then it's just horrible power struggle and one side always wins and usually not the caregiver. So hopefully we can avoid those those power struggles and behaviors that come with these lack of communication.

Katie Johnson: I'm sure sometimes it's merely frustration that drives that argumentative type of communication strategy. Can you give us some examples of some skills that can be learned by caregivers.

Kendra Lund: One of the biggest skills is is that - don't argue with them. And really if it if it doesn't matter, then why argue it. And sometimes you just have to be OK with that and move on. Otherwise you're going to be in this endless cycle of power struggle. No it's not. Yes it is. You know I already told me that and I already answered that. And I already know that it doesn't matter if they tell you 25 times they still feel the need to tell you. So go with it.

Katie Johnson: Are there some resources for caregivers? They'll learn these skills at this session, but then any resources to help them practice or to help caregivers connect with others who might be able to share other tips that that have worked or to find other support that will help them throughout the the stages of their loved ones dementia or Alzheimer's.

Kendra Lund: Well at the Alzheimer's Association we have some resources. I have the ability to meet with families individually for what we call a care consultation. And on that level we meet and we really discuss individual needs of that family and they can go through and we can learn some of these communication skills on an individual basis on a little bigger scope. We have many presentations that we do all throughout the year. So you know get on our mailing list so or give us a call at the office and we can give you those those trading tips as well. Otherwise we have a 24/7 help line that's available to families. The number for that is 1 800 2 7 2 3 9 0 0. And that is a 24/7 that families can call even if it's just I had a really frustrating day. I need somebody to vent to. Or maybe it's I am in this power struggle everyday. How do I get out of it. You can go ahead and call that or call me at the office. Office Number 2 an 8 9 9 8 3 6 0 3 and I can help you through those as well if it's if it's during business hours. In addition to that we also have a support group that meets a used to meet at the library. Now it's meeting at Mahube Ottawa offices and it is meeting the second Tuesday of every month at 1:00.

Katie Johnson: It is so fantastic we have all of these resources right here in our community. And again that you're willing to come and share some of this information with our community and our living well series. Tell me who you think should attend this specific session. Who will get the most out of out of this session on communications strategies and resources.

Kendra Lund: I think really anybody can benefit from this just because their communications strategies to deal with somebody who has dementia doesn't mean that you can apply the is. I've been a social worker for 10 years in various settings and all of these strategies are helpful in interactions with everyday life and whether you're a parent and you're looking to not get into power struggles with your kids or if you're a caregiver and you're trying to keep your sanity or if you're caring for somebody with dementia they're all useful techniques.

Katie Johnson: So listeners can RSVP to attend are living well series. We want to make sure that people know that if your plans just happen to change on Monday and you have an RSVP Ed we want you to stop in any way. But we do offer refreshments and we'll plan for attendees making copies of the presentation having plenty of refreshments on hand. So if you'd like to attend the living well series this coming Monday night September 11th and hear Kendra speak on Communication Strategies and Resources for Dementia and Alzheimer's Caregivers. We'd like you to RSVP if you could and you can do that a few different ways you can e-mail us at livingwell@lrhc.org or you can call our RSVP line which is 2 1 8 7 3 6 8 6 9 9. And just leave a message that says yes I'm coming or yes I'm coming and bringing three of my friends, mark us down for four. That's all you need to do. Or shoot us an e-mail with that same message again livingwell@lrhc.org or 2 1 8 7 3 6 8 6 9 9. Again the session is this coming Monday September 11th. We will start at 5:45 with registration and get the session underway by 6:00 o'clock. And have you out the door by 7:00 p.m. on Monday night. Kendra anything else that you would like to add for our listeners this morning as as a resource for Alzheimer's caregivers or specifically about the Living Well series.

Kendra Lund: I think all resources point back to me. So just give me a call back at the office. 2 8 8 9 9 8 3 6 0 3 and I can point you in the right direction.

Katie Johnson: Kendra Lund the program manager for the Alzheimer's Association in this region of Minnesota and North Dakota. Again she will be our first speaker of the 2017-18 Living Well series. That will happen the second Monday of every month in the Lake Region Healthcare's main clinic right on Vernon Avenue starting at 5:45. Her session will be this Monday September 11th. For more information on the Living Well series just visit www.lrhc.org, scroll down to what's happening and check out our calendar of events and you can see all of the topics scheduled for 2017 and 2018. We hope you'll come and join Kendra and learn about communication strategies and resources for dementia and Alzheimer's caregivers this coming Monday night September 11th. Kendra thanks for joining me this morning.

Kendra Lund: Thanks for having me. I look forward to it.

Katie Johnson:

Kendra Lund and Katie Johnson on Apple a Day reminding you there is so much to do here. Stay healthy for it. Have a great day.