



The heart of becoming a caring community is to walk alongside a person and share their journey. Join us as we look at different aspects of how to be Jesus to the people that you walk with.

*“Two can accomplish more than twice as much as one, for the results can be much better. If one falls, the other pulls him up; but if a man falls when he is alone, he’s in trouble.”*  
Ecclesiastes 4:9-10

### **January 13<sup>th</sup>: What is Dementia?**

Today, more than 5 million Americans are living with Alzheimer’s, and by 2050, that number is expected to triple. Even in the church, we are often uncomfortable around people with dementia. This is can be due to the lack of knowledge about dementia itself.

We will look at the Ten Signs of Alzheimer’s and how dementia may affect your loved one, along with providing you with communication tips to use to make your visits more meaningful.

### **January 20<sup>th</sup>: A Journey of Joy**

Research has shown that long-established faith activities can continue to be an important source of comfort and peace, as well as providing a meaningful experience for both the person with dementia and their loved ones. We will discuss ways to share your loved one’s “faith” story and how that can continue to be a source of strength for both of you.

We will also be sharing the perspectives and needs of the person with dementia and their caregiver using “Through the Wilderness of Alzheimer’s” written by Rev. Robert Simpson and his wife, Anne. They encourage us to look for hope in the midst of Alzheimer’s.

### **January 27<sup>th</sup>: Planning for a Good Ending**

We believe that human life is a gift from God and is to be held as precious and sacred. As we make decisions at the end of life, we want to honor God with those choices.

Advance Care Planning is a process that allows an individual to discuss and document his preferences and values regarding medical care in the case of a serious or life-limiting disease. This medical and legal process seeks to ensure that patients receive the care they want in the setting of their choice. It may also reduce stress on family members and avoid conflict among them.

### **February 3<sup>rd</sup>: Taking Care of the Caregiver**

As many as 29% people in the U.S. provide care for a loved one at least 20 hours a week. These are family members and friends who may have become a caregiver gradually as their

loved one slowly declined, or suddenly when an illness or accident necessitated more care all at once.

You are not meant to carry the burden of their care alone. There are many professional services available in the community, as well as support and encouragement in our church. Our Stephen's Ministers will help us see what we can do for those who have needs.

*“Now which of these three do you think was a neighbor to him who fell among thieves?” He said, “The one who showed mercy on him.” Then Jesus said to him, “Go and do likewise.” Luke 10:36-38*

Maybe God is prompting you to be Jesus to those in need. Come join us as we learn ways that we can walk with others on their journey.

Your Parish Nurse,  
Penny LaBerge