



The Gathering Place Newsletter

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Mission Statement::

The Gathering Place at Lakewood UMC is a ministry for those who are living with memory loss and the people who love them.



"Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me" – Matthew 25:40



Alzheimer's Caregiving Tips

Many people with Alzheimer's disease wander away from their home or caregiver. As the caregiver, you need to know how to limit wandering and prevent the person from becoming lost. This will help keep the person safe and give you greater peace of mind.

First Steps

Try to follow these steps *before* the person with Alzheimer's disease wanders:

- Make sure the person carries some kind of ID or wears a medical bracelet. If the person gets lost and can't communicate clearly, an ID will let others know about his or her illness. It also shows where the person lives.
- Consider enrolling the person in the MedicAlert® + Alzheimer's Association Safe Return® Program (see www.alz.org or call 1-888-572-8566 to find the program in your area).
- Let neighbors and the local police know that the person with Alzheimer's tends to wander. Ask them to alert you immediately if the person is seen alone and on the move.
- Place labels in garments to aid in identification.
- Keep an article of the person's worn, unwashed clothing in a plastic bag to aid in finding him or her with the use of dogs.
- Keep a recent photograph or video recording of the person to help police if he or she becomes lost.

Tips to Prevent Wandering

Here are some tips to help prevent the person with Alzheimer's from wandering away from home:

- Keep doors locked. Consider a keyed deadbolt, or add another lock placed up high or down low on the door. If the person can open a lock, you may need to get a new latch or lock.*
- Use loosely fitting doorknob covers so that the cover turns instead of the actual knob.*
- Place STOP, DO NOT ENTER, or CLOSED signs on doors.
- Divert the attention of the person with Alzheimer's disease away from using the door by placing small scenic posters on the door; placing removable gates, curtains, or brightly colored streamers across the door; or wallpapering the door to match any adjoining walls.
- Install safety devices found in hardware stores to limit how much windows can be opened.
- Install an "announcing system" that chimes when the door opens.
- Secure the yard with fencing and a locked gate.
- Keep shoes, keys, suitcases, coats, hats, and other signs of departure out of sight.
- Do not leave a person with Alzheimer's who has a history of wandering unattended.

For more tips on home safety, see "Home Safety for People with Alzheimer's Disease,"

www.nia.nih.gov/alzheimers/publication/home-safety-people-alzheimers-disease.

* Due to the potential hazard they could cause if an emergency exit is needed, locked doors and doorknob covers should be used only when a

For Strength and Wisdom

Thank you, Lord, for being there for me and allowing me to cry out to you in my times of need. It is amazing to me that the Lord of the Universe would take time to listen to me and to care about what I say. God, there are things happening around me right now that I do not understand. Some of these things make me feel weak, helpless and afraid. Even in the midst of this, I know that you are the Lord. I know that the situation is in Your hand, and I trust You. I beseech you for strength and for wisdom that I would be able to endure this situation and be able to handle it in a way that would bring glory to Your name. In Jesus name. Amen

Common Ground Caregiver Conversations

Common Ground is a place and time for caregivers like you to meet, talk, share, learn and receive the support needed to take care of yourselves so you can provide the best care possible to a family member or friend.

Common Ground is a free caregiver assistance program of Interfaith CarePartners® in cooperation with partner congregations in greater Houston. Groups are available for caregivers of persons with dementia and caregivers for persons with other diagnoses and conditions.

Lakewood will be hosting Common Ground on October 12 2015 from 10:30-11:30am in the Parlor. For more information, contact Holly Wilson 281.370.2273 or holly.wilson@lakewoodumc.org.

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