



The Gathering Place Newsletter

Issue 62

July 2017

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.



Summer



Travels



"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



Tips for Daily Life

Coping skills will help you handle day-to-day challenges, maximize your independence and live a meaningful life with your diagnosis.

Accepting changes

Things you once did easily will become increasingly difficult, such as maintaining a schedule or managing money. Some people may try to cover up their difficulties to protect themselves and their family from embarrassment. Or, they may be reluctant to ask for help. Trying to do what others in the early stage have called "faking it" and covering up errors can be a great source of stress. Accepting changes in your abilities and adapting new coping skills can help you restore balance to your life and give you a sense of accomplishment in your abilities as you continue to live with the disease.

Developing effective coping strategies can help you:

- Remain engaged and active
- Respond to challenges that will help maximize your independence and well-being
- Gain a sense of control over your life

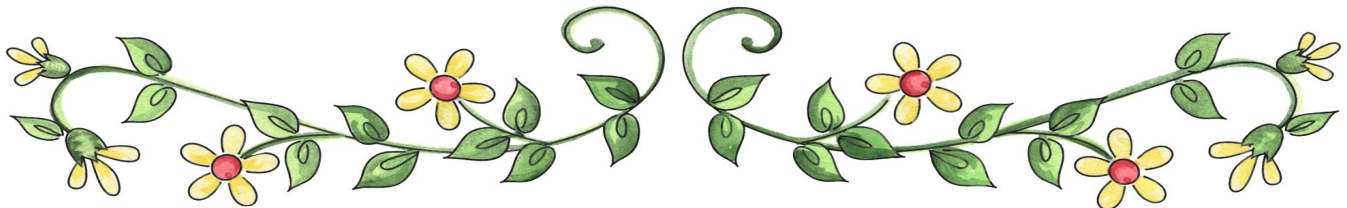
Keep in mind that what works well for one person, may not work for another. And, strategies that work for you one day, may not work the next. When developing your coping strategies, try different ones to find those that work best for you. The more flexible you can be, the better you can fine-tune your strategies to help with each situation.

Creating a coping strategy

You may already be aware of changes in your ability to complete daily tasks that once came naturally to you. Developing your own coping strategies doesn't have to be complicated. You can simplify the process by focusing on these three steps:

1. **Identify:** Make a list of tasks that have become more challenging. Focus on developing coping strategies for your more challenging tasks. For example, if you are forgetting to take your medications, but have no problem remembering to do the laundry, focus on creating medication reminder strategies first.
2. **Prioritize:** Determine if the task is necessary. Ask yourself if the task you are trying to accomplish will help you get to your goal. For example, if paying bills has become more difficult for you, can someone help you write out each check? If the answer is yes, consider asking someone to help. You can remain in charge of signing each check.

Strategize: Find the solution that works best for you. For example, if you are having difficulty cooking dinner, try simplifying the process by using a crockpot. You can make a full meal without spending a lot of time figuring out the cooking process.



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 July 10, 2017 from 10:15-11:30 am in the Parlor. For more information, contact Pam Cline 281.370.2273 or pam.cline@lakewoodumc.org.

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In partnership with
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