

# Spokane Area

## DEMENTIA FRIENDLY COMMUNITY

Biannual Newsletter

Vol. 2 Issue No. 1 - January, 2023

To subscribe, email  
[dementia@altcew.org](mailto:dementia@altcew.org)



## Our Story

The **Spokane Area Dementia Friendly Community** is a member of the **Dementia Friendly America®** (DFA) network and has been making a community effort to foster quality of life for people living with dementia in our region since 2018. A dementia friendly community is a town, city, or county that is respectful toward and informed about individuals with the disease, their families, and their caregivers. Because the number of Washingtonians living with dementia will continue to increase, our community needs to collaborate to make Spokane County a better place for these individuals and their families.

## LETTER FROM THE EDITOR

Welcome to the winter 2023 issue of the Spokane Area Dementia Newsletter!

Inside this issue you will find details on where to start if new to memory loss, upcoming classes and presentations, and wonderful features such as music and dementia.

—Savannah Reams-Taylor

SADFC Website: [Click Here](#)

CLC Helpline: 509-960-7281

Alzheimer's Association

24/7 Helpline:

1-800-272-3900



# MESSAGE FROM OUR DFC

~ New to memory loss? Start with these resources. ~

## A LOCAL DEMENTIA ROADMAP



### 1. TALK TO A PERSON ABOUT LOCAL DEMENTIA SUPPORT:

- Call Aging & Long Term Cares' community helpline, Mon – Fri 8:30 AM – 5 PM: **509-960-7281**
- Call the Alzheimer's Associations 24/7 helpline: **1-800-272-3900**



### 2. READ THE WA STATE DEMENTIA ROADMAP FOR GUIDANCE:

Dementia Action Collaborative's Dementia Road Map: A Guide for Family and Care Partners—[Click Here](#)



### 3. VISIT YOUR LOCAL ALZHEIMER'S ASSOCIATION AND DEMENTIA FRIENDLY COMMUNITY WEBSITE'S FOR RESOURCES:

- [www.alz.org/alzwa](http://www.alz.org/alzwa)
- [altcew.org/about-who-we-are/spokane-area-dementia-friendly-community](http://altcew.org/about-who-we-are/spokane-area-dementia-friendly-community) for additional services and supports



### Spokane Parks & Rec—Enhance® Fitness

16 weeks | Adults 50+

Would you like more energy, balance, flexibility, enhanced strength, sleep, and feelings of independence? Enhance® Fitness is your answer! This is an evidence-based group exercise program that uses simple, easy-to-learn movements that motivate individuals at all levels of fitness (particularly those with chronic conditions) to stay active throughout life.

Keep an eye out on their website for the upcoming spring class: [Click Here](#)

# Navigating Travel with Dementia

*By: Savannah Reams—Taylor, Marketing & Outreach Coordinator at ALTCEW & Spokane DFC Volunteer*

Taking time to travel is a fun way to get away and relax, but if a family member is living with dementia, you may be wondering how to take a trip with safety, comfort, and enjoyment in mind. This takes a little bit of preparation and realistic expectations, but it is doable. Here's some suggestions to help:

**Setting expectations from the beginning** — Alison Lynn, MSW, LCSW, director of social work of the Penn Memory Center at Penn Medicine, shared how often she and her team are asked about the option for traveling. "It is a very common question, and it is also very possible to do. I like to set realistic expectations with the caregiver and/or family members beforehand," Lynn said. Disruption to an individual's daily routine and environment will likely cause some disorientation. This is normal and if symptoms seem to progress it is usually directly associated with the change in routine.

**Plan ahead** —To ease disorientation and challenges that may arise, the first thing to consider is a trial run trip that is close to home. You can see how the individual does if concerned about a faraway trip, and can test how stressful this may be for the person living with dementia. If the individual with dementia has a tendency towards agitation or anxiety, discuss medicinal options with your physician to help.

**Travel Tips for Caregivers and Family Members** —Packing may be stressful due to difficulty making decisions, not knowing what to pack, or for other reasons. If you notice an increased anxiety when packing, it can be recommended to help the person pack or even pack for the person when they are asleep or not in the room. "You know the weather where you're going and generally what the person would like to take, so you can ease some stress," Lynn said.

Look at the easiest and best form of transportation. If flying call the airline ahead to let them know someone you are traveling with has a disability to find out helpful tools for traveling, and choose the fewest stops or layovers.

If staying at a hotel, notify staff members and have a plan in place if wandering occurs due to confusion finding the bathroom, bedroom, etc. in this unfamiliar location. "I always tell the caregiver and/or families to have an emergency plan in place. You hope they never have to use it but it is absolutely a necessary step for traveling," Lynn said.

Always make sure an individual with dementia has identification on them that cannot be taken off, like an identification band or medical bracelet. Things like a wallet or phone can be lost or stolen. Finally, make sure there's plenty of down time scheduled to just relax and have breaks. Have a backup plan if things don't go as planned.

**What if Things Don't Go According to Plan?** —The best thing to do is stay calm, do your best, and try to be a calming and grounding presence for them. Your energy can help guide them during this time. Reorient or redirect if the person with dementia becomes confused or disoriented.

**Enjoy Quality Time with Each Other!** — Most families actually do really well on these trips when properly planned and prepared for, as they provide fun and respite for care partners living with dementia. While the time and preparation may not be ideal and come with challenges, traveling can create happy moments for all. Enjoy the small moments and know that these can be some of the most memorable.



## VOLUNTEER CORNER

Volunteer with the Spokane Area Dementia Friendly Community (DFC)! This group of collaborative partners is seeking to ensure that our region is equipped to support people living with dementia and their care partners. Our volunteers meet monthly to support the initiative (all meetings are currently held via Zoom).

*We count on our volunteers to lead the work we do in our community.*

Please email us at [dementia@altcew.org](mailto:dementia@altcew.org) or [click here](#) if interested in volunteering. We will connect you to the right people!



## JOIN THE MOVEMENT TO BECOME A DEMENTIA FRIEND!

To learn more head to:

[www.altcew.org/become-a-dementia-friend](http://www.altcew.org/become-a-dementia-friend)

Or email: [dementia@altcew.org](mailto:dementia@altcew.org)



## Breaking News in Alzheimer's Treatment

Learn More:

[Click Here](#)

## New Local Resource Will Be Released— **SPOKANE DEMENTIA RESOURCE DIRECTORY**

In 2022, the Spokane Area Dementia Friendly Community (DFC) worked together to create a list of resources to be posted online, and also printed for distribution. Using both a physical and online version allows more accessibility for those that love all things for computer, and for those that would really prefer that physical piece of paper in their hand.

We have compiled a great list which will be finalized for release in the beginning of 2023! Team members worked hard on this, and our “list gurus” have done a wonderful job getting the list put together and making sure our resources are current and relevant. The list has been previewed by a local group whose members are affected by Dementia. Their input on readability and relevance was invaluable! In 2023, we hope to get the list onto an updated website and also distribute physical copies. More information about this Resource Directory will be shared in the upcoming issue of this newsletter. Individuals will also be able to find this resource posted on the [Spokane Area DFC website](#) once finalized.

*Thanks to everyone that helped create this resource!*

*Your time spent will go a long way to helping make Spokane a Dementia Friendly community.*

# Dementia-friendly Spokane & Its Built Environment

By: Bob Scarfo, Spokane Area DFC Volunteer

Caring for people living with dementia (PLWD) is as much a helping hand as an appropriately designed built environment. Evidence from Australia, New Zealand, Scotland, Norway, and the United Kingdom show that the appropriate form, character, and content of residential, neighborhood, government and commercial areas, and residential aged-care facilities can positively impact behavior and quality of life for PLWD, their caregivers, and the greater community. In-home services when complemented by accessible, useful environments enable PLWD to remain in their community much longer. British studies also show that dementia-friendly built environments reduce government, insurance, and out-of-pocket costs.

**In 2022, 65 million Americans 65 and older lived with dementia**, 200,000 of which have younger (under 65) onset dementia. In 2017, 81% of PLWD lived in their homes, 19% in residential care settings and nursing homes. Of those living in private homes, 70% lived with someone, while 30% lived alone. Many were basically home-bound due to unfriendly outdoor environments.

Being dementia friendly goes beyond providing services. It encompasses a community's social attitudes toward dementia, aging, and calls for environmental features that help PLWD interact without discrimination, fear, or disadvantaging others. Dementia-related design is a non-pharmacological form of intervention, to be included in personal, neighborhood, institutional, governmental, and broader community environments.

Environments that speak to PLWD allows them to enjoy greater independence and security as they carry out daily activities in their community. To do so, PLWD should be participants in and contributors to the planning and design of all built environments. When the ten environmental design principles below are combined with The World Health Organization's (WHO) eight Domains of Age-friendly Cities, you have a foundation on which to build a dementia-friendly neighborhood, village, town, or city.

**WHO Domains for Age-friendly Cities:** [Click Here](#)

Outdoor Spaces & Buildings	Transportation	Housing
Civic Participation & Employment	Respect & Social Inclusion	Social Participation
Communication & Information	Community & Health services	

**Ten design principles derived from the The World's Alzheimer's Report 2020 ([Click Here](#)) are provided below as a means of heightening people's awareness of built environments' influences on PLWD:**

1. Unobtrusively Reduce Risks — Enable PLWD to safely move about indoors and outdoors
2. Provide a Human Scale — Personal scale in places and space
3. Visual Access - Allow people to see and be seen
4. Reduce Unhelpful Environmental Stimulation — Minimize competing noises and sights
5. Optimize Helpful Stimulation major & minor landmarks to guide wayfinding
6. Support Movement and Engagement — Easy, ready access to green spaces and visit ability
7. Create a Familiar Place — Familiar form, character, and content to outdoor spaces/places
8. Provide Opportunities to be Alone or with Others — Places that suit alone and time/activities
9. Links to the Community "Nothing About Us Without Us," include PLWD in all planning and design
10. Design in Response to Citywide Vision for Way of Life — Recognize lifestyle of neighborhoods & districts

You can help us improve upon the design and planning of Spokane's environments for those living with dementia. When you become aware of dementia-friendly environments please take photos and send them to us along with any descriptions on the setting or how it was dementia friendly at [dementia@altcew.org](mailto:dementia@altcew.org).

*\*Interested in discussing any of these resources further? Contact Bob Scarfo at 509.220.5113; [bscarfo@landandlife.com](mailto:bscarfo@landandlife.com)*

# OUR VISION

CREATE A DEMENTIA

FRIENDLY COMMUNITY

IN EASTERN, WA



## Helpful Resources:

- [Aging & Long Term Care of Eastern Washington](#)
- [Alzheimer's Association](#)
- [Community Living Connections](#)
- [Dementia Friends](#)
- [Dementia Friendly America](#)
- [Providence ElderPlace](#)
- [Providence Health & Services](#)
- [COVIA Well Connected](#)
- [WA State Dementia Roadmap](#)
- [Additional Spokane Resources](#)

All resources provided can be found at the Spokane Area DFC's webpage:

[Click Here](#)



## How to Cook With Dementia

Does someone you know and love have Alzheimer's disease or dementia but loves to cook or bake? Are you afraid of them hurting themselves doing things like using the stove or oven? Here are some helpful ways to manage cooking with someone who has dementia.

Cooking together is be a great way to not only spend time together, but also to make sure your loved one is safe. Ask yourself what they are still able to do. Can they put pre-measured ingredients in a bowl? Can they open the oven door for you as you put the food in? Their abilities might change day to day, so look for what they CAN do, while also paying attention to if they seems frustrated or confused. If they do, offer additional help. If you are afraid they will try to cook without you and burn themselves or cause a fire, you might try taking the knobs off the stove or unplugging the oven. Try to involve her them that action if possible. Explain your concern and that you'd like their help in keeping themselves safe. Let them know how worried it makes you when they try to bake without you. You can also leave a note reminding them that you want to help them bake, and ask them to wait until you're there. You can follow up with a phone call reminder later.

Read this article from the Alzheimer's Association for additional tips on food and eating: [Click Here](#)

# The Power of Music

By: Savannah Reams-Taylor & Bruce Dentler, Spokane Area DFC Volunteers

Music can be a significant factor when it comes to improving the quality of life of people living with dementia, their families, and caregivers. Research has shown that music-based interventions can improve the quality of life for individuals living with dementia. **But now, the Journal of Alzheimer's Disease Reports published one of the first studies to show how music could also benefit caregivers, whom are often family members.**



In this study, residents of a skilled nursing facility and their caregivers participated in music intervention sessions. These consisted of personalized playlists and lasted around 15 minutes. The sample size was small, but this study revealed that caregivers felt significantly less overwhelmed, more positive, optimistic, and had a greater appreciation of their relationship with their client after the study.

Read more from this study here: [Dance with me? Study uses music to soothe dementia patients and caregivers \(medicalxpress.com\)](https://www.medicalxpress.com)

Enjoy this beautiful moment that exemplified the power of music: [Watch a dancer with Alzheimer's performs 'Swan Lake' \(nypost.com\)](https://www.nypost.com)

## ENJOY LOCAL MUSIC—

During the two years when group activities were closed or limited due to COVID, the Spokane Symphony made their orchestra performances available online via subscription. When contacted by the Spokane Area Dementia Friendly Community, Conductor Lowe and the Spokane Symphony Orchestra made it possible for persons living with dementia living locally to view and listen to their online concerts for free.

Now that concerts and venues are open again, the Spokane Symphony Orchestra performances are no longer being recorded, however, **Whitworth University performances are recorded and can be viewed for free.** If people living with dementia and their families or support groups would like to listen to and watch these performances, either individually at home or with a group, the programs can be accessed here: [Whitworth University Music Department - YouTube](https://www.whitworth.edu/music-department)

There are several upcoming live streams scheduled and any previous Whitworth University music recordings can be viewed there as well. Please enjoy this opportunity to connect with local music and performances!

## VISIT THE HISTORIC FLIGHT MUSEUM

The Flight Museum is a local place you can take your loved ones with Alzheimer's or dementia to visit. A Spokane Area Dementia Friendly Community (DFC) member recently visited this location and talked about their accessibility, and discovered that they are set up for visits from those with memory loss. The environment is friendly and prior to the pandemic, they even held a memory café at the museum.

Learn more or visit: [historicflight.org](http://historicflight.org), Felts Field, 5829 East Rutter Ave. Spokane, WA 99212



## Dementia and Driving?

Driving is a complicated skill that combines your conscious and unconscious brain. Most activities are done unconsciously with your conscious mind taking over when the situation requires it, for example when driving on an icy road or in a storm. Alzheimer's disease and other forms of dementia affect different brain regions, and can often affect visual, auditory, attention, and decision-making abilities. However, not everyone with dementia needs to stop driving. This depends on the progression of the disease, as well as specific cognitive abilities that are impaired. This can be a challenging topic, and often people don't know what steps to take.

**The American Academy of Neurology suggests the following guidelines to help determine if someone with dementia should be driving:**

- Do caregivers report marginal or unsafe driving skills?
- Is there a history of citations?
- Is there a history of crashes?
- Are they driving under 60 miles per week?
- Do they avoid driving in certain situations?
- Do they show aggression or impulsivity in their driving?
- Is their cognition impaired on standard testing?
- Is there evidence of other factors that can impair their driving, such as alcohol use, medications that cause cognitive impairment, sleep disorders, visual impairment, or motor impairment?



For more information, additional advice, and more resources, read this article from Harvard Health: [What's the relationship between memory loss and driving?](#)

## ENJOY THESE ARTICLES FROM OTHER NEWS SOURCES

- Dalia Gottlieb Tanaka presents *The Brushstrokes of Dementia*, an article about Sylvia and her journey with art and dementia: [Generations United](#)
- A *caregiver shares how she found joy* and created memories while caring for her mom who lived with dementia: [today.com](#)
- How *TikTokers* are bringing #dementia out of the shadows: [Health News, NPR](#)
- Being There for *Black Alzheimer's Caregivers*: [GeVonna Fassett's Story | Being Patient](#)



Upcoming Alzheimer's & Dementia Programs – Learn More: [www.alz.org/alzwa](http://www.alz.org/alzwa)

**Spokane County Caregiver Support Groups:** Build a support system with people who understand. Alzheimer's Association caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family and friends of person with dementia to develop a support system, exchange information on challenges and solutions, talk through issues and coping, share feelings, and learn about resources.

- ⇒ **Deer Park Caregiver Support Group:** 2nd Wednesday of each month, 1 to 2:30 p.m.  
For information call Paul J. Dionne: (509) 290-1816
- ⇒ **Spokane North Caregiver Support Group:** 2nd and 4th Monday of each month, 1 to 2:30 p.m.  
For information call Paul J. Dionne: (509) 290-1816
- ⇒ **Spokane Downtown Caregiver Support Group:** 3rd Tuesday of each month, 1:30 to 3 p.m.  
For information call Kim Mckenna (509) 207-7667
- ⇒ **New 2023 Caregiver Support Groups:** Southside & North Central  
For information call Kim Mckenna (509) 207-7667

See a full list of local support groups at: [alz.org/alzwa/helping\\_you/support\\_groups](http://alz.org/alzwa/helping_you/support_groups)

**Staying Connected:** A free small-group seminar for people with early stage memory loss and a care partner. Held in 4 weekly sessions. Join us to learn about coping with challenges of memory loss, staying engaged, the importance of activity and social relationships, and how mood affects memory.

- ⇒ **New session starting early February:** Dates and details to come.  
Contact Kim McKenna for more information. (509) 207-7667

**Registration is required:** For information or to register contact Kim Mckenna at (509) 207-7667 or [kcmckenna@alz.org](mailto:kcmckenna@alz.org).

**New in 2023—Memory Café:** Memory Cafés are a comfortable way to connect, socialize, and build new support networks with other caregivers and people experiencing memory loss. We will have a variety of activities to experience and enjoy, including music, crafts, and more.

- ⇒ **MORE DETAILS TO FOLLOW:** Contact Kim McKenna if interested in participating or volunteering at (509) 207-7667, or keep an eye out at [www.alz.org/alzwa](http://www.alz.org/alzwa).

**Calling All Volunteers:** Community education and support is largely provided by trained and committed volunteers. If you feel passionate about aging well and building community, talk to Kim at (509) 207-7667 about how you can help.



# SPOKANE COUNTY LIBRARY DISTRICT

HEALTH & WELLNESS PROGRAMS – EARLY 2023 – LEARN MORE: [WWW.SCLD.ORG](http://WWW.SCLD.ORG)

**New in 2023—Memory Café:** Memory Cafés are a comfortable way to connect, socialize, and build new support networks with other caregivers and people experiencing memory loss. We will have a variety of activities to experience and enjoy, including music, crafts, and more.

⇒ **NORTH SPOKANE LIBRARY:** Tuesday, January—May 2023, 11 a.m. to 12:30 p.m.

View the SCLD full event calendar at [www.sclld.org/health-wellness-programs](http://www.sclld.org/health-wellness-programs).

## Memory And Aging Research Programs



### Stress and Wellbeing of Older Adults: A Dyadic Inquiry using Smart Watches

Researchers in the Department of Human Development, Department of Psychology, and School of Electrical Engineering and Computer Science at WSU are examining using Smart Watches to detect day-to-day patterns of activities and interactions in everyday environments between partners (dyads). They believe this project will have important implications for providing future older individuals coping with memory difficulties and their care partners effective tools to help with maintaining independence and quality of life.

#### Who they need:

- Partners/Spouses (age 50+) who live together in the community where **one partner is experiencing memory difficulties**
- Both partners speak fluent English

#### Length of study:

- Two weeks

#### Tasks involved if you participated:

- Complete a questionnaire packet at the beginning and end of the study period.
- Wear a smart watch continuously for two weeks.
- Answer prompts on the watch about your mental health up to 6 times a day.

**Individual benefits** include an honorarium of up to \$125 for each member of the dyad. You will learn about smart watch technologies and how they can be utilized to assess interactions with your partner.

**For more information, please call:** (509) 335 - 4596

*\*Principal investigators: Drs. Raven Weaver, Maureen Schmitter-Edgecombe, and Diane Cook. This project has been reviewed and approved by the WSU Review Board for human subject participation (IRB# 19270-001).*

**Your participation is needed!!**