

Spokane Area

DEMENTIA FRIENDLY COMMUNITY

Biannual Newsletter

Vol. 2 Issue No. 2 - July, 2023

To subscribe, email
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 (DFC) 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

Stay cool this summer! Since the snow has melted, 2023 has been HOT. The first week of July was the warmest week on record, and forecasters say more heat is expected.

Read our [Summer 2022 issue](#) for resources on supporting people living with dementia in hot weather and enjoy this issue for a variety of educational features!

—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

~ Consider attending a local memory café ~

A memory café is a social gathering for individuals living with dementia and their care partners. Guests who have dementia are welcome at any stage of the disease, and care partners (such as friends, family, and professional caregivers) are also encouraged to attend. Cafés meet at accessible community locations, strive for a comfortable atmosphere, and provide information and resources for those who seek it.

Memory cafés provide a space where individuals can take a break from focusing on the disease, and a time to socialize with others who are in a similar situation. People living with dementia and their care partners often become socially isolated. That's why memory cafés are wonderful routes of support!

What are the benefits of attending memory cafés?

- A cost-effective way for people living with dementia and their care partners to get support.
- Ability to attend at any stage of disease progression.
- A place to connect with others without being forced to talk about dementia. Guests form new friendships and get the opportunity to regularly spend time doing activities that people living with dementia can take part of.
- For care partners, cafés provide respite for both themselves and the person who has dementia. They are an opportunity to have fun together. Staff or trained volunteers can also model effective ways to communicate with those living with dementia.
- Cafés can bring participation from others in the community such as local artists, musicians, and volunteers. This offers the opportunity to help communities become more “dementia friendly.”

What café guests are saying:

- *“I’ve made so many friends. This is what we need—a place where we’re treated like everybody else.”*
- *“Starting the day at the memory cafe just puts my husband in good spirits that carry through the day.”*
- *“It gives me an anchor to my week—a reason to get out of the house!”*
- *“It gives me a feeling of home.”*

Attend a local Memory Café!

Learn about memory cafés and support groups in Spokane, WA. on the following page.



SPOKANE COUNTY LIBRARY DISTRICT

HEALTH & WELLNESS PROGRAMS – SUMMER 2023 – LEARN MORE: www.sclld.org

2023—Memory Cafés: Memory Cafés are a comfortable way to connect with other caregivers and people experiencing memory loss while socializing and building new support networks. Join us each Tuesday for a variety of activities including music, crafts, and more.

⇒ **NORTH SPOKANE LIBRARY:** Each Tuesday, June —September 2023, 11 a.m. to 12:00 p.m.

View the SCLD full event calendar at: www.sclld.org/health-wellness-programs.



Upcoming Alzheimer's & Dementia Programs – Learn More: www.alz.org/alzwa

New in 2023—Memory Café: Persons living with Alzheimer's or dementia and their care partners will enjoy socializing in a relaxed setting. The focus will be on making connections. Friendships are created in an environment that is accepting and non-judgmental. Walk-ins are welcome, but calling ahead is encouraged.

⇒ **Dementia Community Café:** 3rd Friday of each month, 2 to 3:30 p.m.

Central Spokane YMCA, 930 N Monroe St., Spokane, WA 99201, *parking pass provided*

Contact Kim McKenna if interested in participating or volunteering: (509) 207-7667

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 persons 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.

St. Mary Presentation Catholic Church, 602 E. 6th St., Deer Park, WA 99006

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.

St. Luke Lutheran Church, 9704 N. Division St., Spokane, WA 99218

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.

First Presbyterian Church, 318 S. Cedar St., Spokane, WA 99201

For information call Kim McKenna: (509) 207-7667

⇒ **Spokane South Support Group:** 4th Saturday of each month, 10:30 a.m. to 12 p.m.

Our Lady of Fatima Parish Office, 1517 E. 33rd Ave., Spokane, WA 99203

For information call Kim McKenna: (509) 207-7667

See a full list of local support groups at: alz.org/alzwa/helping_you/support_groups

"Let's think about this and do something"

Dementia support in your faith community

By: Bruce Dentler, DFC Volunteer

Back in 2020, the newly formed Spokane Area Dementia Friendly Community work group was actively canvassing our area for responses to a survey designed to find out what our area needed most in regard to community resources and supports for persons living with dementia, their families, and caregivers. One of the community sectors in Spokane that people mentioned was their faith community.

People described personal experiences with family members and friends who dealt with a dementia diagnosis and withdrew from congregational life over time as their disease progressed. Those collecting survey responses heard comments like, "I wish we [our church] could find a way to keep them included," or "I wonder if there are some things, we [our congregation] could do to continue to support them and their caregivers."

Every community of faith, no matter which tradition, has members who have or will have a dementia diagnosis. If one does some research online or in libraries, there are communities of faith around the country who have looked at this concern and said, "Let's think about this and do something."

They got to work and developed ways to continue to include and support persons living with dementia. There are a variety of programs, projects, strategies, and ideas already existing to do just that.

If you are interested in partnering to develop, promote, and provide support and resources to communities of faith in the Spokane area that would like to become "dementia friendly", then contact **Bruce Dentler** at a-b-dentler@comcast.net or **Kim McKenna** at kcmckenna@alz.org. We would like to find interested people to begin meeting in September 2023 to discuss strategies moving forward.

Help Reduce Isolation

Share activity ideas for Senior Centers!

A recent Hopkinton Independent article highlighted a jigsaw puzzle competition that engaged community members, both young and old. Their local Parks & Rec and Senior Centers organized the intergenerational event so that entire families could participate in a fun, affordable, and competitive activity together. Read more about the puzzle competition:

hopkintonindependent.com/town-jigsaw-puzzle-competition-proves-popular

Events like this contribute to reducing isolation and offer an inclusive space for individuals to spend time with friends and family, or meet new people. Do you have an activity that you enjoy? Possibly something that the whole family can participate in, or that is quick to learn? Submit activities you think would be fun and engaging to **Bob Scarfo**, at bscarfo@landandlife.com. A list will be created with activities and submitted to local Senior Centers for consideration.



ENHANCE[®] FITNESS – A MODERATE–IMPACT CLASS WITH HIGH–IMPACT RESULTS



By: Deborah O'Brien, Enhance[®]Fitness Instructor

Across the country, a growing number of exercise facilities, community centers, and senior living communities are offering Enhance[®]Fitness, an evidence-based group exercise program for older adults that uses simple, easy-to-learn movements that motivate individuals to stay active throughout their life.

A lack of regular physical activity is the leading threat to healthy aging affecting the majority of the older adult population. An individual has a choice in how they age, and physical activity is a proven intervention that can positively influence threats to healthy aging and modify or prevent the development of many chronic health conditions.

Half of America's older adults have one or more preventable chronic diseases; however, seven of the ten most common chronic diseases in older adults can be ameliorated through engaging in regular physical activity. Nearly 80% of older adults do not meet key guidelines for performing aerobic and muscle - strengthening activities, and only about half meet recommended guidelines for aerobic physical activity alone.

This is where Enhance[®]Fitness shines! This is an innovative, low-cost, evidence-based group exercise and falls prevention program that helps older adults at all levels of fitness become more active, energized, and empowered. According to the Neurology Institute for Brain health and Fitness (NIH), scientists believe the adoption of regular aerobic exercise can cut the risk of Alzheimer's almost in half. In addition, aerobic exercise improves brain function and can help with memory care in older adults. The benefits from physical activity can even help seniors who may already have a disability or disease and aid in restoring memory.

Many programs claim to improve the health of older adults. Few can demonstrate real results based on sound scientific research. From the beginning, Enhance[®]Fitness has demonstrated measurable results. Class participants are led by a certified instructor with special training to bring out the physical best from older adults. Classes are 60 minutes, three times per week, and each class includes exercises for cardiovascular endurance, strength training, balance training, and flexibility.

Here are some of the notable changes Enhance[®]Fitness participants have noticed:

More energy | Better balance | Increases in upper and lower body strength | Better sleep
More flexibility and range of motion | More feelings of happiness | Sense of independence

In addition to the physical benefits, research has shown that among older adults who participate in Enhance[®]Fitness, health costs were lowered each year by close to \$1,000.

- "It gives me something to look forward to. The exercises strengthen my limbs, I'm more active, I feel better, I'm not just lying around the house." – Enhance[®]Fitness participant
- "The women and men in the group are a great support system to keep me motivated to continue to exercise. EnhanceFitness has become a necessary element in my life." – Enhance[®]Fitness participant
- "The instructors are committed to health, fitness, and fun! I felt very welcomed and encouraged before, during and after class!" – Enhance[®]Fitness participant

Come join us and experience the benefits of Enhance[®]Fitness for yourself! You can sign up for future classes at [Parks & Recreation - City of Spokane, Washington \(spokanecity.org\)](https://www.spokanecity.org/parks-recreation) or my.spokanecity.org/parksrec



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 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

Or email: dementia@altcew.org



Navigating Treatment Options?

Learn More:

[Click Here](#)



NEW RESOURCE –

LOCAL SPOKANE AREA DEMENTIA RESOURCE LIST

As we noted in our January 2023 issue of the Spokane Area Dementia Newsletter, **a resource list has been created for people living with dementia and their caregivers!**

The resource list is currently available for print at the following link: www.altcew.org/wp-content/uploads/sites/24/2023/06/Spokane-Local-Rodmap-and-Dementia-Resource-List.pdf

Keep an eye out at Aging & Long Term Care of Eastern Washington's website, www.altcew.org, as updates will be made to the dementia webpages in the near future. A larger suite of pages for additional information will be created to share resources for memory loss offered by Aging & Long Term Care and other local services. The above resource list will be uploaded to Aging & Long Term Care's website for easy access. Following this, there will also be updates to the Spokane Area Dementia Friendly Community webpage to better highlight our team's efforts in the community.

We greatly appreciate and encourage any help sharing this resource list with the public! The more we can make individuals aware of these services and supports, the better we can serve our community.



Memory Gardens, Not Memorial Gardens

By: Bob Scarfo, PhD, landscape architect, Land and Life® LLC and Professor Emeritus, WSU & Debby Dodds, Gerontologist and Partner at Generation Connect Aging and Technology Adjunct Professor, U Mass Boston.

The design and installation of a public memory garden in Spokane, WA would benefit upwards of 37,653 residents: those living with memory-loss, those living with autism, and caregivers for both populations. Given Washington State trends, by 2050 that figure is expected to grow by 17%.

No public parks or open spaces exist in the Spokane-Coeur d'Alene metropolitan areas where individuals living with memory loss and, more importantly, their caregivers can relax, recharge their emotional batteries, and regain a sense of self-worth without fear of the cared for wandering off. **A memory garden is not a memorial garden. A memorial garden remembers those who have died; a memory garden celebrates those who are living and experiencing diminishing mental acuity and their caregivers.**

Memory gardens are found across the country. However, in Spokane they are only in private care facilities.

- **The closest public memory gardens to Spokane are:**
 - The ¼-acre Portland Memory Garden, see: www.portlandmemorygarden.org
 - Maude's Garden developed by the University of Washington's Memory and Brain Wellness Center, see: <https://depts.washington.edu/mbwc/thememoryhub/page/maudes-garden>
- **The closest to a memory garden found in Spokane:** The Providence Centre of Faith and Healing Meditation Garden, see: incgincommunitygardens.org/web-2-0-directory/business-listing/service-garden/providence-center-of-faith-and-healing-meditation-garden-spokane-wa
- **Another, found in Oklahoma:** The Friends of Will Rogers Garden Foundation, see: friendsofwillrogersgardens.org/memory-garden

Instead of delving into the features that distinguish a memory garden from other gardens, we provide this narrative of one individual's experience in a memory/mediative garden as an example of the calming and rejuvenating powers of such public spaces. **The following narrative is that of a Spokane resident:**

"I have walked the paths of the healing garden countless times over the last several years as an employee of Sacred Heart. I have walked them in solitude and with colleagues, patients, and family members. I have pushed wheelchairs and held infants, joined in rituals of grief and remembrance, and ceremonies of accomplishment and celebration. It has become for me a place where I can expect to feel a shift – a broadening of my perspective, a relaxing of my attachments, or a movement from a sense of hopelessness to an anticipation that something new is waiting just around the next bend. I have sat on all the benches and grassy knolls and looked at the trees and the water from various angles. I have been mystified and somewhat awed at the perfect interplay of brick and blossom, vine and metalwork.

One of the most profound hospital experiences I have been a part of happened in the first year of the pandemic. Visitation was very strict, and a young mother was dying of cancer. She was too unstable to safely discharge to hospice and we wanted her to be able to be with her young children. It took a team of several of us to coordinate getting her out to the garden with her IV pole and wheelchair so that her family could have a precious afternoon to say goodbye. While this family did not get the cure they were praying for, I do believe they got a measure of healing that day in the serenity and dignity of the garden. What a gift to our community to have such a beautiful space."

Join us in talking about the need and the value of memory gardens to Eastern Washington. Thank you all!



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](#)

New Resource from the Dementia Action Alliance

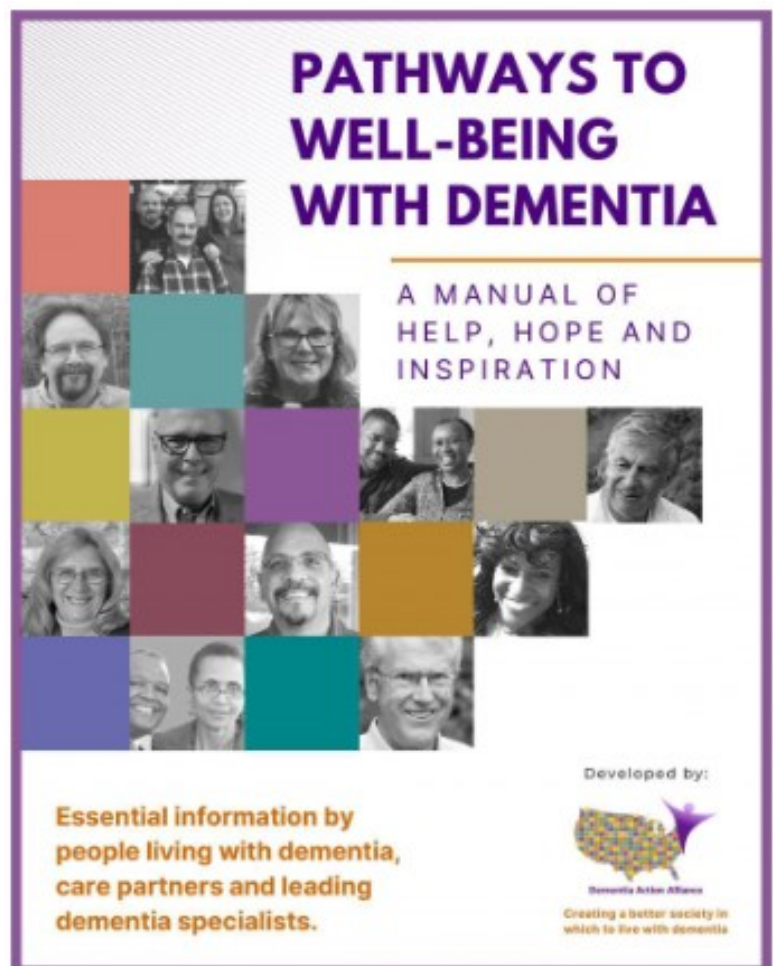
The Dementia Action Alliance has released a first-of-its-kind manual, *Pathways to Well-Being with Dementia: A Manual of Help, Hope and Inspiration, for people living with dementia and those who care about them.*

Featuring practical information grounded in science and first-person experiences from 48 people living with dementia, care partners, and leading dementia specialists, this 428-page manual is an essential resource about living with dementia.

A PDF version of the manual is available at no cost, with printed versions available for purchase.

Click here to download or purchase the manual:

daanow.org/pathways-to-well-being-with-dementia



Taproot Theatre Company

Improv classes for people with memory loss and cognitive decline

By: Anessa Boyer, Aging & Long Term Care Planning Coordinator

This March, I had the pleasure of meeting with **Pam Nolte** from the **Taproot Theatre Company**. This is a Seattle nonprofit that was founded in 1976. In 2010, the company began offering improv classes for people with memory loss and cognitive decline, and their care partners. This includes a Zoom option, called Zimprov, which individuals from Eastern Washington are welcome to attend! These classes take place on the second Monday of every month from 2:30-3:30 PM.

If you are unfamiliar with improv, it is a colloquial term for “improvisation”, and refers to a style of performance art in which the participants’ actions are unscripted and made up on the spot. Improv is an amazing tool for someone with cognitive decline or memory loss, because it involves no planning or remembering at all. It is based on the concept of “Yes, and....” Participants use each other’s ideas and input to spark their own ideas, and there are no wrong answers! This format is extremely validating and confidence-building for people living with dementia (PLWD) and others experiencing cognitive loss.

The classes at Taproot are formatted in a way to help PLWD ignite three different areas of the body:

1. **Muscles:** The class encourages movement and improved balance using music, and utilizes gentle stretches energetic games. These may include introducing yourself and adding a dance move or miming a favorite activity.
2. **Senses:** After the warmup, participants will take a sense memory walk that encourages use of their hearing, sight, touch, and even sometimes smell and taste! This is possible even virtually. The participants are guided with questions that encourage recollection of the distant past. A virtual sensory walk may involve an oratory tour of the farm that one of the participants grew up on or an imaginary walk through the forest.
3. **Imagination:** Improv encourages quick, creative thinking and recollection of the distant past. Participants may be guided by fantastical prompts such as, “Today we are going to the moon! How will we get there?” Or, alternately they may be asked to recall something from their distant past, such as “What was your favorite breakfast as a child?” This is a great way to get to know the participants without providing them with the stressor of trying to recall the recent past, which many PLWD struggle with.

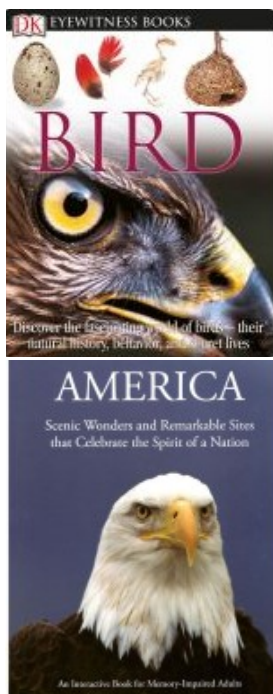
Taproot Theatre Company encourages any person living with dementia (and their care partners) to give this class a try and see if it is a good fit! If you want to participate, or if you have questions about this program, please visit www.taproottheatre.org, or email reignite@taproottheatre.org and request to sign up. If emailing, include some information about yourself and your memory loss journey.

For more information on the benefits of theater and the mind, explore: arts4dementia.org.uk

BRAIN HEALTH ACADEMY

The [Brain Health Academy](#) provides free evidence-based courses that are designed to equip health and wellness professionals with the knowledge and resources needed to help reduce the risk of dementia. Dementia and Alzheimer's are not inevitable results of aging. Learn more about what each of us can do to support changes that individuals can make to support their brain health. Six CE credits (one per course) are available for a diverse set of professionals, including nurses.

[Learn more about 2023 courses and enroll today!](#)



Spokane County Library—Stay Sharp Kits

The Spokane County Library now offers 'Stay Sharp Kits'!

These kits are designed to help you “Stay Sharp”, by stimulating minds and memories. Each kit focuses on a different subject theme (like dogs, cats, travel, handyman skills, and more). Stay Sharp Kits work different areas of our brain and social experiences. They aim to provide creative thinking opportunities, encourage interaction, exercise mental speed, and improve memory, cognition, problem solving, fine motor skills, and more.

Each kit has books and activities and was developed to assist individuals experiencing memory loss and dementia and/or aging, as well as their families, friends, and caretakers. Enjoy these fun and entertaining retro activities with a loved one.

Stay Sharp Kits have been very popular and get returned in good condition. Visit the [Spokane County Library Districts website](#) to reserve this item using the library catalog.

ENJOY THESE ARTICLES – IMPROVE YOUR LIFE AS A CAREGIVER

How to Claim Your Me Moment: Caregiver communication tips for positive self-talk and family-talk

- Found at: rest-stop-ranch.org/wp-content/uploads/2013/01/rest_stop_wp_how_to_claim_me_moment_012013.pdf

How to Claim Your We Moment: Caregiver & partner communication tips for connecting

- Found at: rest-stop-ranch.org/wp-content/uploads/2013/01/rest_stop_wp_how_to_claim_we_moment_012013.pdf

Dementia & Living Well: Spring 2023 issue

- Found at: generations.asaging.org/Spring-2023

Improving Lives: People with dementia and their caregivers

- Found at: generations.asaging.org/improving-lives-people-dementia



WASHINGTON

2023 ALZHEIMER'S STATISTICS

NUMBER OF PEOPLE AGED 65 AND OLDER WITH ALZHEIMER'S

YEAR	TOTAL
2020	120,000
2025	140,000

ESTIMATED % INCREASE

16.7%

PREVALENCE

126

OF GERIATRICIANS
IN 2021

216.7%

INCREASE
NEEDED TO
MEET DEMAND
IN 2050

63,300

OF HOME
HEALTH AND
PERSONAL CARE
AIDES IN 2020

27.6%

INCREASE
NEEDED TO
MEET DEMAND
IN 2030

WORKFORCE

UNPAID CAREGIVERS (2022)

300,000

OF CAREGIVERS

434,000,000

TOTAL HOURS
OF UNPAID CARE

\$10,907,000,000

TOTAL VALUE
OF UNPAID CARE

CAREGIVING

HOSPICE (2017)

5,459

OF PEOPLE IN HOSPICE
WITH A PRIMARY
DIAGNOSIS OF DEMENTIA

20%

HOSPICE RESIDENTS
WITH A PRIMARY
DIAGNOSIS OF DEMENTIA

HOSPITALS (2018)

1,479

OF EMERGENCY
DEPARTMENT VISITS PER
1,000 PEOPLE WITH DEMENTIA

18.6%

DEMENTIA PATIENT
HOSPITAL READMISSION
RATE

MEDICAID

\$547M

MEDICAID COSTS OF
CARING FOR PEOPLE
WITH ALZHEIMER'S (2020)

26.0%

PROJECTED CHANGE
IN COSTS FROM 2020
TO 2025

MEDICARE

\$24,138

PER CAPITA MEDICARE SPENDING ON PEOPLE
WITH DEMENTIA (IN 2022 DOLLARS)

HEALTH CARE

OF DEATHS FROM ALZHEIMER'S DISEASE (2019)

3,585

MORTALITY



More than **6 million Americans** are living with Alzheimer's, and over **11.5 million** provide their unpaid care. The cost of caring for those with Alzheimer's and other dementias is estimated to total **\$345 billion** in 2023, increasing to nearly **\$1 trillion** (in today's dollars) by mid-century.

For more information, view the **2023 Alzheimer's Disease Facts and Figures** report at [alz.org/facts](https://www.alz.org/facts).
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