



The Wellness Initiative at the Michigan Alzheimer's Disease Center

October 2021

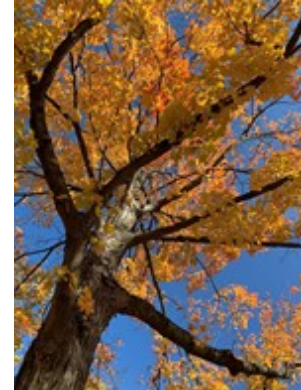
Monthly Wellness Message

Bittersweet October. The mellow, messy, leaf-kicking, perfect pause between the opposing miseries of summer and winter.

- Carol Bishop Hipps

I'm so glad I live in a world where there are Octobers.

- Anne of Green Gables



Autumn has arrived and we traverse yet another transition in our lives. While we can experience the depth of our changes at any time, there is something distinct about the arrival of autumn as it invites us to gaze upon our own vibrancy, growth and personal cycles - like an inner October. This season carries a distinct tone, offering a chance to observe ourselves more closely alongside the natural cycles of harvest and preparation for what's yet to come. While we passively appreciate fall foliage and the swift transformations outside of ourselves, we may also be reckoning with personal changes which were not present in our lives last October. Through this annual passage and goldening scenery, we can acknowledge a bright and fleeting beauty while also accepting how it is an innate and necessary process for the health of the landscape.

October reminds us how preparation for dormancy can be an elegant and purposeful process. Mirroring this in our own lives is another matter. While it's not practical in every area of our lives, it is exceedingly helpful for wellbeing to allow for a gradual slowing, reflective and restorative experience of our own. Through small, yet significant, rituals and preparations, we can gather what we need to feel warm against the approaching cold. It's an opportunity to purposefully care for ourselves and honor our changes, as welcomed or as difficult as they may be. Some things will need protection and deeper ground while others may be completing their cycle and will not return or be with us the same way. So how is this season experienced in your life right now? What do the hallmarks of autumn conjure in your daily life as you accommodate the changes in yourself, a loved one in your care or in your family life? Growth is often revealed to us when, like trees, we are temporarily laid bare. Much like releasing leaves, this can be a time to notice and check on the structures being revealed while simultaneously allowing ourselves to soften like leaf litter into the layers and rich soil of our lives. As we privately reside in the depths of our wonderings, concerns and knowings, it can be here - just beneath the surface of things - where our preparations for certain change take root for blooming in their own time.

—Laura Rice-Oeschger, LMSW
Wellness Initiative Managing Director



Wellness Program Registration

Catching Your Breath

October 11, 10:00 - 11:30am

Catching Your Breath is a monthly wellbeing and mindfulness program for *family caregivers of*

Mitten Minds Support Group

October 19, 3:00 - 4:00pm

The Mitten Minds Support Group is a monthly support group for

Have a Seat

Thursdays from 12:00 - 12:30pm

Have a Seat is a weekly guided meditation program. Would you

adults living with a dementia.

Register

individuals with *mild cognitive impairment or early stage dementia*. The support group provides a space for individuals living with memory loss to meet and learn from others going through similar experiences.

like to receive weekly email reminders to join the program? Subscribe [here](#) to receive.

Join by Zoom

Register

Soothing Word of the Month



Komorebi

(Japanese) Sunlight that filters through the leaves of trees and onto the forest floor

Upcoming Virtual Events



Thinking and Walking in Parkinson Disease

October 27, 10:00 - 11:00am

Dr. Roger Albin, Anne B. Young Collegiate Professor of Neurology and Co-Director of the Movement Disorders Clinic at the University of Michigan, will present our October Speaker Series event. The presentation will be recorded for those who may miss the live event. For more information and to register, visit the link below.

Register



The Latest in Dementia Research

November 12, 4:30 - 6:00pm

In partnership with the Alzheimer's Association - Michigan Chapter, Dr. Bruno Giordani, Associate Director of our Center and long time board member of the Alzheimer's Association will present about the latest research that came out of the 2021 Alzheimer's Association International Conference. Members of the Alzheimer's Association team will also present a brief overview about the difference between Alzheimer's disease and dementia, including stages and risk factors, current medications available for symptoms, and resources available through the Alzheimer's Association. For more information and to register, visit the link below.

Register

Caregiving for People with Dementia: Respite, Support and Resources



November 16, 1:00 - 2:30pm

In partnership with the U-M Turner Senior Wellness Program, our Wellness Initiative Director, Laura Rice-Oeschger, LMSW will present alongside TSWP's Silver Club Memory Program Director, Shannon Etcheverry, LMSW. More information to come. To register, visit the link below.

Register

Research Looking for Caregivers

COVID-19 Coping and Resilience Care Partners Study (CARE)

This study investigates experiences among couples living with dementia during the COVID-19 (coronavirus) pandemic to learn more about ways to help both partners live well together. The study is looking for couples (married or living together) residing in Michigan in which one partner has received a diagnosis of dementia within about 5 years or has early symptoms of dementia. For more information, contact the study team at C19carepartners@umich.edu or 734-232-4565.

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The STYLE Caregiving During COVID Study (COVID STYLE):

Help us understand your dementia caregiving experience during the COVID-19 pandemic and how the pandemic and shelter-in-place policies impact caregivers' mental health and health services use. Study is recruiting primary caregivers for a friend or family member with a diagnosis of dementia. Contact Amanda Leggett and the COVID STYLE team at covidstyle@med.umich.edu or 734-623-9911. This study is entirely virtual (online survey and Zoom/phone) and takes approximately 2 hours.

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Identifying Factors Predicting Accurately End-of-Life in Dementia with Lewy Bodies and Promoting Quality End-of Life Experiences (PACE-DLB)

This study aims to understand what changes might predict the end of life in people living with dementia with Lewy bodies (DLB). This information will help patients, caregivers, families, and health care professionals know what to expect in later stages of DLB. Study is enrolling individuals with at least moderate stage DLB and their main caregiver, and the caregiver must be able to answer questionnaires related to the DLB and caregiver experience. Study is conducted via Zoom or by phone. Contact Kelly Mattingly at mattinke@med.umich.edu or 734-223-9297 for more information.

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WeCareAdvisor: A Web-Based Tool to Improve Quality of Life for Military Veterans with Dementia and their Caregivers (WeCareAdvisor):

This study is seeking caregivers to test the WeCareAdvisor, a web-based tool that aims to help users learn more about and manage behavioral and psychological symptoms of dementia like wandering, repeated questioning, anger, depression or apathy. This study is looking for participants who have access to a computer or mobile device with internet and are also the primary in-home caregivers for a military Veteran who is living with dementia. This study does not require any in-person visits; it will be completely virtual. Contact Barbara Stanislawski at bstanisla@med.umich.edu or 734-232-0323.

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