



**Circle of Life —  
a square deal for everyone!**

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## Circle of Life Alzheimer Walk Team

Summer 2010

On Saturday, May 15, five Circle of Life members, along with our friend and photographer Margie White (age 80) and Sebastian (age 2 ½) walked in the Alzheimer Society's Walk to Remember, a fundraising event for helping to overcome Alzheimer's Disease and other forms of dementia. Our team raised almost three hundred dollars for the event and we had a wonderful time together.

The Circle of Life workers in this photo are Alice Robb, Lisa Silverman, JoAnn McNerthney, Paula Colyer, and Melanie Overturf (AKA Sebastian's mom.)

At Circle of Life, we have experience with and compassion for persons affected with the cognitive challenges of dementia. We know that living with these conditions is frightening, frustrating and exhausting for both the person afflicted and their families, especially family caregivers. We can help to lighten that load.



## Helping with Dementia Care

### What we can do for a person with cognitive impairments:

- Be calm, patient and of good humor. Always be respectful.
- Offer reminders of time/place/ events. This includes medication reminders!
- Safety monitoring.
- Cleaning, cooking, driving, whatever is needed.
- Reminisce, learn about the person's life and share their stories with them as they begin to lose those memories.

### What we can do for families of persons with dementia:

- Provide respite. Be there so the primary caregiver can have a break.
- Safety, safety, SAFETY!
- Observation and teamwork—helping to catch small problems before they become crisis's
- Communication. For example, we have had great success using email check-ins with family members who live out of town, keeping them up to date on Mom's daily life.

## New Logo and Website [www.circleoflifeco-op.com](http://www.circleoflifeco-op.com)

As Circle of Life Caregiver Co-operative forges ahead into our 2nd year of providing home care in Whatcom County, we have been learning and growing as business owners. As a group of people who are mostly new to the idea of running our own business, we are excited about our progress.

Bekki Levien, a professional website developer helped us to move Circle of Life into the modern world with a website that can be updated with news and photos. There is also a form which interested clients and members can use to contact us.

Bekki designed a new logo for us, which you can see above on the masthead for this newsletter. We are quite pleased with our new logo— expect to see more of it as the year goes on!

## Generation Gap? What Generation Gap?

In the 1960's we heard that there was a "generation gap" between youth and the older people in our society. Forty years later, the generations have aged and we face new challenges in communicating with our elders and those who come behind us.



Lois Banks and Sebastion reading a book together. Books and sunshine are joys for all ages.

### But what is a generation?

Generations are defined not so much by age as by the historic events that happened during formative periods of people's lives and how those events affected the people who lived through them. At any time in history, there are elders. Today's oldest generation are in their eighties, nineties, and many who live to be over 100. They were born in the early 1900's and their values were formed by growing up during the Great Depression and coming of age during WWII. This group has been called "The Greatest Generation." Everyone knows about the Baby Boomer Generation, born in the 50's and 60's, now in their fifties and sixties, but most people do not realize there is another generation between our current elders and the Boomers. Sometimes called "The Silent Generation," these people, now in their sixties and seventies, were children during WWII.

They are a creative, self-sufficient peace-making generation. They explored outer space and led most of the human rights movements of the past fifty years. They continue to be leaders in our society as they step into retirement and family caregiving roles.

As we move through time, it is interesting to wonder how current events will affect today's children. How will growing up under the shadow of 9-11 influence them? What about living in a country that elected President Obama? Will they become adults who assume that consumer co-ops and worker-owned cooperatives are the best way to do business? We like to think so, but the generation gaps ahead are still a mystery. As the future turns into history, we will keep learning from our elders and from our children.



### COL Members 2010

This photo was taken at our Annual Meeting in February 2010. From the left, Juliette Thompson, Lisa Silverman (front), Paula Colyer, Genée Gillis, Alice Robb, Tom Solenberger, and Melanie Overturf.

Missing from this photo are JoAnn McNerthney, Leslie Grace, Kirn Sekhon, Nadia Chemokhud, Rosario Lainez, Charlene Law, and Ron Quinn. The more we grow, the harder it is to get everyone together for a photo.

Looking for a gift idea? A gift certificate can provide your parent with professional care services on their own terms

### Gift Certificate \$200 Caregiving Services



Date: Mom's birthday, Father's day? \_\_\_\_\_

This certificate entitles YOUR MOM, DAD, or AUNT RUTH to up to 10 hours of services, tailored to her exact needs and desires, and according to her schedule, with orientation / assessment visit at no charge.

Authorized by *Circle of Life Owners*

Expires Fall 2010

\$200 deposit/retainer fee applied to services used within the designated time. Remainder fully refundable. What have you got to lose? This is at least a conversation starter!!

Call our office (360) 647-1537 to get your gift certificate written up today!