



It's Time to Celebrate

The Family Caregivers Center
is 5 years old!



In December, the Family Caregivers Center will be **celebrating 5 years** of providing education, resources, and support to family caregivers. You are invited to join as we look back to where the Center started and share our plans for the future!



Featuring a presentation from
special guest & author:

“The Gifts of Dementia”

by

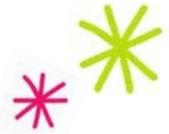
Judy Cornish

Thurs. December 10th | 5:30 to 7 pm

See the back to learn more about Judy Cornish. Look for additional information, including the Zoom link, in December's Centered News.

For questions call (319) 221-8866 or email fcgc@mercyare.org.





About Judy Cornish



Judy Cornish lives in Moscow, Idaho where she developed the DAWN Method through keen observation of and successful interaction with people living with dementia. Her experience as an elder law attorney taught her to be observant and pay attention to details. Judy also has a background in literature, languages, and fine arts. The DAWN Method enables families to keep loved ones, home longer, with less stress and more comfort. Judy is the author of *The Dementia Handbook: How to Provide Dementia Care at Home* and *Dementia with Dignity: Living Well with Alzheimer's or Dementia Using the DAWN Method*.

Why I am Excited Judy Cornish is “Coming” to Cedar Rapids

Dave, my husband, lived with the visual variant of Alzheimer's for 12 years after diagnosis. He died in 2015. When I read Judy's *Dementia with Dignity*, I found myself wishing her approach would have been available when I was determining how best to interact with Dave.

Here are some of Judy's ideas/concepts that resonated with me:

- Focus on the person, not the dementia
- Focus on the pattern of skills and abilities that remain available
- Stereotypical problems of dementia have one root cause: the emotional distress that people living with dementia experience when they undergo changing cognitive abilities and become less able to communicate or perform once-easy tasks
- While the cognitive abilities of people living with dementia decline, the intuitive abilities remain and sometimes increase
- In interacting with the person living with dementia, the caregiver can help the person by supplying the cognitive thinking needed to successfully accomplish or perform once-easy tasks
- Likewise, by focusing on the remaining and increasing intuitive thinking ability of the person living with dementia, the caregiver can ensure more pleasant interactional outcomes.

Judy's method (called the DAWN Method) makes so much sense and is easy to understand. I hope you will join us on December 10 and find Judy's approach as useful as I do!

-Kathy Good, Director, Family Caregivers Center



For more information on the DAWN Method visit:
<https://thedawnmethod.com/>