



Introducing
Our Evening Presenters:

Jodi Silvey

Jodi grew up in Wellsville, PA and has eight children. She attended Bradley Academy for Art. She had a near death experience in 1996 after a very serious car accident which made her change her focus to nursing, becoming a C.N.A. in 1998. She attended York County Technical School for LPN, graduating 2nd in her class in 2002. Since then she has worked as a LPN: eight years at Manor Care Kingston and eight years at Normandie Ridge. Jodi has studied dementia care for the last eight years and is licensed as a Dementia Care Practitioner. She teaches Dementia Care Classes to our facility staff.

717 718 0535
Jodi.Silvey@AlbrightCare.org

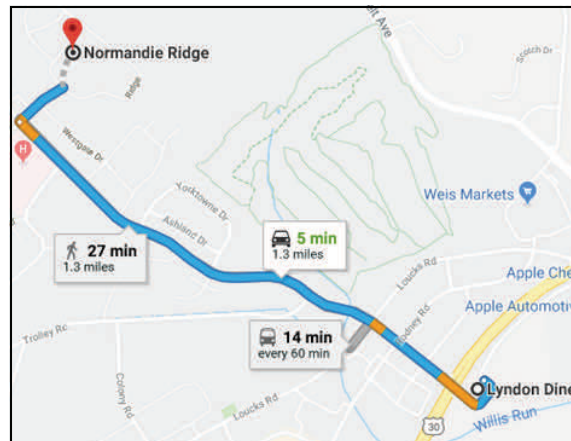
David Brinker

David is the full time Chaplain at Normandie Ridge, serving the spiritual care needs of residents and staff. He is an ordained United Methodist clergy, working at Normandie for over five years. He has received training in the specific challenges of providing spiritual care to those with memory conditions from Good News Consulting, the Spiritual Care Association, and the Association of Professional Chaplains. He is a member of the Pennsylvania Society of Chaplains.

717 718 0930
David.Brinker@AlbrightCare.org

Directions:

- ◆ In York, take Route 30 to Kenneth Road (at the light across from Lyndon Diner).
- ◆ At the top of the hill turn right onto Normandie Drive.
- ◆ Drive around campus to the large flag pole.
- ◆ Come in this main entrance.



**Normandie Ridge
A Continuing Care Community**

- ◆ Retirement Living
- ◆ Memory Care
- ◆ Personal Care
- ◆ Skilled Nursing
- ◆ Rehabilitation

**1700 Normandie Drive
York, PA 17408
717-764-6262**

You are invited to
an evening of
**Family Memory
Care Support**

March 19, 2018

6:00-7:00 PM

Multipurpose Room
at Normandie Ridge
1700 Normandie Drive
York, PA 17408

*Companions - Sharing the
Memory Care Journey Together*



An Evening of Support, Care, Connection,
Compassion, Learning and Strength



There are many types of memory loss. Some are mild and others are severe and debilitating. Every kind of memory loss presents unique challenges to both the person struggling with the loss and those who love and care for them.

This event is planned for families who have loved ones with a memory need. It is also for those who are interested in learning how to have a successful, positive visit with someone who has memory challenges.

Our purpose is to provide a gathering place filled with support and understanding for family members who provide direct care and for those who visit loved ones in a memory care facility.

This is a free event. Call to let us know you plan to attend.

717-718-0930

Normandie Ridge
is part of
Albright Care-Services

Evening Schedule:

Gathering Around Refreshments

6:00 – 6:10 Words of Welcome

6:10 – 6:40 Presentation by Jodi Silvey –
“Tips for a Positive Approach and Visit”
Question and Answers

6:40 – 6:50 Presentation by David Brinker –
“Spiritual Support in Caregiving”

6:50 – 7:00 Closing
Resources and Future topics
Info about next gathering

7:00 Time for visiting, conversations, and
building connections of support



Therapeutic Engagement

Strategies for Caregiver Stress:

1. Prioritize your to-do list and establish a daily routine to get things done.
2. Say “no” to social requests that are draining or stressful (i.e. hosting holiday get-togethers).
3. Set realistic goals and achieve them by breaking up large tasks into small, doable chunks.
4. Try to maintain a sense of laughter and humor while caregiving.
5. Set aside time for yourself; make time for happiness.
6. Keep in touch with family and friends.
7. See your doctor for regular health checkups.
8. Consider professional counseling to deal with difficult emotions, including grief and guilt.
9. Forgive yourself for being less-than-perfect.
10. Don't forget to ask for help from family, friends, support groups and your local Area Agency on Aging.