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**Keystone Caregiver Support
Group Returns!**

Wednesday May 12, 12:30pm

Professionals trained in dementia care and other caregivers will give you tools to help you manage your caregiving journey. Targeted topics will include Hospice, Elder Law, Assisted Living, Long Term Care Decisions and More!

Facilitator: Phyllis Spangler
First United Methodist Church
1350 Oak Ridge Turnpike
Oak Ridge, TN 37830
Room 203

First Church requires masks and reservations are required to attend.

For reservations, call Phyllis at 483-6631



**1350 Oak Ridge Turnpike
Oak Ridge, TN 37830**

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Website: www.keystoneten.org**



Keynotes

May 2021

The Art in Me



For those living with dementia, art can provide a portal for tapping into memories and the essential essence of one's being. The true self does not disappear with dementia, but it can become increasingly difficult to find the language and the means for self-expression. Cal was reminiscing about his father one morning. He was offered a blank canvas, paint and a suggestion..."paint something that makes you happy." A beautiful painting emerged of a scene from his father's logging business where Cal worked as a teenager. He focused intently on painting the truck he drove, loaded down with fresh-cut logs. Cal expressed himself eloquently, without words, as the paint flowed from his brush to the canvas. These moments embody our vision..."**a world where the enduring presence of the human spirit is celebrated for all those living with dementia.**" It's happening here!

This Ball Has It All!

It's an odd looking ball for sure. But there's a reason for that. It is specifically made to offer sensory stimulation (soft fleece material), it's clearly visible (bright primary colors) and it is easy to catch (segmented). All of these intentionally designed features are geared toward creating a successful therapeutic activity. Tossing this ball around the circle provides movement, engagement, social connection...and FUN!



Volunteer Training Is Coming

Mark your calendars for Tuesday, May 25, 10am-12pm! Keystone will be offering a training for individuals who are interested in volunteering in our program. This training will provide a glimpse into the world of dementia, proven techniques for interacting with those living with dementia, Keystone policies and procedures and information about the many volunteer opportunities at Keystone. Reservations are required. Please contact Phyllis Spangler at 865.483.6631 or pspangler@fumcor.org to reserve a spot and get information on our Covid 19 protocols. We value our volunteers and hope to see you there!



Memorials

Tom Thornburgh
By

Linda Goodwin
Debbie Callis

Donations

Jennifer Monger
Debbie Sheppard

Wish List

- * Watercolor Paper
- * 8x10 Canvases
- * Glue Sticks
- * Elmer's Extreme Liquid Glue
- * Recipe box with unused recipe cards
- * Plastic Colander (2)
- * Artificial Flowers w/individual stems



"Two bubbles found they had rainbows on their curves. They flickered out saying: "It was worth being a bubble, just to have held that rainbow thirty seconds."

Carl Sandburg

