



Pioneer Network™

SHARING RESOURCES

Wisdom from The Eden Alternative®

Contributed by: The Eden Alternative Team and the many Eden Educators, Trainers, Mentors and Friends

The vision of The Eden Alternative is “To eliminate loneliness, helplessness, and boredom”, and these times certainly are challenging all of us to find innovative and creative ways to do this.

The Eden Alternative Team is hosting weekly calls for any and all to attend and share ideas on how they are combating isolation - and to provide much needed support and inspiration to all Elders and those who support them.

Sign up to join in the calls

Registration

April 3, 10, 17 & 24 calls

<https://edenalt.zoom.us/meeting/register/tZwpc-mqrTwrKl2nEswKiOCjvHFg0h2p5Q>

Recordings or past calls:

March 27

<https://youtu.be/ibN7ilrf8Zo>

March 20

<https://youtu.be/BagdkhvN39M>

March 13

<https://youtu.be/RUpiH817g2g>

Coronavirus Impact on Loneliness, Helplessness, Boredom

Ideas and Inspiration from the Zoom meeting

3/27/2020

From Brenda Carpenter

- We did a Fun Day Friday and brought in a speaker today and did the Macarena dance with the care partners for the neighbors. Several neighbors joined in. Bringing fun back into our homes is very important.

From Michelle Daniel with Methodist Senior Services

- Lots of hall dancing. Taking walks outside, gardening. Lots of music, calls with families, etc.
- Sanctuary - Convert the employee break room into a Sanctuary. A safe place to decompress. A place where team members can get notes of encouragement, special snacks, SIMPLE PLEASURES. This is a place where caregivers can fill their cup. Taking care of the caregiver is essential! Sharing the gratitude of team and elders is so important. ...do elders need a sanctuary, too? We all need to fill our cups!

Jacqueline Hurt from Park Springs in Stone Mountain, GA

- we're doing a team meeting 3x a week to check in on each other as well as the teams we manage. We get updates on the members as well. This helps us all feel connected and involved. For the families, we have had them all install whatsapp and have set up times for them to have video chats with their loved one and the staff

Alexandra Johnson from Virginia

- I work for a family owned home cafe in Virginia. we are handwriting personal notes to all of our clients - including happy poems about spring. we just want to let everyone know we are thinking about them

3/20/20

Angela Jacobsen from Brisbane, Australia shared the following:

- A link to Golden Memories Karaoke, Inc, offering 3 months Free access to their streaming platform to care centres. <http://goldenmemoriesondemand.org>
- They are doing their First Afternoon Tea by Distance using Zoom
- sent an email to families with a list of suggestions of ways they can support their loved ones during this time...bring in supplies for their own activities, care packages with their favorite snacks, writing packs, pot plant kits, recipes & ingredients, post letters & paintings from grandkids

Kavan Peterson shared a link to blog hosted by Homewatch Caregivers®, supporting caregivers in coping with changes.: <https://www.homewatchcaregivers.com/care-community-blog/2020/march/covid-19-how-one-family-caregiver-cope-with-the/>

The Eden Alternative team suggestions for places to look for ideas:

- LifeBio: a user friendly and thoughtful way for families to support legacy creation. <https://www.lifebio.org/>
- Dementia Action Alliance: <http://www.daanow.org>
- Elders living with dementia are our master teachers when it comes to being in the moment. Let's all tap their wisdom!
- Purpose is proven to improve health. Supporting team members and elders in finding meaningful purpose right now is so important to keeping people well.

Nancy Fox, Former CEO, The Eden Alternative: Sandy and I had our first virtual workout with our personal trainer today. Personal Trainers are hurting as gyms are closing. Exercise is a great immune booster. Communities could reach out to personal trainers and hire them to conduct virtual exercise sessions for staff.

Tina Taylor: With many kids being home. Some Elders are holding virtual story time with kids and sharing favorite stories. It has given them an opportunity to help staff and families

Kyrié Carpenter in San Francisco: A Friend made a “wheel of fortune” on their window facing the street and call out at passersby to play.

Karen Stobbe, founder of In The Moment: I have been thinking about all the persons living with dementia that are in their own homes or homes of family members. We all know someone that may live down the street or from our church the we can help keep them connected. Chalk messages outside their door on the sidewalk. Notes on the outside of their windows, cards under doors. Ring the door bell and leave treats; muffins, cookies....Music outside their windows. Let's not forget about those folks who are alone at home. xo

Jill Vitale-Aussem, CEO The Eden Alternative® : We're using zoom to have a virtual birthday party for my mom's 80th. she's in a community where they can't have any visitors. We have so many people joining that she hasn't talked to in years. My sister even hired a musician to join and sing a song for her. We will record it and send it to her where she can watch it whenever she wants. I would encourage family members to do some stuff like this!

Evy Cugelman from Ontario, Canada. Retired from Vivage Senior Living in Denver and back in Ontario. Eden Educator, Mentor and Guide: As the weather get's better (not Colorado today) form circles outside keeping the 6 foot separation and hold learning circles or sharing circles, drum circles

Kim McRae, Culture Change Network of Georgia:

- Instead of Christmas Caroling, Caronacoling!!
- We are talking about how we can get elders and folks in community to MAKE the face mask covers for the healthcare workers who don't have what they need!!!
- I made up #Creating COMMUNITYDuringCoronavirus
- Indigo Girls did a live show on FB last night and it was amazing - 58K!! they did a shout out to healthcare

Nicole Brackett: We are going to start having virtual game night for the family and this can be applied to keep elders engaged.

Jenni Dill, Anthem Memory Care, Aurora, CO:

- Elders living with dementia are definitely teaching us to live in the moment. Our home has become such a peaceful respite from the troubles of the outside world. Leaning in to the lessons of my Elders
- Monday we begin a Zoom storytime hangout with Elders and their families. The book we chose... In the Arms of Elders!
- Third Space Yoga (on FB) led chair yoga for Elders in Aurora, CO all the way from Okinawa, Japan this morning. Very centering

Susan Woolner. who works in Michigan at Hauenstein Neurosciences where she manages a community with 4000 dementia caregivers:

- We use the American Parkinson's Disease Association virtual Tai Chi video feed <https://www.youtube.com/watch?v=7nIKdwXy6Wc>
- We are sharing scarcity stories: Here is one story that a person shared. "It was 1944. Everything was rationed. My mom heard that the Clover Farm Store would be putting out toilet paper. She and I crowded into the store aisle with 20 savage women. A clerk carried a huge case on his shoulder, dumped it near us, and ran for his life. My mom was one of those who clawed the case open. She tossed me a roll and elbowed her way out, with her roll. I had to check out, clutching my dime and my TP , scared that I would be busted, while my mom was still in line, pretending she didn't know me. I've been here before." Amazing visual storytelling

- My son is a professional puppeteer (Muppeteer) and also teaches puppetry at a school. That school has gone online due to the LA community lockdown. He produced this video on puppetry creation

<https://drive.google.com/open?id=12ukYPUGNRKP1HIDszhtBDa276K86Ublu>

KIM POER, Embrace Hospice, Georgia: suggested checking out

<http://www.gamesforchange.org/game/free-rice/>

Joan Devine, Pioneer Network:

- Watch for a Laughter Yogo session we recorded with Celeste Green - and hopefully opportunities to do a few live!
- Link to ABCs of Combatting Social Isolation Resources compiled by Pioneer Network:

<https://www.pioneernetwork.net/resource-library/>

Inspiration and encouragement from The Eden Alternative Founders, Bill & Jude Thomas

- Slow Down. Get Clear
- Be. Here. Now.
- an elder reading books for kids
- Fear Says You Can Not; Courage Says You Can
- Sharing is the Solution to Scarcity
- Learn from the Elders
- Rhythm of Daily Life
- BEING
- Bird Cams
- Port and Poetry