



August 2026 NEWSLETTER

A Note from Haven's Dementia Care Manager

Dear Caregivers,

Thank you for the care, patience, and love you provide every day. Caring for someone living with dementia can be challenging, but you are not alone. We hope this newsletter offers helpful tips, resources, and encouragement for your caregiving journey.

If there is a topic related to dementia that you would like more information on or you would like to set up education for your organization, please email me at anita.howard@havenhospice.com.

Sincerely,

Anita Howard

Dementia Care Program Manager

Caregiver Tip

Keep instructions simple. Use visual and verbal cues when possible. Give them time to process and complete each step before moving on. This can reduce confusion and help your loved one feel more successful.

Self-Care Reminder

Spend ten minutes each day doing something for yourself such as taking a walk, listening and/or dancing to your favorite music, deep breathing, or calling a friend.

Dementia-Friendly Activity

(Indoor) Sorting objects such as socks, buttons, blocks, nuts and bolts. (Outdoor) Sit outside or next to an open window and listen to the sounds of nature. Close your eyes and try to identify each sound. The benefit? Sorting objects gives a sense of purpose and is good for hand-eye coordination. Listening to nature is calming and provides mental stimulation.

Positive Approach to Care

Three of our team members (Kyla Hartman, Crystal Minshew, and Anita Howard) have been certified as Dementia Educators through Positive Approach to Care, which gives us the ability to utilize and provide education that has been developed by Teepa Snow and her team. This month at our August Support Group meetings, we will be reviewing The Living GEMS below which gives us insight on brain change from the caregiver's perspective as well as from the perspective of the person living with dementia.



The Living GEMS®

The GEMS model recognizes the dynamic nature of the human brain and its abilities. Unlike other cognitive models, it acknowledges that everyone's abilities can change in a moment. Modifying environments, situations, interactions, and expectations will create either supportive positive opportunities or result in distress and a sense of failure. Just as gemstones need different settings and care to show their best characteristics, so do people. Rather than focusing on a person's loss when there is brain change, seeing individuals as precious, unique, and capable encourages a care partnership and is the core of this model. Providing supportive settings for everyone, including care providers, allows them to use what they have to be their best. The GEMS advocate that everyone living with brain change when given the opportunity will shine.

Teepa Snow and Positive Approach® to Care Team



SAPPHIRE ~ True Blue ~ Optimal Cognition, Healthy Brain

- True to self: personal preferences remain basically the same
- Can be flexible in thinking and appreciate multiple perspectives
- Stress/pain/fatigue may trigger Diamond state: back to Sapphire with relief
- Able to suppress and filter personal reactions: chooses effective responses
- Selects from options and can make informed decisions
- Processes well and able to successfully transition
- Aging doesn't change ability: processing slows, more effort/time/practice needed



AMBER ~ Caught in a Moment of Time ~ Caution Required

- Focused on sensation: seeks to satisfy desires and tries to avoid what is disliked
- Environment can drive actions and reactions, without safety awareness
- Visual abilities are limited: focus is on pieces or parts not the whole picture
- What happens to or around an Amber, may cause strong and surprising reactions
- Enters others' space and crosses boundaries attempting to meet own needs
- Has periods of intense activity: may be very curious or repetitive with objects or actions
- Care is refused or seen as threatening due to differences in perspective and ability



DIAMOND ~ Clear and Sharp ~ Routines and Rituals Rule

- Displays many facets: behavior and perspective can shift dramatically
- Prefers the familiar and may resist change: challenged by transitions
- More rigid and self-focused; sees wants as needs, when stressed
- Personal likes/dislikes in relationships/space/belongings become more intense
- Reacts to changes in environment; benefits from familiar; functional/forgiving
- Needs repetition and time to absorb new/different information or routines
- Trusted authority figures can help: reacts better when respect is mutual



RUBY ~ Deep and Strong in Color ~ Others Stop Seeing What is Possible

- Makes use of rhythm: can usually sing, hum, pray, sway, rock, clap, and dance
- When moving can't stop, when stopped can't get moving: needs guidance and help
- Big, strong movements are possible, while skilled abilities are being lost
- Danger exists due to limited abilities combined with automatic actions or reactions
- Tends to miss subtle hints, but gets magnified facial expressions and voice rhythms
- Can mimic actions or motions, but will struggle to understand instructions/gestures
- Able to pick up and hold objects, and yet not know what to do with them



EMERALD ~ Green and On the Go With a Purpose ~ Naturally Flawed

- Sees self as able and independent with limited awareness of changes in ability
- Lives in moments of clarity mixed with periods of loss in logic/reason/perspective
- Understanding and use of language change: vague words and many repeats
- Cues and support help when getting to/from places and doing daily routines
- Awareness of time, place, and situation will not always match current reality
- Strong emotional reactions are triggered by fears, desires, or unmet needs
- Needs to know what comes next: seeks guidance and assistance to fill the day



PEARL ~ Hidden Within a Shell ~ Beautiful Moments to Behold

- Will frequently recognize familiar touches, voices, faces, aromas, and tastes
- Personhood survives, although all other capabilities are minimal
- Understanding input takes time: go slow and simplify for success
- In care, first get connected by offering comfort then use careful and caring touch
- Changes in the body are profound: weight loss, immobility, systems are failing
- As protective reflexes are lost, breathing, swallowing, and moving will be difficult
- Care partners benefit from learning the art of letting go rather than simply giving up

Positive
Approach®
to Care



The Living GEMS®

From the Perspective of the Person Living with Dementia (PLwD)

"My brain is healthy - true blue. If I am aging normally or distressed, it may be hard for me to find words. I can describe what I am thinking so you understand. I may talk to myself because I am giving myself cues and prompts. I can learn new things and change habits, but it takes time and effort. Honoring my choices and preferences, when possible, is important. I need more time to make decisions. Give me the details and let me think about it before you need an answer. I am able to remember plans and information but supports are helpful. I may like specific prompts such as notes, calendars, and reminder calls. Health changes in vision, hearing, balance, coordination, depression, anxiety, pain, or medication may impact my behavior, but my cognitive abilities remain the same."



SAPPHIRE

"Like a particle trapped in an amber, I am caught in a moment of time. It may surprise you to see how I take in the world around me. I may not know you or see you as a whole person. I react to you based on how you look, sound, move, smell, and respond to me. I like to do simple tasks over and over and may need to repeatedly move and touch, smell, taste, take or tear items apart. While it may exhaust or frustrate you, it soothes me. I don't recognize danger; you will have to safeguard my environment. I'm intolerant to discomfort because my mouth, hands, feet, and genitalia are highly sensitive due to changes in my nervous system. Therefore, activities like eating, taking medication, mouth care, bathing, dressing, and toileting may distress me. Please notice my reaction and stop if I am resisting. I can't help myself and one or both of us may get hurt emotionally and/or physically. If this happens, wait a few minutes, connect with me, and try a different approach; possibly substituting one area of focus for another."



AMBER

"My overall cognition is clear and sharp. When happy and supported, I am capable and shine in my abilities. When distressed, I can be cutting and rigid and may see your help as a threat. I have trouble seeing other points of view and may become less aware of boundaries or more possessive about my relationships, personal space, and belongings. I have many facets so people see me differently depending on the situation. This can cause conflict among my family, friends, or care team as it's hard to tell if I am choosing my behavior or truly have limits in my ability. I can socially engage and have good cover skills. People will vary in their awareness of what is happening to me. I want to keep habits and environments as they have always been even if they are problematic for me or others. I am often focused on the past, personal values, or finances. I will need help to make changes in my life; it's hard for me. I can be in a Diamond state for reasons other than dementia."



DIAMOND

"As the deep red of a ruby masks detail, my obvious losses make my remaining abilities harder to notice. Although my fine motor skills have become very limited, remember I am able to move and do simple things with my hands. You will need to anticipate, identify, and respond to all of my needs, even though I may not be aware of them. Plan to create a supportive environment, help with the details of care, and structure my day. Just as a crossing guard directs traffic, you will need to guide my movement and transitions. I can rarely stop or start on my own and switching gears is a challenge. Move with me first, then use your body to show me what you want me to do next, going one step at a time. Hand-under-Hand® assistance helps me to feel safe and secure and to know what to do. Danger is part of my life due to losses in visual skills, chewing abilities, balance, and coordination. You can reduce the risks to me, but not eliminate them. I can still have moments of joy when you are able to provide what gives me pleasure."



RUBY

"I am flawed; it is part of being a natural emerald. I tend to be focused on what I want or need in this moment and may not be aware of my own safety or changing abilities. I can chat socially, but I typically miss one out of every four words and cannot accurately follow the meaning of longer conversations. I won't remember the details of our time together, but I will remember how your body language and tone of voice made me feel. I may hide or misplace things and believe someone has taken them. My brain will make up information to fill in the blanks which makes you think I am lying. If you try to correct me or argue I may become resentful or suspicious of you. I am not always rational, but I don't want to be made to feel incompetent. My brain plays tricks on me, taking me to different times and places in my life. When I am struggling I may tell you 'I want to go home.' To provide the help and assistance I need you must go with my flow, use a positive, partnered approach, and modify my environment."



EMERALD

"While hidden like a pearl in an oyster shell, I will still have moments when I become alert and responsive. I am near the end of my life. Moments of connection create a sense of wholeness and value between us. Use our time together not just to provide care, but to comfort and connect with me. To help me complete life well, it's important to honor my personhood when making medical or care decisions; please don't talk about me as though I am not still here. I respond best to familiar voices and gentle rhythmic movements. I am ruled by reflexes and will startle easily. My brain is losing its ability to control and heal my body. Be prepared to see me having difficulty breathing or swallowing. My body may no longer desire food and drink as I prepare to leave this life. I may not be able to stop living without permission from you. Your greatest gift at this time in my life is to let me know that it is ok to go."



PEARL

Upcoming Dementia Simulations

Have you ever wondered what dementia feels like?

We invite you to step into the shoes of someone living with dementia. Experience a powerful, eye-opening dementia simulation facilitated by the Haven Dementia Care Program. Don't miss this chance to build deeper understanding, compassion, and connection by taking an opportunity to walk through their world...even for just a moment. You can show up between the hours listed to go through the simulation which takes approximately 15 minutes per person.

August 10 | 1 – 4pm

Aden Senior Living (1211 West Granada Blvd Ormond Beach, FL 32174)

August 12 | 2 – 4pm

Radiance of Gainesville (4607 NW 53rd Ave, Gainesville, FL 32653)

August 13 | 2 – 4pm

Terrace Health & Rehabilitation Center (7207 SW 24th Ave, Gainesville, FL 32607)

September 3 | 1 – 4pm

Aden Senior Living (1211 West Granada Blvd Ormond Beach, FL 32174)

Upcoming Alzheimer's Walks

This year the Dementia Care Program will be participating in the Walk to End Alzheimer's in three locations. We invite you to join us at one or more of the events. The links below will take you to the team page for each of the walks. There is no charge to register or walk. However, we appreciate any donations given because the Alzheimer's Association uses those funds to promote and provide education and other caregiver resources in our communities.

Gainesville | October 24, 2026 | 10 a.m.

Trinity United Methodist Church, 4000 NW 53rd Ave, Gainesville, FL 32653

<http://act.alz.org/goto/HavenDCP-GNV>

Jacksonville | November 7, 2026 | 10:30am

Downtown Jacksonville

<http://act.alz.org/goto/HavenDCP-Jax>

Deland – Volusia | November 14, 2026 | 9 a.m.

Earl Brown Park, 750 S. Alabama Ave., DeLand, FL 32724

<http://act.alz.org/goto/HavenDCP-Volusia>



Dementia Caregiver Support Groups: August 2026

If you are caring for a loved one with a dementia-related diagnosis and need some additional education and support, please join us. The topic will be **"Mining the Mind for GEMS"**

Please RSVP to Anita Howard at 352.215.7465 or Anita.Howard@HavenHospice.com

Online Meeting

Second Monday of Each Month | 3 - 4 p.m. | **Next Meeting: August 10**

Email Anita Howard at Anita.Howard@HavenHospice.com for a link to the meeting, or visit HavenHospice.com/Dementia and find the link under "Upcoming Online Support Group"



Alachua County

- » Second Tuesday of Each Month | 4 - 5 p.m. | **Next Meeting: August 11**
Alachua County Library District, Alachua Branch (14913 NW 140 St., Alachua, FL)
- » Second Wednesday of Each Month | 4 - 5 p.m. | **Next Meeting: August 12**
Senior Recreation Center, Eldercare of Alachua County (5701 NW 34th Blvd, Gainesville, FL)

Clay County

- » First Tuesday of Each Month | 6 - 7 p.m. | **Next Meeting: August 4**
Canterfield of Clay County (1611 Winners Circle, Theatre Room – 3rd Floor, Middleburg, FL)
- » Fourth Thursday of Each Month | 5:30 - 6:30 p.m. | **Next Meeting: August 27**
Discovery Village (formerly Allegro) - Fleming Island, Community Room/2nd Floor, South Building (3651 US Hwy 17, Fleming Island, FL)

Duval County

- » Second Tuesday of Each Month | 10 - 11 a.m. | **Next Meeting: August 11**
Riverside Post Acute (1750 Stockton St., Jacksonville, FL)
- » Second Tuesday of Each Month | 4 - 5p.m. | **Next Meeting: August 11**
Sunrise of Jacksonville - Activities Room (4870 Belfort Rd., Jacksonville, FL)
- » Second Wednesday of Each Month | 3 - 4 p.m. | **Next Meeting: August 12**
Camellia at Deerwood (10061 Sweetwater Parkway Jacksonville, FL)
- » Third Tuesday of Each Month | 3 - 4 p.m. | **Next Meeting: August 18**
The Windsor at Ortega (5939 Roosevelt Blvd., Jacksonville, FL)
- » Third Wednesday of Each Month | 11 a.m. - 12 p.m. | **Next Meeting: August 19**
Starling at San Jose Assisted Living and Memory Care (9075 San Jose Blvd., Jacksonville, FL)

(Duval Continued on Next Page)

Duval County *(Continued)*

- » **Fourth Tuesday of Each Month | 6 – 7 p.m. | Next Meeting: August 25**
Bartram Lakes Assisted Living Facility (6209 Brooks Bartram Dr., Jacksonville, FL)
- » **Last Wednesday of Each Month | 3 - 4 p.m. | Next Meeting: August 26**
Grand Living at Tamaya - “Studio Room” on the 4th floor (3270 Tamaya Blvd., Jacksonville, FL)
- » **Last Thursday of Each Month | 5 - 6 p.m. | Next Meeting: August 27**
Alto at Duval Station (1035 Starratt Rd, Jacksonville, FL 32218)

Gilchrist County

- » **Fourth Tuesday of Each Month | 2 - 3 p.m. | Next Meeting: August 25**
Tri-County Nursing Home (7280 SW State Rd 26, Trenton, FL)

Hamilton County

- » **Third Thursday of Each Month | 3 - 4 p.m. | Next Meeting: August 20**
Suwannee Valley Nursing Center (427 15th Ave NW, Jasper, FL)

St. Johns County

- » **First Wednesday of Each Month | 12:15 – 1:15 p.m. | Next Meeting: August 5**
Starling at Ponte Vedra (405 Solano Rd., Ponte Vedra, FL)
- » **Second Thursday of Each Month | 4 - 5 p.m. | Next Meeting: August 13**
Starling at Nocatee Assisted Living and Memory Care (999 Crosswater Pkwy, Ponte Vedra, FL)
- » **Third Wednesday of Each Month | 10:30 - 11:30 a.m. | Next Meeting: August 19**
The Blake at St. Johns – Theatre Room on the 2nd Floor (2430 County Rd 210, St. Johns, FL)
- » **Third Wednesday of Each Month | 1 - 2 p.m. | Next Meeting: August 19**
The Addison of St. Johns (115 Benton Lane, St. Augustine, FL)
- » **Fourth Tuesday of Each Month | 2 - 3 p.m. | Next Meeting: August 25**
Senior Living at the Greens (4950 State Rd. 16, St. Augustine, FL)
- » **Fourth Tuesday of Each Month | 4 - 5 p.m. | Next Meeting: August 25**
Ponte Vedra Gardens Memory Care Community - TPC Room (5125 Palm Valley Road, Ponte Vedra Beach, FL)

Memory Cafés

What is a Memory Café?

A welcoming social gathering where people experiencing cognitive challenges and the people who care about them come together for friendship, fun, and acceptance.

Who Can Attend?

Both the person living with a cognitive decline, Alzheimer's Disease, or related dementias, along with their primary caregiver or a loved one.

What Happens There?

At a memory café, we focus on bringing people together and meeting new friends through socializing, interaction, and activities.

Alachua County

- » **First Wednesday of Each Month | 9 - 10 a.m. | Next Meeting: August 5**
Oak Hammock at the University of Florida (2660 SW 53rd Ln, Gainesville, FL)
- » **Third Tuesday of Each Month | 10 :30 - 11:30 a.m. | Next Meeting: August 18**
The Gables of Gainesville (1415 Fort Clarke Blvd., Gainesville, FL)
- » **Third Friday of Each Month | 2 - 3 p.m. | Next Meeting: August 21**
Gainesville Health and Rehabilitation Center (4000 SW 20th Ave, Gainesville, FL)

Duval County

- » **Fourth Wednesday of Each Month | 10 - 11 a.m. | Next Meeting: August 26**
Beach House Assisted Living and Memory Care (1315 2nd Ave N., Jacksonville, FL)

Gilchrist County

- » **First Saturday of Each Month, Quarterly | 2 - 3 p.m. | Next Meeting: August 1**
Ayers Health & Rehabilitation Center (606 N.E. 7th St., Trenton, FL)

Levy County

- » **Second Tuesday of Each Month | 11 a.m. - 12 p.m. | Next Meeting: August 11**
Haven Hospice Tri-Counties Care Center, Community Building
(311 N.E. 9th St., Chiefland, FL)

St. Johns County

- » **Second Friday of Each Month | 1 - 3 p.m. | Next Meeting: August 14**
Haven Administrative Office (2497 US 1 S., Suite B, St. Augustine, FL)
(Entrance is on the left side of building connected to the Haven Hospice Attic Store)

Please RSVP to Anita Howard at 352.215.7465
or Anita.Howard@HavenHospice.com



Resources for Support

Alzheimer's and Related Dementia Education and Referral Center

Email: adear@nia.nih.gov

Phone: 1-800-438-4380

www.alzheimers.gov

The ADEAR Center can provide information on diagnosis, treatment, patient care, caregiver needs, long-term care, research, and clinical trials. Staff can refer you to local and national resources.

Alzheimer's Association

Phone: 1-800-272-3900

www.alz.org

Offers information, a help line, and support services for those living with dementia and their caregivers.

Eldercare Locator

Phone: 1-800-677-1116

<https://eldercare.acl.gov>

Provides information about local resources such as home care, Meals on Wheels, adult day care, and nursing facilities.

Elder Affairs Florida

Phone: 1-850-414-2000

<https://elderaffairs.org/programs-and-services/caregiving/>

Provides information on services available for adult family members caring for a person aged 60 or older, grandparents and relatives aged 55 or older caring for children 18 and younger, or children of any age with disabilities. Programs include National Family Caregiver Support, Respite for Elders Living in Everyday Families (RELIEF) and Home Care for the Elderly (HCE).

Florida Alliance for Assistive Services and Technology

Phone: 1-877-506-2723

Provides free access to information, referral services, education programs, and publications related to disability rights, laws and policies, and funding opportunities for assistive devices and durable medical equipment that are largely covered by Medicare and Medicaid.

Resources for Support

Florida Department of Elder Affairs: Serving Health Insurance Needs of Elders (SHINE)

Phone: 1-800-963-5337

<https://floridashine.org/>

Free program assisting older adults and their caregivers with Medicare, Medicaid, and health insurance questions.

Florida Department of Veterans' Affairs

Phone: 1-844-693-5838

<https://floridavets.org/benefits-services/>

Connects Florida veterans to earned federal and state benefits and support services.

National Adult Day Services Association

Phone: 1-877-745-1440

www.nadsa.org/consumers/choosing-a-center

Provides a safe environment, activities, and staff that pay attention to the needs of the person while under their supervision. Adult Day Care Services typically charge an hourly rate.

National Institute on Aging

Phone: 1-800-222-2225

www.nia.nih.gov

Offers free publications about aging that can be viewed, printed, or ordered online.