



### ***Being My Mom's Mom* RYS Video – Now Available!**

The video of *Being My Mom's Mom* presented by Loretta Anne Woodward Veney at the recent Refresh Your Soul Conference is now available at no charge. This video covers a variety of topics related to caring for someone living with Alzheimer's or dementia in an honest and humorous way.

The video examines the need for patience in caregiving and offers six strategies for increasing the level of patience.

One of most challenging aspects of caregiving is managing dementia behaviors. The video includes a variety of strategies for dealing with behaviors including repeating phrases, handling anger, accusations and sun-downing.

Being the best caregiver possible involves forgiving loved ones for past events and forgiving ourselves for things left undone. The video discusses the importance of forgiveness in caregiving.

Being as prepared as possible for the situations that can happen can lessen the stress on caregivers. Learn valuable information such as services, legal documents, websites, Phone APPs, and even fidget toys, that can provide solutions for people living with dementia and their caregivers.

The end of the video provides viewers with hope and humor, two very important elements of caregiving. The video will leave you smiling and provide inspiration for everyone who has caregiving responsibilities!

It is a great resource for churches. It could benefit anyone caring for someone living with dementia or Alzheimer's. One way to use it would be in a support group setting. By viewing the video, it could lead to supportive discussions and offer helpful tips and encouragement. Health care professionals and lay caregivers could view it independently to enhance knowledge and skills. For access to the video, contact Cindy at ERS Parish Health Ministry at [chamad@erslife.org](mailto:chamad@erslife.org)