

Uniting Caregivers & Survivors Newsletter

March 2017

This newsletter contains information on support groups in the Salt Lake Valley, therapy services and other helpful websites. I've included notes from the February meetings which I attended and upcoming announcements you'll want to put on your calendar. If you have information you'd like me to share, please email Barbara@UnitingCaregivers.com.



Caring For the Caregivers Group meets the **3rd Thursday** monthly at Intermountain Medical Center (IMC) 5171 S. Cottonwood St., Bldg. 1 Murray, UT 84107 at **7-8 p.m.**

Notes from caregiver, Barbara Wilson, February's Meeting
unitingcaregivers.wordpress.com

Kim Kirkham, M.S. CCC-SLP, directed a helpful discussion and gave valuable **TIPS FOR IMPROVING COMMUNICATION**.

She was the perfect choice for this topic based on her profession as a speech therapist and personal experience with her dad being a TBI survivor. We appreciated her sharing information with us. Some helpful tips Kim shared: Body language is 55% of our communication. Tone of voice is 38% and the words used are merely 7%.

People will remember how they felt in your presence rather than the words you said. Don't have problem solving conversation when either one is tired. Have good lighting on your face and use eye contact, especially if hearing is an issue. To get their attention, use their name and move closer instead of getting louder. Decrease background noise, if possible. If they're in a chair, sit to the side of them. Standing in front conveys authority, not equality.

If memory is a problem, chalk or white boards are helpful for important events or schedules. Write in caps, it's easier to read.

Repeating causes distress and frustration. Set boundaries to help you stay compassionate. Be mad at the disease and not at the loved one.

Brain Injury Alliance Support Group for Adults meets the **2nd Tuesday** monthly at Sanderson Community Deaf Center 5709 South 1500 West, SLC, UT 84123 **6-8 p.m.**

This is a social group where dinner is enjoyed together and then games played or crafts made. All caregivers and survivors are welcome. In February, the second Tuesday fell on Valentine's Day. We enjoyed a Panda Express dinner together and made valentine cards. Jennifer Gee and Beth Cardell do a great job directing this group. For more information call: Jennifer (801) 468-0027 or Beth (801) 585-5511



Brain Injury & Stroke Survivor Group meets the **3rd Thursday** monthly at Intermountain Medical Center (IMC) 5171 S. Cottonwood St., Bldg. 1 (9th floor) Murray, UT 84107 at **7-8 p.m.**

Notes from survivor, Greg Nordfelt, February's Meeting
gregnordfelt.com

Dr. Jason L Smith, DC, gave an educational presentation on **NATURAL WAYS TO DECREASE FATIGUE AND IMPROVE ENDURANCE**.

What we eat instantly impacts "neurodegeneration" (loss of connection between brain cells, fatigue and symptoms of aging, Alzheimer's, etc). The same is true if we stop learning: it immediately impacts our stomach, our physical body starts to age, taking cues from our brain that we have passed our learning stage and are now physically supposed to start aging, become more lazy, tired, less active, less muscular, etc.

3 Keys to Decrease Fatigue:

- Decrease sugar & increase protein! Stay completely away from fake sugar (it's poison flat out!) Increase blood flow. *Exercise 5 minutes as soon as you wake up!
- Decrease inflammation. Don't eat grains, dairy or soy. Exercise or walk (or move available body extremities) vigorously at least 2 miles 3 times a week (refer to Dr Doidge's 2nd book "The Brain's Way of Healing). This is the number one way to fight against neurodegeneration and fatigue. Exercising 2 miles generates dopamine. It also generates new brain cells.
- Learn something new. Challenge your brain to learn new things as you age. This, along with exercise and feeding our stomach healthy protein, will release good brain chemicals and grow good brain cells.

Last, but definitely not least, five minute brain breaks per hour decreases fatigue. If you're in a stressful time crunch, take 6 calm breaths because if you don't, he said, "you're going to crash".

Dr. Smith says, "The brain and the stomach are connected. Feed both and exercise to win the daily fatigue battle."

Thank you, Greg, for sharing your notes!

ADDITIONAL FREE SUPPORT GROUPS

University of Utah Brain Injury Support Group

4th Tuesday of the Month
Sugarhouse Health Center (801) 581-2221
1138 E. Wilmington Avenue
Meets at 7 p.m.

Salt Lake Regional Medical Center Brain Injury Support Group

Moreau Building Auditorium
Kathryn Waddell, (801) 350-4290
1045 E. 1st South, SLC, UT 84102
Call for date and time.

Aphasia Talking Practice Group

Every Tuesday
Noon-1 p.m.
5770 South 250 East #G50

Cognitive Skills Group

Every Thursday
Noon-1 p.m.
5770 South 250 East #G50

Meditation Group

Every Wednesday
3 p.m.
5770 South 250 East
Cafeteria Conference Room
Contact: Dr. Russo at antonietta.russo@imail.org

Epilepsy Group for all people affected by seizures

3rd Wednesday of the month
SLC Main Library, 200 E. 400 S. (2nd floor conf. room)
at 6:30 - 8:30 p.m.

And/Or

2nd Thursday of the month
Murray (IMC) 5171 S. Cottonwood St., Bldg. 1
at 7:00 - 8:30 p.m.

Epilepsy Group for Women Only

4th Thursday of the month
SLC Main Library, 200 E. 400 S. (3rd floor conf. room)
at 7:00 - 8:15 p.m.

Epilepsy Group for Parents

1st Thursday of the month
Riverton Library Aud., 12877 S. 1830 W.
At 7:00 p.m.-8:15 p.m.

Contact: Margo @ (801) 455-6089 or Utah@efa.org for more information concerning Epilepsy Support Groups

HELPFUL WEBSITES

www.caregiver.org
(online webinars for caregivers)

www.tbicommunity.org
(online educational programs)

www.braininjury.com
(medical, legal, information resource)

www.cdc.gov/ncipc/tbi
(brain injury facts, programs, education)

www.ninds.nih.gov/Disorders/all-disorders
(education for brain injury, stroke and other neurological disorders)

www.abta.org
(brain tumor education and information)

www.carbon-monoxide-survivor.com/links_carbon_monoxide_groups.html
(good links for CO poisoning survivors)

www.nationalmssociety.org/Resources-Support
(resource for those with MS)

www.epilepsy.com/utah and/or www.epilepsy.com
(seizure education and support by state or national)

<https://biau.org>
(resource for those with brain injury)

www.facebook.com/UTteensupportgroup
(social interaction and the exchange useful resources)

www.unitingcaregivers.wordpress.com
(caregivers stories, tips and thoughts)

UPCOMING EVENTS

Brain Injury Caregivers & Survivor Combine Group

Date: March 16, 2017
Time: 7 – 8pm
Presenters: Greg & Laura Nordfelt
Topic: Nurturing Relationship After Brain Injury
Place: Intermountain Medical Center (IMC) Murray
5171 S. Cottonwood St., Bldg. 1 (9th floor)

BIAU 5K Run, Walk & Roll

Date: May 20, 2017
Time: 8 am
Place: Liberty Park - 650 E. 1300 S., SLC, UT 84105

My mission is to help others find their tribe. It's easier to dance with those who hear the same drumbeat.