**7.8.25 with Member Carol Becker; New day and new time**

Here’s information on tonight's meeting.  I'm looking forward to hearing Carol's story.  Read more below for a sneak peek.

**From mechanical design engineer to dementia coach**by way of a coma in 1985 and my own memory loss and recovery.

Carol will provide a chart outlining the difference between dementia and normal aging, would they like that?

My approach working with a person with early stage dementia is just let them download all their fears and frustrations first because they are already in high anxiety.

Validating their feelings and just general chat to relieve and calm. Sometimes having them remember good stuff from the past, reminiscing, brings back memories of feeling alive and vibrant.

What comes next is to get a feeling for what would be the best for them  in this instant of time...which came from all that conversation previously.

Not so different from what you-all do.

My work is based on the study done by Dr. Nightingale, whom you all have heard speak in the past.

Metaphor is one key. For memory I've used the Spaced Retrieval.

Depending on the stage of dementia normal hypnotherapy for calm confidence helps improve quality of life.

Education - they want to know what the hell is happening to them, and I give it to them the truth - honestly, with very kind body language, tone of voice, and facial expression.  They may not remember what they had for breakfast, but they are genius at reading body language. One of the first things they learned as a baby!

My passion has always been helping people understand themselves and others.

I welcome questions, while I know a lot about this subject, I don't know everything. If I get a question I don't know the answer to, I'll work to find out and get back to you.

**July 9th at 6:00pm.    Carol Becker, one of our members, will be our guest speaker.**