

EXPERT CONTRIBUTOR

Supporting Those Providing Support



By Lisa Zimmers

It's very difficult to hear a diagnosis of Alzheimer's or dementia. Unfortunately, according to the World Health Organization (WHO) someone receives the news of a new diagnosis of Alzheimer's Disease or dementia every 65 seconds. A new diagnosis affects not only the individual but their entire network. Suddenly, the past may seem clearer as subtle symptoms that have been attributed to situational factors, natural aging or benign forgetfulness have a known cause. At the same time, the uncertainty of the future can create a heavy haze.

Supporting someone affected by cognitive loss is a difficult journey. It can feel lonely, physically exhausting, and it can be expensive. It can also be a time of continued love, resilience, and new perspective. I've spent my career in senior living. It's been a great honor to assist people navigating difficult paths over the past 30 years.

I'm very passionate about creating avenues to assist those living with cognitive loss and those who are caring for them. Support starts by having an honest conversation with yourself and your loved ones. It's important to recognize the resources you have to enhance the life of the individual as well as the areas you may not be equipped to handle. Having a good understanding will assist you in developing a plan that promotes your well-being and theirs. Identifying when you need assistance and where to go for that assistance will be paramount to protecting your most valuable asset - your health.

Cherish your time together and use it to create moments of joy. Live in the now but don't ignore the future. Building support around you is the key to growing your relationship. Accepting help is an act of grace. It allows others to continue to be part of your life and gives the caregiver the opportunity to push pause and focus on their own needs. Going to preventative care appointments, attending a social event, joining a support group, taking a nap, or reading a book are some ways to reinvest in you.

Creating moments of joy sometimes happens organically and other times you have to seek those moments. The Alzheimer's Association is a great resource for families affected by cognitive loss. They provide education, consultation, support, and social engagement opportunities.

Twin Lakes hosts a variety of social engagements for those living with cognitive loss and their care partner. These events are open to anyone in need, not just the Twin Lakes community. Memory Care Chapel is a unique offering designed to meet the spiritual needs of those experiencing cognitive loss and their care partners. We welcome the public from the surrounding communities to join us at these monthly services. The modified service celebrates faith with a short message, joyful singing, and fellowship.

Memory Care Café is a program developed by the Alzheimer's



Twin Lakes provides a secure environment for residents to receive care with respect, attention, and compassion. Our certified associates and impactful programs ensure high-quality care.

We are here for our residents and the surrounding community.
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Life Enriching Communities welcomes people of all faiths.

Association. The Memory Care Café allows people experiencing memory loss and their loved ones to connect, socialize, and build new support networks while enjoying a meal together. Twin Lakes hosts a Memory Care Café each month. Another opportunity for support is our monthly speaker series. Memory care experts and advocates share valuable insights, resources, and support strategies on a monthly basis. Engaging with a support group is critical if you're caring for a loved one with memory loss. At Twin Lakes, we offer a monthly support

group for spouses.

We welcome care partners and their loved ones living with memory loss to our Memory Care Chapel Service, Memory Care Café, Speaker Series, and monthly spousal support group. To learn more, go to <https://lec.org/communities/twin-lakes/events/>

Lisa Zimmers is the Executive Director of Twin Lakes, a Life-Enriching Community (LEC). LEC is a mission-driven organization with six life plan communities throughout Ohio.

Four Schools Earn AP Scholar Platinum Recognition

Compiled by Dick Maloney



Cincinnati Country Day School, Cincinnati Hills Christian Academy, Moeller High School and Ursuline Academy have earned Platinum rankings from the College Board. Mount Notre Dame High School and Sycamore High School are silver level honorees.

The AP School Honor Roll recognizes schools whose AP programs are delivering results for students while broadening access. Schools can earn this recognition annually based on criteria that reflect a commitment to increasing college-going culture, providing opportunities for students to earn college credit, and maximizing college readiness.

This is the second consecutive year CCDS, CHCA, Moeller, Mount Notre Dame and Ursuline have been so honored.

"I am always pleased to see Country Day recognized for what we do best - encouraging all our students to take on challenges and supporting them as they do it," Director of College Counseling Sarah Beyreis said. "It's what I have always loved about working here."

CCDS is further being awarded the AP Access Award, which honors schools that encourage more low-income and underrepresented minority students to take AP courses. Specifically, this award requires that the percentage of underrepresented or low-income families accessing the school's AP program is the same as or greater than the percentage of students in the school's graduating class.

"Country Day prides itself on creating a rigorous learning environment for all and appreciates this recognition from the College Board," Director of Academic Affairs Al Beauchamp said. "We are excited to recognize

the value of our diverse community of learners and their academic accomplishments."

According to the College Board, research shows that advanced coursework provides early exposure to college-level work and contributes to a college-going school culture, even for those who don't earn college credit.

"The AP Platinum Access award captures the essence of who we are as a school and as a community," CCDS Upper School Head Jenn Weinheimer said. "Our school's diversity is an asset to us in so many ways, and this award acknowledges that. The strength of our teachers is showcased in this award as much as the accomplishments of our students. Country Day students from all backgrounds and from 70 ZIP codes are able to achieve at the highest levels because of the quality of the instruction and the authenticity of the support they receive. This award isn't a new one for Country Day, but we're proud that others see all that Country Day has to offer."

80 percent of Moeller's graduating seniors take at least one AP course, and 122 students were honored as AP scholars, meaning they scored 3 or higher on at least three or more AP exams.

"To be part of the honor roll is a testament to the strength of our learning community," Moeller Provost Christine Brookbank said. "We strive to challenge our students by offering over 30 college courses, 24 of those being AP classes. We are blessed with talented teachers who are not only passionate about their content area, but also about their craft. Their ability to make connections with the young men of Moeller is what has led to our success."

"AP gives students opportunity to engage with college-level work, to earn college credit and placement, and to potentially boost their grade point averages," Moeller AP Program head Trevor Packer said. "The schools that have earned this distinction are proof that it is possible to expand access to these college-level courses and still drive strong performance - they represent the best of AP."

College Board's Advanced Placement Program enables students to pursue college-level studies - with the opportunity to earn college credit, advanced placement, or both - while still in high school.

- Cincinnati Country Day information submitted by Josephine McKenrick; Moeller information submitted by Tammy Rosenfeldt

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