

**Keystone Staff**

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Phyllis Spangler

**Administrative Assistant**  
Sharon McFadden

**Care Companions**

Tina McGhee  
Julie Young  
Alice Hays

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Denna Hornby

**Keystone Caregiver Support Group**

**June 11, 12:30pm**

Professionals trained in dementia care and other caregivers will give you tools to help you manage your caregiving journey. Targeted topics will include Hospice, Elder Law, Assisted Living, Long Term Care Decisions and More!

Facilitator: Phyllis Spangler  
First United Methodist Church  
1350 Oak Ridge Turnpike  
Oak Ridge, TN 37830  
Room 202

For more information, call Phyllis at 483-6631



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Keynotes

June 2026



**Julie Young—Care Companion**

Julie's working at Keystone for the past eight years has been akin to the development of fine wine. The more she does, the longer she is here, and the more experience she has, the better she has become for participants, caregivers, and other staff members.

Julie has an innate ability to lead or follow, whichever the situation requires. She is always prepared with a variety of activities, tapping into the interests and abilities of those in her care which leads to meaningful and purposeful days for all. Julie is a fitting example of the personification of a Caring Heart.



**Keystone is closed in observance of Juneteenth,  
Friday, June 19, 2026**



**Caregiving is a journey that no one should try to manage alone. If you or someone you know needs guidance with their caregiving quandaries, Keystone can be a resource for you. Give us a call at 865-483-6631.**

### Caregiver Tips—Getting Dressed

Helping your loved one with getting dressed can be challenging at times. Here are some helpful tips for caregivers to make dressing a comfortable experience that encourages independence.

- Try to have your loved one get dressed at the same time each day so he or she will come to expect it as a part of their daily routine.
- Encourage your loved one to dress themselves to whatever degree possible. Plan to allow extra time so there is no pressure or rush to help reduce stress or anxiety.
- Focus on one step at a time by giving simple instructions like ‘Put your arm in the sleeve’ or ‘Put your foot through that trouser leg’.
- Store some clothes in another room to reduce the number of choices. Keep only one or two outfits in the closet or dresser.
- Choose clothing that is comfortable, easy to get on and off, and easy to care for. Elastic waists, Velcro or magnetic enclosures minimize struggles with buttons and zippers.
- Be patient and flexible, small adjustments to this daily routine can make all the difference.



**Thank you,  
Morning Point!**

You know how to make playing Bingo fun and rewarding!



### Donations

Sharon Dowell  
Tracey Seyler  
Rachel Reagan

### Wish List

- Elmer’s Glue, 4 oz. bottles
- 8 x 10 White Canvases
- Individual Yogurts
- Sugar-free Powdered  
2 qt. Drink Packets
- Sugar-free Cookies
- Breakfast Bars
- Double AA Batteries
- Huggies Baby Wipes
- Large Paper Clips
- Hershey’s Chocolate Syrup

