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Keystone Caregiver Support Group

December 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

KEYSTONE ADULT DAY PROGRAM
PARTNERS IN DEMENTIA CARE

December 2025



**Keystone is closed
December 24, 2025 thru January 2, 2026.
Keystone re-opens Monday, January 5, 2026.**

Working Together!

Purposeful activities encourages social interaction and fosters a sense of pride and accomplishment for all to share!



Caregiver Tips ~ Staying Warm and Safe this Winter Season

A person living with dementia does not always know if they are hot or cold because dementia can affect the brain's ability to regulate body temperature and perceive temperature changes. This can make them more vulnerable to heat-related illnesses or hypothermia, and they may not be able to communicate their discomfort effectively. Here are some helpful tips to help you this winter:

- ◇ **Maintain a warm and comfortable home.** Keep your thermostat between 68° and 74° to prevent hyperthermia and circulation problems. Keep a blanket nearby for your loved one.
- ◇ **Ensure proper dressing.** Dressing your loved one in layers can help with temperature changes, while scarves, hats, and gloves help retain body heat when going outside.
- ◇ **Make the most of natural daylight.** With shorter days, your loved one may experience more confusion, restlessness, and depression due to less sunlight. If safe and possible, spend short periods outside and open curtains and blinds during the day.
- ◇ **Be aware of hypothermia signs.** Symptoms might include shivering and cold skin (or no shivering if the condition is advanced), slurred speech and confusion, shallow breathing and drowsiness. Seek medical attention if your loved one exhibits symptoms.
- ◇ **Encourage physical activity.** Moving around at least once every hour can improve circulation and help your loved one stay warm. Try simple arm and leg movements.
- ◇ **Stay hydrated.** A warm house can increase the risk of dehydration and confusion. Encourage warm beverages which may be more desirable and can help regulate body temperatures.
- ◇ **Watch out for snow and ice.** Your loved one may have trouble seeing icy patches on pavement or comprehending that surfaces might be slippery. Take it slow to help prevent falls.
- ◇ **Prepare for Emergencies.** Be sure food and water supplies are well stocked. Keep cell phones and other devices charged, and make sure flashlights (not candles), blankets, and warm clothes are easy to find if the power goes out. Keep a list of emergency contacts and current medications handy.

Have a Holly Jolly Christmas!

The spirit of Christmas surrounded us bringing joy to all as we gathered together to make Christmas cards and ornaments for Keystone's tree.



Inclement Weather Policy

Keystone follows the snow schedule for Oak Ridge City Schools. If the schools are closed, Keystone is closed. If the schools decide to close early due to inclement weather, Keystone closes. Please be alert to these weather situations and make prompt arrangements to pick up your participant.

Thank You



Carry the Stone Donations

Danford & Kimberly Afong
 Ron Battle
 Dennis Clark
 Anne & Wendell Lawson
 Jim & Sheila Michel

Donations

Joy Beach
 Tony & Gay Bradley
 Sharon Dowell
 Jean Lay
 Rachel Reagan
 Debbie Shepherd
 Ted Willgrubs

Wish List

- Soft breakfast bars
- Individual yogurt cups
- Individual potato chip bags
- Cheese cubs
- Individual peanut butter & cracker snack packs
- Gold Fish
- Cheez-Its
- Holiday ribbon (any size)

Thank You!

