

Keystone Staff

Executive Director

Phyllis Spangler

Administrative Assistant

Sharon McFadden

Care Companions

Tina McGhee

Julie Young

Alice Hays

Board of Directors 2026

Chairperson

Laura Jones

Vice Chairperson

Connie Warford

Secretary

Teri Smith-Pearson

Lenora Holman

Anne Lawson

Phonda Sumner

FUMA Staff Liaison

Dnna Hornby

Keystone Caregiver Support Group

is **CANCELLED** for October!

Caregivers are invited to attend the
FREE

Caring and Coping Workshop

October 8, 2026

8:30-2:00

Workshop and registration details
can be found on page 2 of this issue.

Keystone Caregiver Support Group
will resume in November



1350 Oak Ridge Turnpike
Oak Ridge, TN 37830

Phone: 865.483.6631

Fax: 865.483.4391

E-mail: keystone@fumcor.org

Website: www.keystonetn.org



Keynotes

KEYSTONE ADULT DAY PROGRAM

PARTNERS IN DEMENTIA CARE

October 2026

9th Annual Carry the Stone

The success of the Keystone Scholarship Fund depends on **YOU!**



How can you help?

- Donate online at www.keystonetn.org
- Mail donation to Keystone
- Bring your donation to Keystone office



Keynotes

Keystone Closed

October 8 & 9
and
November 25 & 26

Free
Caring and Coping
Workshop
October 8, 2026
Register through
Alzheimer's Tennessee



Caregiver Tips: Making Bathing Easier

Bathing can become more difficult as dementia progresses. Those living with the disease can be confused by the process and struggle to understand directions. They may be more sensitive to being cold and uncomfortable and may fear falling.

Additionally, being undressed is a vulnerable state and this can lead to resistance. Here are some techniques which may prove helpful in making bathing less of a battleground.

- Create a spa-like environment in the bathroom by insuring it is warm, not too brightly lit and that the water temperature is comfortable. Consider using a shower seat and a hand-held shower to make things easier.
- Instead of asking “do you want to take a shower?” offer “let’s take a shower and then we’ll have some ice cream.”
- Use simple one step directions and demonstrate with visual prompts- “wash your face like this”. Allow plenty of time so the person does not feel rushed. Choose the time of day the person typically bathed or showered before the onset of their disease.
- Avoid arguing. If resistance is present, back off and try again another time.

Volume 9 Issue 10

Never a Dull Moment...



Donations

- Sharon Dowell
- Anne Leitnaker
- James McFadden
- Lucretia Pack
- Rachel Reagan
- Debbie Shepherd
- Cara Weigel
- Ted Willgrubs

Wish List

- Cheese cubes
- Individual Applesauce Cups
- Individual Yogurt Cups
- Little Debbie Oatmeal Pies
- Snack size Potato Chips
- White and Black Card Stock

*Thank
You*