

Keystone Staff

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Phyllis Spangler

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Keystone Caregiver Support Group

April 9, 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



**1350 Oak Ridge Turnpike
Oak Ridge, TN 37830**

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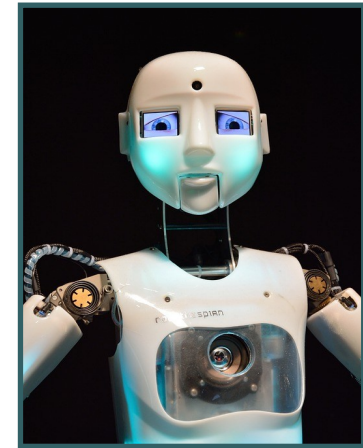
**E-mail: keystone@fumcor.org
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Keynotes

April 2026

Attention Caregivers



The University of Tennessee School of Social Work is designing a program using a humanoid robot programmed to give caregivers needed knowledge and support throughout their caregiving journey.

You, as Keystone caregivers, are in a select group invited to take part in this study. You will have the opportunity to interact with the robot and ask questions you have about caregiving responsibilities. The session with Pepper takes about 20 minutes, and you will be asked to give feedback on the robot-based support system to members of the UT team that accompanies Pepper. Total time for the entire session is about an hour.

The added bonuses to volunteering in this study are that participants can stay at Keystone while you participate, and you receive a \$50 gift card as a thank you for your time and feedback. This study will take place at the Oak Ridge Senior Center across the street from Keystone on April 20th and 27th.

This is a unique opportunity to assist researchers in shaping a training program built around real caregiver needs and perhaps learn something new to help you with your caregiving journey!

PLEASE see Phyllis to schedule your time on April 20th or 27th, or to ask questions about this study. Please consider being a part of this groundbreaking effort to help yourself and other caregivers care for those you love most.



Please Remember

KEYSTONE CLOSED

**Friday, April 3 and
Monday, April 6**

A Focus On What Remains

It's easy to regard dementia as a disease of subtraction as it is filled with so much loss. At Keystone, the focus is not on what is lost but on what remains. Whether it's a rousing game of dominos or a round of bowling, the focus is always on what remains. We strive to honor and celebrate the enduring presence of the human spirit and foster opportunities for social engagement.



Caregiver Tips

It is not uncommon for those living with dementia to become more confused, agitated, or anxious late in the day. The onset of these behaviors is often referred to as "sundowning" and it is not well understood. Some potential causes may include fatigue, being hungry or thirsty, boredom, pain, the disruption of sleep-wake cycles, the presence of an infection or simply an unmet need. Late-day distress is unsettling for the person with dementia and can be extremely taxing for caregivers at the end of a long, hard day. Here are some tips which may help:

- Proactively address needs like hunger, thirst, or the need to use the restroom.
- Limit drinks with caffeine to the morning hours.
- Encourage physical activity each day.
- Ensure exposure to light during the day to help reset the body clock.
- Limit naps and make sure they aren't too late in the day.
- Play relaxing, soothing music, read aloud or go for a quiet walk.

Late-day Distress

Keystone is a practicum site for Roane State's Occupational Therapy Assistant (OTA) program. Kailee and a participant enjoy working together on a jigsaw puzzle. We are grateful to have RSCC as a collaborative community partner!



Keystone welcomes two new Care Companions to our team. We are delighted to have Jennifer (right) and Alice (below) join us in providing compassion and care for our participants.



WELCOME!



In Memory Of

Robert Moss
By Jill Wilson

Joyce Quick
By Denise Anderberg

Donations

Petie Clinton
Elaine Graham
Vicky Hinkle
Molly Langton
Rachel Reagan

Wish List

- Glue sticks
- 8 x 10 white canvases
- Decaffeinated Coffee
- Cheese cubes
- Sugar free powdered 2 qt. drink packets
- Sugar free cookies
- Soft fruit breakfast bars
- Hand Sanitizer

Thank you