



WELCOME TO
Centenary
UNITED METHODIST
WINSTON-SALEM

Keeping Love Alive As Memories Fade: The 5 Love Languages and the Alzheimer's Journey

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Care Partner/Caregiver



Person with
memory/cognitive
impairment or
dementia

Someone
here for the
education

Who are you? Welcome!

What is dementia and Alzheimer's?

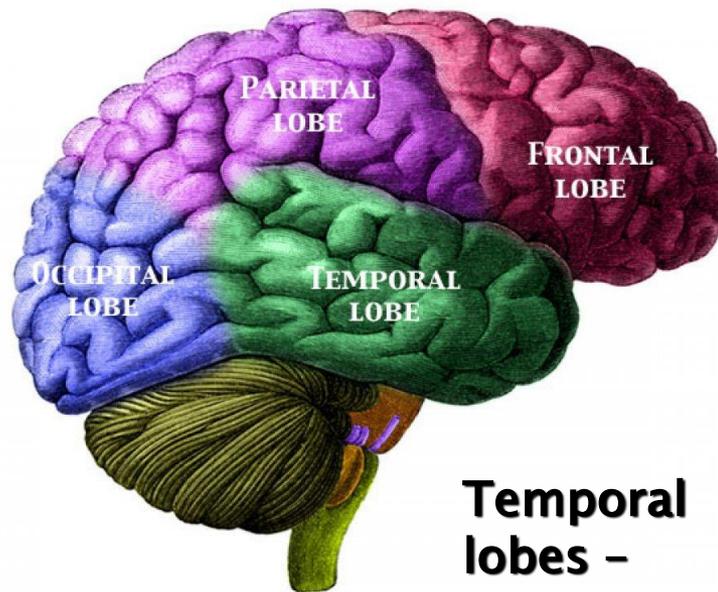
A decline in cognitive and related abilities leading to loss of functional capacity caused by inflammation of the brain

Memory loss and trouble with thinking affecting daily activities that results in the brain aging too rapidly

Alzheimer's disease is the most common cause of dementia

What the brain does

**Parietal lobes –
spatial function
and
coordination**

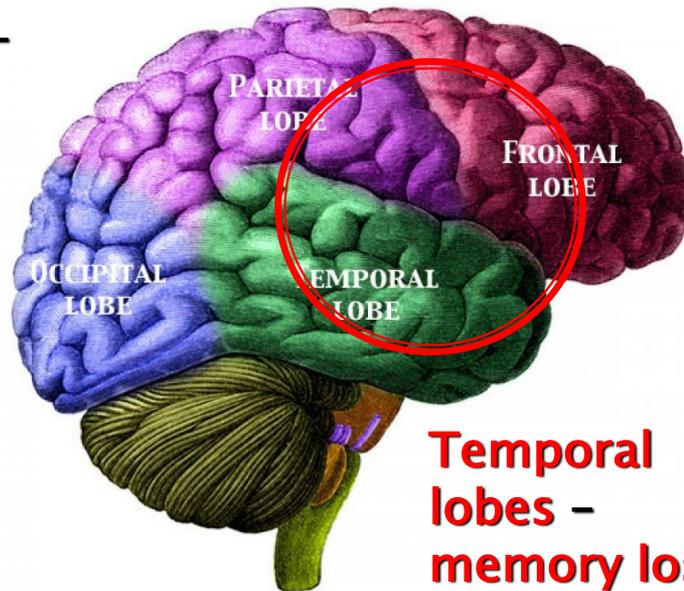


**Temporal
lobes –
memory and
language**

**Frontal lobes –
attention/orien-
tation,
personality,
behavior,
judgment,
empathy,
multitasking, and
movement**

What happens to the brain in Mild Cognitive Impairment (MCI) and Alzheimer's Disease?

**Parietal lobes -
spatial
incoordination**



**Frontal lobes -
personality
changes and
difficulty with
multitasking**

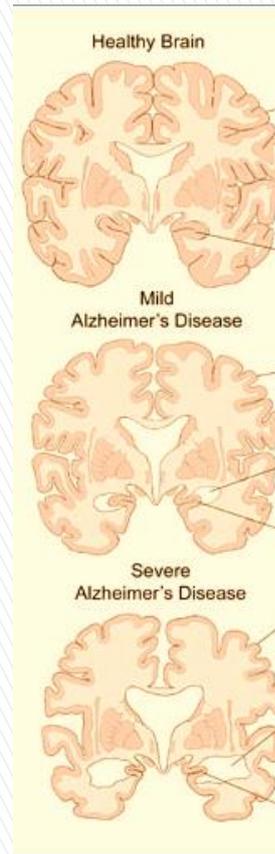
**Temporal
lobes -
memory loss**

Dementia Staging

is dependent on functional capacity

▶ Instrumental Activities of Daily Living (IADLs)

- Cooking
- Driving
- Finances
- Housework
- Medication management
- Shopping
- Telephone use



▶ Activities of Daily Living (ADLs)

- Ambulating
- Bathing
- Dressing
- Feeding
- Toileting
- Transferring



Helpful thought:
It's not that they won't, they can't

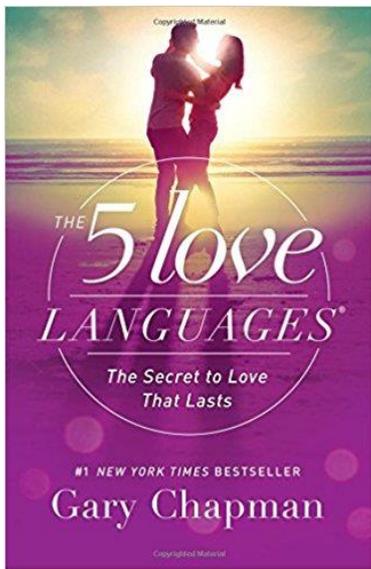
My family in fall 2012



How could we keep the love alive



as her memory faded?



The deepest emotional need we have [as humans] is to love and be loved

Dr. Gary Chapman, *The Five Love Languages*

Genuine love

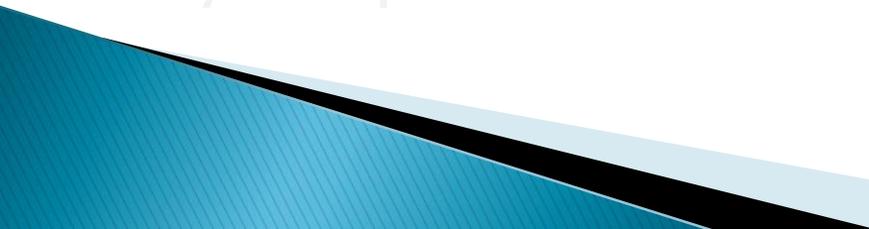
- ▶ Is to be loved by someone who chooses to love me
 - ▶ Is to be loved by someone who sees in me something worth loving
 - ▶ Is to be loved by someone who chooses to look out for my best interest
- 



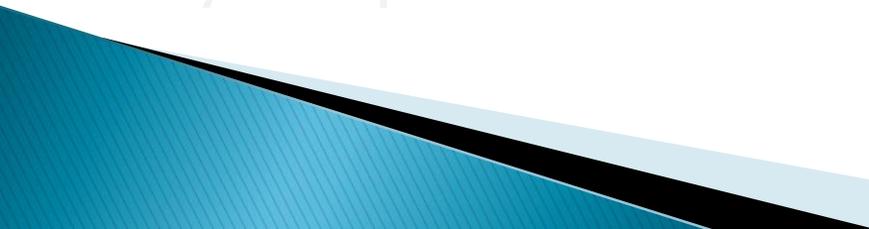
The Five Love Languages

How individuals communicate and receive emotional love using the metaphor of literal languages. The 5 love languages include ...

The Five Love Languages

- ▶ **Words of Affirmation** – unsolicited words of affection and appreciation)
 - ▶ Quality Time – giving someone your full, undivided attention
 - ▶ Gifts – a visible symbol of love such as a purchased, handmade, or found tangible gift
 - ▶ Acts of Service – doing helpful things for another person to lighten their load
 - ▶ Physical Touch – deliberate touch conveying your presence to another
- 

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Observations about 5LL

- ▶ We tend to love others using the same love language we prefer to be loved in
- ▶ To feel intentionally loved, we must speak the other person's love language



Observations about individuals with Alzheimer's disease

- ▶ As their disease progresses and they become more cognitively impaired, their ability to *express* love diminishes



- ▶ But ... the ability to *feel* loved is preserved into the late stage of the disease, even to the end of the journey

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KEEPING
LOVE ALIVE
AS
MEMORIES
FADE

*The 5 Love Languages® and
the Alzheimer's Journey*

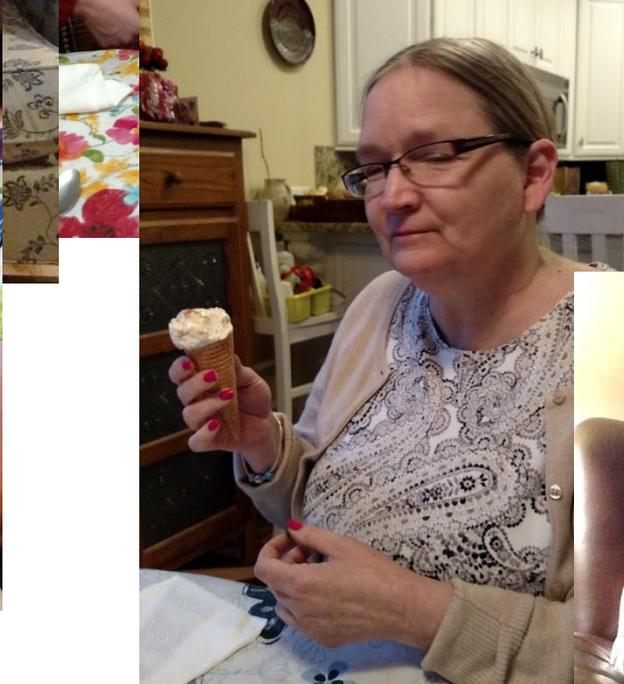
Deborah Barr, MA • Edward G. Shaw, MD

GARY CHAPMAN, PhD

#1 New York Times bestselling author of The 5 Love Languages®

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Keeping Love Alive



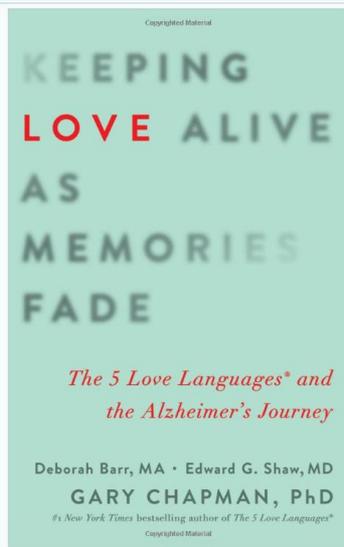
Observations about individuals with Alzheimer's disease

- ▶ As their disease progresses and they become more cognitively impaired, their ability to *express* love diminishes
 - ▶ But ... the ability to *feel* loved is preserved into the late stage of the disease, even to the end of the journey
 - ▶ However, the depth and breadth of the connection lies almost entirely in the hands of the care partner
- 

Hesed: A Care Partner's (Caregiver's) Love

- ▶ Loyal love
- ▶ Love that can be counted on
- ▶ Love that's not about the thrill of romance, but the security of faithfulness





The Five Love Languages

Simple tools to allow a person with Alzheimer's,
and their care partners/caregivers,
to feel loved, attached, and connected ...

Books are available for purchase (\$12) in foyer



**Thank
you!**
Questions?



THANK YOU

YOUR TIME, TALENTS, GIFTS,
SERVICE AND WITNESS HELP
TO MAKE SENIOR ADULT
MINISTRY COME ALIVE AT
CENTENARY

JOIN US FOR WORSHIP
SUNDAY, NOVEMBER 19,
AS WE MAKE OUR
COMMITMENTS FOR 2018.



Thankful Giving
stewardship 2018

relationships • trust • engagement

CENTENARY UNITED METHODIST CHURCH

