The Golden Rules of Dementia

By: Jill Kruse, DO PRAIRIE DOC PERSPECTIVE

Dementia is a progressive condition that results in decline in cognitive function. People with dementia have increasing difficulties with short term memory, thinking, and reasoning. For family members it can be hard to watch the decline in a loved one who is struggling with dementia. Interacting when someone has dementia can be difficult. Following these three Golden Rules can help.

Rule number 1: Do not ask direct questions. Asking someone with dementia if they remember your name or remember what they had for breakfast can be distressing. Someone with dementia may not



From A1

PROCLAMATION NATIONAL DAY OF PRAYER MAY 1, 2025

WHEREAS, throughout history America has faced trials and triumphs and Americans have responded in prayer, offering gratitude and joy-filled celebration as well as seeking courage and comfort.

WHEREAS, from the first gatherings of our Founding Fathers, including the authors of our Declaration of Independence, elected officials have prayed and entreated those they serve and represent to join them in prayer. Days of prayer have been called for since 1775 when the Continental Congress designated a time for prayer in forming a new nation. In 1863, Abraham Lincoln called for such a day.

WHEREAS, the National Day of Prayer was



be able to find the answer you are looking for and can feel put on the spot to come up with an answer.

Rule number 2: Listen to the person with dementia and learn from them. When someone is suffering from dementia, their feelings are more important than facts. My grandmother had dementia for the last 20 years of her life. She was very upset that my aunt had not come to visit



her. My aunt had passed away a few years prior. At first, we thought the best thing was to tell her the truth, that my aunt had died. We saw that this was new information each time we told her. She grieved deeply each time she heard that news. It was kinder to tell her that my aunt was away at school and would

be home at the next holiday to visit. There was no reason to keep inflicting that trauma on her. We were able to ease her mind. She was worried she had done something wrong to cause my aunt to not visit.

Rule number 3: Do not contradict. The part of the brain that is able to reason is no longer

functioning in dementia. Trying to win an argument with logic is not beneficial. Another time visiting my grandmother, she was very anxious that she had not taken lunch out to her husband. She believed he was out working in the field on the family farm. My grandfather had died the year I was born. Rather than contradicting her, I said that I would make sure that he got lunch and would take it out for her. This made her feel better.

These three golden rules can help give the family member with dementia a sense of security and safety. It can also be helpful for family members to interact with the person they love in a new and meaningful way. Meet the person with dementia

where they are, instead of trying to force them to be where you are. If you allow them to take the lead, you may learn some beautiful stories from the past and have fond memories for your future.

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officially established in 1952 as an annual event when it was signed into law by Congress. President Reagan amended the law in 1988, designating the first Thursday of May each year as the National Day of Prayer. Last year's Proclamation by President Biden invited Americans to "join him in asking for God's continued guidance, mercy, and protection."

WHEREAS, the National Day of Prayer, as designated by our government, belongs to all Americans, unified prayer is mobilized across America as neighbors come together to express faith and exercise freedom in personal prayer and public gatherings, seeking God for the city and country where we live, learn, work, worship, serve and desire all to thrive;

NOW THEREFORE, the Board of Harvey County Commissioners in the State of Kansas, and by the laws of the United States, do hereby proclaim May 1, 2025, as a National Day of Prayer.

May Americans gather to pray with fervent praise, repentance, love, and humble intercession for our neighbor and nation, holding fast to the promises throughout the Holy Scriptures that the Lord hears and avails much as He answers the faith-filled prayers of His people

Adopted this 15th day of April 2025. BOARD HARVEY OF COMMISSIONERS

COUNTY

May 13th - Hyatt Life Sciences

Join us for a trip to Hutchinson to hear Dr. Gene Zaid & Dr. Jack Mull speak on plant-based help for cancer and other diseases. Dr Zaid was born and raised in the Middle East and has been interested in the traditional "medicines" and dietary practices in his homeland that have helped people for a millennia. Currently Gene grows the plants used near Sterling, Kansas. Those who have benefited from their natural medicine will speak, and there will also be time for questions. If there's interest, we may stop for a bite to eat before returning home. Depart at 4:30 p.m. from Newton Area Senior Center. Call 284-6802 for reservations. Transportation \$8.00

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316-284-6802 toll-free 866-680-6802



