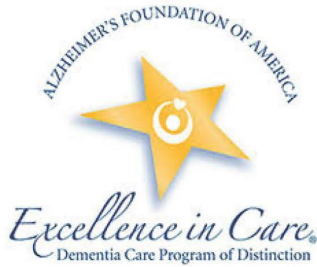


Serendipity Adult Day Services News



August 2026



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DATES TO REMEMBER

8/21: Alaska State Fair!



DOING THE
MOST GOOD™

UPDATES

Alaska State Fair

Serendipity will be attending the Alaska State Fair on Friday, August 21st. We use annual contributions to fund trip admission, lunch and afternoon treats for participants, staff and volunteers alike. And... we travel in style. Each year Holland Princess Cruises donates staff time and a luxury motor coach for our travel to Palmer in absolute comfort. If you or some one you know would like to join us this year as a volunteer, please contact Renee Riggs-Kaiser at 907-279-0501 or renee.riggs-kaiser@usw.salvationarmy.org. It is so much fun and such a great experience for our folks. Your time and care could make the event even more memorable.

Alaska Zoo

Once again, our plans were thwarted and our trip to the Zoo was canceled. Absolutely unforeseeable technical issues with AnchorRides. And here we are still waiting to see the sights at the Zoo! But there is hope in our future. In September, the Zoo will host an “access” event that makes it easier for folks with assisted mobility to see all the sights. As soon as that date is released, we will (re)plan our attendance. Third time’s the charm, right?

Law and Order

One of our fabulous and regular volunteers was made aware of a pair of abandoned turtles and wondered if they could become a part of our current aquatic's family. Well, wonder no more! *Law and Order* have taken over the aquarium room, and the participants could not be more thrilled to have them. They greet you, dive off their aquascape and kick loose rocks all about. They are total troublemakers and chaos generally ensues - which of course means incredible entertainment for all.



(Turtles are safely handled and properly cared for exclusively by staff/volunteers.)

GUIDE Model

One of our Serendipity families recently shared that there is a funding - \$2,500 annually - available through Medicare that assists with respite and care for individuals experiencing dementia related symptoms. Serendipity would need to partner with an outside entity with Medicare credentialing and for referral, but it is something we are pursuing at present. Click [here](#) for more information.

Caregiver Corner

Helping Without Taking Over

By Kimberly West ADC, CDP, MDE, VMC

Helping without taking over is one of the most important skills in dementia care. Many people living with dementia can still take part in daily routines when they are given the right kind of support. By offering gentle guidance, allowing extra time, and focusing on what the person can still do, caregivers can help preserve confidence, dignity, and independence. This approach helps make daily care feel more cooperative and less like doing tasks for the person.

Here are some key tips for helping without taking over:

- Give the person a little extra time to process, respond, or try the task on their own.
- Look for small parts of the task they can complete, even if they cannot do the whole thing.
- Give instructions one step at a time, using simple prompts like “Pick up the towel,” or “Put your arm in the sleeve.”
- Start with gentle cues first by pointing, demonstrating the task, or placing an item within reach before giving a verbal reminder.
- Start the task, then allow the person to continue. For example, begin folding one towel, button the first button, or place the spoon in their hand.
- Offer simple choices instead of open-ended questions. For example, ask, “Would you like the blue shirt or the red shirt?” instead of “What do you want to wear?”
- Do not correct every mistake; if the result is safe and acceptable, let it be.
- Use encouraging words like, “You’re doing great” or “Thank you for helping.”
- Set the task up for success from the start by laying out the needed supplies in order, keeping the environment calm and simple.
- Match the task to the person’s current ability. Complete the harder parts if needed, and leave easier parts, such as wiping a table or stirring batter, for the person living with dementia.
- Watch for signs of stress, confusion, or fatigue. If any of these signs are present, simplify the task further or take a break.

Helping without taking over is a way to respect the person’s abilities while still providing the support they need. By slowing down, offering simple cues, and giving the person chances to participate, caregivers can help everyday routines feel less like care tasks and more like shared activities. Even when the outcome is not perfect, the opportunity to try, choose, and contribute can help the person living with dementia feel respected, capable, and included.

Sources:

[AFA – Working Together as Part of a Care Team](#)

[AFA – Tips to Assist with Dressing](#)

[Alzheimer’s Association – Daily Care](#)

[National Institute on Aging – Alzheimer’s Caregiving](#)

[Alzheimers.gov – Tips for Caregivers and Families of People with Dementia](#)