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For more information/interviews:

Amy Miller

701-323-7000

AMM@Touchmark.com

Touchmark staff first in state certified in TimeSlips™

BISMARCK, N.D. — Heidi Dalusong of Bismarck and Kate Payne, R.N., of Fargo are the first individuals in North Dakota to be certified as TimeSlips facilitators. Dalusong is the Devonshire Life Enrichment coordinator at Touchmark on West Century. Payne is the memory care manager at Touchmark at Harwood Groves.

TimeSlips is a therapeutic storytelling tool designed for individuals living with Alzheimer's disease and other age-related dementia. For those in the middle to late stages who may no longer communicate through conventional methods, participants contribute by incorporating gestures, sounds and facial expressions into stories. For those in the earlier stages of the disease, the program can be adjusted to include more reminiscence and current events.

“Storytelling is about memories, but TimeSlips is a way to open the imagination and spark creativity,” said Dalusong. “The process accepts who people are and where they are in the moment. It’s a program that’s rewarding for anyone who is involved.”

During a TimeSlips session, Dalusong shows residents living with dementia a photo and encourages them to talk about what they see. Through the process, they collectively develop a story.

About TimeSlips

In an age when medicine offers few treatments for dementia, TimeSlips provides hope by opening avenues for meaningful communication and connection. It promotes and celebrates imagination and creates joy through the making and sharing of stories.

About Touchmark

A full-service retirement community, Touchmark on West Century is a certified Best Friends Environment. Touchmark offers a range of homes and lifestyle options for people 55-plus years. An on-site health and fitness club is open to anyone over 40 and features a variety of fitness options. For more information, visit Touchmark.com.

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