



**FOR IMMEDIATE RELEASE**

Nov. 12, 2015

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## **Touchmark staff first in state certified in TimeSlips™**

FARGO, N.D. – Kate Payne, R.N., and Kendra Stensland, L.P.N., of Fargo and Heidi Dalusong of Bismarck are the first individuals in North Dakota to be certified as TimeSlips facilitators. Payne and Stensland work at Touchmark at Harwood Groves: Payne is the memory care manager, and Stensland a memory care nurse. Dalusong is the Devonshire Life Enrichment coordinator at Touchmark on West Century.

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.

"TimeSlips allows people living with dementia to be creative," said Payne. "The process engages everyone, because everyone contributes to developing the story."

According to Stensland, this is the power of TimeSlips. "Some residents who tend to be quiet will light up during TimeSlips. One single picture can tell you a whole story about people as it opens them up to share a story they either lived or came up with."

During a TimeSlips session, the two nurses show residents living with dementia a large color photo and encourage them to talk about what they see as well as the smells, sounds and other details that can be found in the image. In the process, everyone constructs a story.

Payne is also certified as a Master Trainer for the Best Friends™ Approach, a groundbreaking method of care for individuals living with Alzheimer's and other dementia. The approach focuses on encouraging respect, empathy, support and trust.

### **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 process of developing and sharing stories.

### **About Touchmark**

A full-service retirement community, Touchmark at Harwood Groves is a certified Best Friends Environment. The award-winning community offers a wide range of homes and lifestyle options as well as an on-site health and fitness club, which is open to anyone over 40. For more information, visit [Touchmark.com](http://Touchmark.com)

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