

This type of connection-making is often called person-centered care. It means listening to the loved one or patient, and doing the things they enjoy(ed). Share a nice warm cup of coffee while you talk about that first love. Place a cd player in their room with their favorite music inside and ask the staff to press play when they come in to do their routine checks.

With connection and storytelling, people start to open up. There are many happy, humorous stories, and there are sad stories as well. Whatever pops up, even if it's not the intended reaction, don't rush it. Be there for that patient or loved one. Listen to the honor they are giving you that is a

part of who they are. That is medicine everyone can benefit from.

Sources: Hollow, Michele C. "How Music and Laughter Can Tap Into the Emotions of People with Alzheimer's." *Next Avenue*. 13 Sept 2022. www.nextavenue.org/how-music-taps-into-the-emotions-of-people-with-alzheimers.

"Stress Relief from Laughter? It's No Joke." *Mayo Clinic*. 29 July 2021. www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044456.


DO YOU KNOW YOUR RISK FOR DEVELOPING DIABETES?

WHAT IS PREDIABETES

Prediabetes is a serious health condition that comes before diabetes. It means your blood sugar levels are higher than normal but aren't high enough to be called Type 2 diabetes. If left untreated, prediabetes can turn into Type 2 diabetes.

Prediabetes can:

- affect anyone, any age
- cause damage to your body, often without symptoms, going unnoticed for years
- make you more at risk of severe symptoms from illnesses like the cold/flu/COVID-19 viruses
- be reversed by making small lifestyle changes



1 OUT OF EVERY 3 WISCONSIN ADULTS HAS PREDIABETES

KNOW YOUR RISK

The **Prediabetes Risk Test** can help you know your risk for developing type 2 diabetes.

DO YOU HAVE ANY OF THESE RISK FACTORS?

- Overweight
- Low Physical Activity
- High Blood Pressure
- Family history of Diabetes
- Age 40 or older
- Previous Gestational Diabetes
- Gave birth to a baby who weighed more than 9 pounds

- A score of **5 or higher**, means you are at higher risk for developing diabetes. Talk with your doctor to see if additional testing is needed.
- The **National Diabetes Prevention Program** can help lower your risk of developing diabetes.


Take the test and learn about the program at:

www.PreventDiabetesWI.org



SCAN ME

TAKE THE ONE-MINUTE PREDIABETES RISK TEST





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