

The ROCKSPIRIAN

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Did I Remember to Tell You? A Real-Life Guidebook for Dementia Family Caregivers by Rockspire member, **Pam Kovacs Johnson** was published in September and all of us at Rockspire are excited that Pam has accomplished this meaningful milestone in her career as one of America's leading experts in dementia care.

While there is an abundance of information about dementia for family caregivers to learn symptoms, skills, do's and don'ts, there is little to help them comprehend why it is so important to do everything differently than before this disease. And to fully understand the consequences when they don't.

From the book ***Did I Remember to Tell You?*** caregivers gain insight into the difficulty of doing and saying the right things for the right reasons, in accordance with best care practices and are guided towards being the "perfect" caregiver.



Pam Kovacs Johnson
Opening first shipment of books
Photo by M. Johnson 9.25.20

It is based on Pam Johnson's professional experience, spanning over forty years working with older adults in a variety of health care settings, coupled with the invaluable knowledge she gained while caring for her father.

Learning about the disease and daily challenges from real-life stories effectively shows rather than tells caregivers what they need to know to make it from one day to the next. The stories create a powerful understanding of the tremendous impact this disease has on a loved one and reminds us that Alzheimer's and other dementias are about much more than mere forgetfulness.

If you would like a signed copy of ***Did I Remember to Tell You?*** you can purchase a copy during your next visit to Rockspire. Pam will be at Rockspire during much of November should anyone wish to have a signed copy with a personal inscription. She would love the opportunity to meet with folks in person which can be scheduled by emailing her at pamjohnson@rockspire.com. The book is also available at *Barnes & Noble* and in-print or digitally at [Amazon.com](https://www.amazon.com).

EUREKA SPRINGS SUSTAINABLE ECO-COMMUNITY INITIATIVE

held its "kick-off" discussion outdoors at the newly constructed MobbyMac Carriage House Canopy on October 29th. Twelve people attended the discussion which was led by Dr. Marty Matlock, Executive Director of the University of Arkansas Resiliency Center. Also attending from the University were Steve Luoni, Directory of the U of A Community Design Center, and Chris Boles, Director of the U of A Office of Sustainability.

The Initiative is a collaborative project under the leadership of The University of Arkansas with the intent of involving all aspects of the Eureka Springs community toward the goal of making this area one of the nation's few eco-communities.



"Kick-off" discussion
Photo by G. Myers
10.29.20



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As stated by Dr. Matlock, “Eco-communities are a form of oikonomies (Greek, meaning house management) characterized by human-scale communities in which human activities engage the natural world in a way that is supportive of resilient human and ecosystem development.¹ While eco-community structures are universally communitarian, the concepts are not exclusively communal. Eco-communities share five common characteristics:

1. Reduced environmental impacts.
2. Increased resource efficiency.
3. Improved social capital.
4. Highly transparent decision-making.
5. Investment in resiliency.

These characteristics become part of the governing process in eco-communities, resulting in more robust social, economic, and environmental living conditions.²”

MOBBYMAC CARRIAGE HOUSE ADDITIONS are close to completion, and the most significant and noticeable addition is the canopy structure at the front on the building which expands the indoor/outdoor gathering space for Rockspire events.

Not as noticeable but equally important, is the addition of two, next-generation BioGS HEPA filtration systems. These HEPA filter systems effectively trap and reduce over 99% of airborne bacteria, mold spores, and particles that carry viruses. Outfitted with wireless internet capabilities, these systems allows us to continually monitor air quality and control air purification in the MobbyMac Carriage House.

Other completed additions to the Carriage House include a guest bedroom and expansions to the existing kitchen and bathroom.



MobbyMac Carriage House canopy as seen from inside with doors open.
Photo by G. Myers 11.5.20



MobbyMac Carriage House canopy addition
Photo by E. Chapman 11.4.20



HEPA Filtration system
One of two filter banks
Photo by G. Myers 8.20.20



Above left
MobbyMac Carriage House canopy addition
Photo by G. Myers 11.5.20



Above right
MobbyMac Carriage House Kitchen Expansion
Photo by G. Myers 11.5.20



¹ Gilman, R. (1991) ‘The eco-village challenge’. Context Institute. Available online at www.context.org/iclib/ic29/gilman1/ (accessed 23 October 2020).
² Pickerill, J. (2015). **Building the commons in eco-communities. Space, power, and the commons: the struggle for alternative futures.** London: Routledge, 31-54.

