

# Docent Dispatch

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### CARLYLE HOUSE

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## Carlyle House Dementia Training

On November 18, we were joined by the Dementia Friends of Virginia for a brief training session on what to know about dementia and how best to serve those members of our community.

Here are the key points on communication that came from this training:

1. Treat the person with dignity and respect.
2. Be aware of your feelings, as your tone of voice may communicate your attitude.
3. Be patient and supportive.
4. Offer comfort and reassurance.
5. Avoid criticizing and correcting.
6. Avoid Arguing.
7. Offer a guess if the person cannot find the right word.
8. Encourage nonverbal communication.

We will be attempting to schedule another training with this group for an evening in January. More details will follow once we know more!

## Carlyle House Book Club

The next gathering of the Carlyle Book Group will be on Monday, January 6th at 12:00pm. We will read about tea—

While there are far more fiction than non-fiction titles in the Alexandria Library online catalog, there are MANY books to choose from, readers select one that best suits your interest. Some examples—

- Tea: Addiction, Exploitation and Empire, Maxham Ray 382.4566MAX
- The Story of Tea: A Cultural History and Drinking Guide, Mary Lou Heiss 641.3372HEI
- The Art and Craft of Tea: An Enthusiast's Guide, Joseph Uhl 641.3372
- The Way of Justice: Rescuing the World's Favorite Beverage from its Violent History Becca Stevens 394.15Ste
- For All the Tea in China: How England Stole the World's Favorite Drink and Changed History, Sara Rose 382.4137ROS

Tea Customs in Virginia, 1700-1783 Virginia Claypool 394.15  
And many other titles...