



Caregiver Spotlight: Kellie

Each of our caregivers has a special technique to connect with their clients. Each one, whether they know it or not, brings a unique set of skills to the table so that they can become more than just a caregiver, but a part of the family. Our caregiver Kellie uses her knowledge of history to learn the stories of her clients and build a relationship.

"Our seniors are natural historians."

Kellie went to college with a major in philosophy and a minor in history. But for as long as she can remember, she has always felt a pull to care for others. Even at a young age, she remembers taking care of others, and a special love for seniors. Little did she know that her passions would intersect the way they did.



She was in love with history and she found that she could get first account knowledge from the aging adults around her. What was it like to serve in the Korean War? A senior could tell her. What was it like to be a woman who worked to keep America's home fires burning during World War II? An aging adult could tell her. Kellie's clients, these "natural historians", gave her a glimpse into the past; she respected that and a caregiving career was born.

Kellie simply states, "I was made for this job." We completely agree.

"Their long term memory is still quite busy."

Kellie has been at Visiting Angels Wayzata for two years, but her experience in caring for seniors extends well past that. During her time working with aging adults, she knows the importance of building a relationship, and not being "just a caregiver". Kellie has found that being genuinely interested in the stories that her clients tell not only make her clients feel valued and heard, but also give Kellie jumping off points to continue the conversation and make connections.

Kellie is trained in, and has experience, with dementia. She knows that while the short term memory is the first to go in adults with dementia, that the long term memory stays intact for many years. That long term memory, full of stories that maybe even the family has forgotten, is where Kellie does her best work connecting with her clients. Kellie has heard stories about seniors who were once arrested for participating in a sit-in during tense times in America, and

plenty of first-hand accounts of what it was like to serve in the armed forces during uncertain times.

“They like to talk,” Kellie says. “They have stories to tell, and I love to listen.”

“Call your mom.”

During Kellie’s time working with seniors, she has built relationships with family members as well. While she loves when family members are active in the care of her clients, she often sees family members who are hesitant or nervous around their loved one due to changes in memory loss or physical ability. Kellie understands that it can be hard for kids to see their loved one deteriorating, but wants to be a resource for giving them strategies for connecting with their parent.

“I love to see kids caring for their parents,” says Kellie, but she knows that it isn’t always possible for kids who live far away. Her advice for staying connected from a long distance? Call your mom. A phone call can do wonders for your aging family member, and can help you feel connected to their physical and mental well-being.

Who would have known that a love for history could be the key to connecting? Kellie is truly an Angel to the clients that she serves; they feel important and valued when she takes time to listen to their stories.

We love that each of our Angels has a story, a special way of reaching their clients. [Check out how another caregiver, Gabrielle, uses music](#) to sing her way into her client’s homes and hearts. We are thankful to have Kellie and Gabrielle on our team, along with our entire staff of unique caregivers.

How can our angels serve your family? [Let’s talk about it.](#)

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