



## Newsletter #26 – June 2023

### INTRODUCTION

In this issue of our newsletter we have selected a series of articles from the Alzheimer's foundation magazine – Alzheimer's Today. The magazine is available on-line as well as in hard copy. In either case, I think you will find it helpful.

#### **Dementia-Friendly Entertainment: Spying for Fun**

Although long retired, Gary's help was requested in solving a case of sabotage involving material for an atomic bomb. It was clear by the look of joy on his face that Zooming into Washington, D.C. to face this challenge was exactly what he wanted to do. His eyes twinkled as he answered every question put to him.

<https://alzfdn.org/dementia-friendly-entertainment-spying-for-fun/>.

#### **Baseball Reminiscence Program catching On**

Baseball has a way of creating memories—trips to the ballpark with loved ones, rooting for a favorite team or player, having a catch with a parent, sibling, or child, and playing the game with friends— that last for generations. America's national pastime is also helping families affected by dementia-related illnesses through "Baseball Memories," a sports reminiscence program created by members of the Society for American Baseball Research (SABR).

<https://alzfdn.org/baseball-reminiscence-program/#:~:text=Baseball%20has%20a%20way%20of,friend%E2%80%94that%20last%20for%20generations.>

## **Transforming Placemats into Smiles**

The woman in a wheelchair seemed unaware of her surroundings. Arthritis left her hand clenched in a fist. Unable to open, it rested on her tray table. This was how she spent her time until one day someone put a placemat in front of her. The transformation was quick. Her eyes lit, she broke into a smile and opened her clenched fist to stroke the mat. Her niece was shocked.

<https://alzfdn.org/wp-content/uploads/2023/12/Alz.-TODAY-Vol.-18.-No.-3-4-lr-spreads.pdf>

## **Creating Person Centered Bathing**

Surveys show that about half of residents in care facilities get disturbed during bathing. Understanding why can turn bath time from a task-centered struggle to person-centered care.

<https://alzfdn.org/media-center/alztoday/alzheimers-today-volume-18-number-1/>

## **Why Do They Do That?**

Teepa Snow, one of the country's leading educators on dementia, knows the answers to a question caregivers of individuals living with memory loss ask themselves regularly, "Why do they do that?" She shared her understanding of symptoms and situations of dementia in an AFA webinar in November.

<https://alzfdn.org/alzheimers-today-volume-17-number-3>

## **Companions in Care: Using Dolls and Robotic Pets as Therapeutic Tools**

Among the many heartwarming things in this world, babies, puppies, and kittens are at the top of the list. Cradling an infant or petting a loveable furry friend can be joyful and soothing—bringing smiles and lifting spirits.

<https://alzfdn.org/wp-content/uploads/2021/11/Alz.-Today-Vol.-16-No.-2-web.pdf>

## **Activity Resources**

The following articles offer suggestions for activities that might engage folks we are caring for

<https://www.alz.org/help-support/caregiving/daily-care/activities>

<https://thekey.com/learning-center/activities-for-dementia-patients>.

<https://careforth.com/blog/activities-for-people-with-dementia-30-expert-tips-for-daily-activities-and-routines/>.