

Alzheimer's Aid Society's **FORGET-ME-NOT**

MARCH / APRIL 2016

A BI-MONTHLY PUBLICATION

Volume 35 Issue 2

www.AlzAid.org

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Forget-Me-Not



*Caring & Sharing
Since 1981*

Alzheimer's Aid Society of Northern California

2641 Cottage Way, #4

Sacramento, CA. 95825

Phone 916-483-2002

Toll Free 800-540-3340

A Non-Profit, 501 (c)(3), Tax-Deductible Corporation Tax ID# 94-2721961



PRESIDENT'S MESSAGE

By Sheryl Ashby, CEO



Dear Friends:

Hi Everyone, and welcome to our Alzheimer's Aid Society newsletter. Today, I wanted to talk a little about the importance of keeping life familiar to your loved one with dementia. What I mean by that is what was your loved one's day like before they received a diagnosis of some type of dementia. If you can keep their day similar to what their normal day was like, it might make life easier for you as well. For example did Dad / Husband always sit down with the newspaper when he got home from work, watch the news and get ready to have dinner with the family? Dad / Husband may be more comfortable at that time of day sitting with the newspaper, watching the news and getting ready to sit down to dinner. In regards to Mom / Wife, she was probably getting dinner ready to set on the table in the late afternoon / early evening. She may feel more comfortable doing the things that she is still able to do to help with preparing for dinner at that time of day. This was something that was familiar to her..

When your loved one with dementia asks you over and over what time it is, there is probably a reason. When we stop to think about it, we all live our daily lives by the time of day it is. We know approximately what time we are going to perform any of our regular duties for the day. We know what time our appointments are. We know what time we need to leave for work and what time we will be home. Do you see where I'm going with this? Because of this, our loved one with dementia still feels the need to be doing something each day. They don't remember what it is that they need to be doing, but they know that they should be doing something. They may think that if they ask you what time it is... maybe they will remember what it is that they are supposed to be doing. Of course, they don't remember that they just asked you what the time was, so they will ask you again and again. Please realize that this behavior is happening because they need to have their life feel normal and that is why keeping their life as similar to their life pre-dementia could be very helpful to you and to your loved one with dementia.

Please know that we are here to help you on your journey through dementia with your loved one. We welcome you to call us at (800) 540-3340 or (916) 483-2002. We are here to help you with any questions or concerns. The person who answers your phone call has a very good understanding of what you are going through. They have either cared for a loved one with Alzheimer's / dementia or they were a professional in the geriatric field. They are also very compassionate and look forward to being of help to you.

Sheryl

Delight in the Daffodils

Jeanne Hess RN, CGN

*“...and then my hearts with
pleasure fills. And dances with
the daffodils”*

William Wordsworth 1804

Since the early 16th century AD when a reference to daffodils was found in the writings of the Prophet Mohammed, daffodils have become not only a herald of spring and symbol of friendship, but in many countries this bright and cheerful little flower has become a universal symbol of life and hope for many cancer charities. In China, the daffodil represents wealth and good fortune and is cause for great celebration when it blooms.

Native to the Iberian Peninsula and North Africa, the flowers were grown extensively by ancient Greeks and Romans who believed that the daffodil had healing powers to treat burns, strains and sprains and lung congestion. In 1958, researchers in Bulgaria found that the daffodil does in fact have healing powers in the treatment of dementia through a natural product of its leaves and bulbs. Galantamine, a drug currently used as a compound in Razadyne and Memeron, is most commonly found in fields of daffodils growing in the heart of the Black Mountains in Wales where

research is being conducted to find a more cost effective way of production. At the present time ten tons of daffodil bulbs are required to produce one kilogram of Galantamine, making the world market price per kilogram roughly the same as for gold! This means that promising medications have not been widely available for treating early stage Alzheimer’s disease, but there are great expectations for the future

We know that, for someone suffering with dementia, sometimes seeing something beautiful can transform a difficult day into one of comparative peace and calm. A bouquet of brightly fresh flowers seems to bring forth a genuine and natural smile, as does inhaling the fragrance of a lovely rose. Anxiety, depression and pain often are soothed simply by the presence of a vase of fresh flowers in a room. Can we expect more from the friendly little daffodil?

Jeanne Hess RN, CGN



Alzheimer's: Helping children understand the disease

Mayo Clinic Staff

Alzheimer's affects everyone in the family — including the kids. Reassure your child with simple, honest explanations of the disease.

By Mayo Clinic Staff

Watching a loved one progress through the stages of Alzheimer's disease can be frightening, even for adults. Imagine being a child struggling to understand why grandma is acting so strangely or can't remember who you are. Know how to explain Alzheimer's to your child and provide comfort.

Anticipate your child's questions

When your child asks questions, respond with simple, honest answers. For example:

- **What's wrong with grandma?**

Explain that Alzheimer's is a disease. Just as children get colds and tummy aches, older adults sometimes get an illness that causes them to act differently and to forget things. They might look the same on the outside, but their brains are changing on the inside.



- **Doesn't grandpa love me anymore?** If the person who has Alzheimer's disease no longer recognizes your child, he or she might feel rejected. Remind your child that the disease makes it hard for your loved one to remember things — but your child is still an important part of the person's life.

- **Is it my fault?** If the person who has Alzheimer's accuses your child of some wrongdoing — such as misplacing a purse or keys — your child might feel responsible. Explain to your child that he or she isn't to blame.

- **Will other family members get Alzheimer's?** Reassure your child that Alzheimer's disease isn't contagious. You might explain to an older child that just because a loved one has Alzheimer's, it doesn't mean that he or she or other family members will get the disease.

- **What will happen next?** If you'll be caring for the person who has Alzheimer's in your home, prepare your child for the changes in routine. Explain to your child that your loved one will have good days and bad days. Reassure your child that he or she is loved — no matter what the future holds.

If your child has trouble talking about the situation or withdraws from your loved one, open the conversation. Ask what changes your child has noticed in the loved one who has Alzheimer's disease. Your child's observations might lead naturally to an exploration of his or her own feelings and worries. Tell your child it's OK to feel nervous, sad or angry. You might share if you feel that way sometimes, too.

To boost your child's understanding of Alzheimer's, read age-appropriate books on the disease or take advantage of other educational resources.

Be prepared for emotional expression

Your child might express his or her emotions in indirect ways. For example, he or she might complain of headaches or other physical issues. Your child's attention to schoolwork might begin to slide. If you're caring for your loved one in your home, your child might be reluctant to invite friends to the house — or he or she might look for ways to spend time away from home.

If you notice these types of behaviors, gently point out what you've observed — and offer your child comfort and support. Listen to your child's concerns, and help your child feel safe in sharing his or her feelings.

Stay involved

To help your child stay connected to the person who has Alzheimer's, involve both of them in familiar activities — such as setting the table together. Shared leisure time is important, too. Even young children can stay connected with a loved one who has Alzheimer's by paging through photo albums, listening to music or doing other simple activities together.

If your child becomes impatient with your loved one, remind your child that the behavior isn't intentional — it's a result of the disease. Together, focus on finding ways to show your loved one how much you love him or her. Even if your loved one forgets your child's name, he or she can still feel love and kindness.



When you are making your donations... Please keep us in mind.

Your donations make it possible for us to provide the following:

- Support Groups for both Caregivers and those with memory impairment
- Alzheimer's Cafés
- Blue Books (A Practical Guide For The Alzheimer's Caregivers)
- Green Books (the Blue Book in Spanish)
- This newsletter
- Support for Seminars and Conferences
- Funding for Research
- Resources
- Phone Support for those in need of immediate assistance
- Web page www.alzaid.org
- 'Happenings', our email newsletter.
- Alzheimer's Aid Society's Facebook Page
- A Library for your use

All to help fill the needs of caregivers and family members who are on their journey through Alzheimer's / Dementia.

YOU HAVE QUESTIONS, WE HAVE ANSWERS

By Max Perry J.D.

When you have legal questions it is important that you have them answered by someone who actually knows the law. Rarely do you go to a pharmacist to solve a problem with your automobile, or ask your gardener about which Medicare Supplemental plan you should be using. Who better to answer your legal questions than an attorney?

We, at the Alzheimer's Aid Society, have been providing caregivers with excellent legal advice for over 20 years. On the 3rd Friday of every month you may sit with an attorney, who donates his/her time to our Society, to answer your many questions at no cost to you.

Typically, the questions involve caregiver issues like, "Do I need a Power of Attorney even to do things for my legally married spouse?" or "Does my Advance Healthcare Directive ever expire, my doctor wants a new one?" or "Am I eligible for V.A. benefits or Medi-Cal?"

During your free consultation, you are not limited to questions such as the above. You might have been in an auto accident, suffered from a dog bite, or had someone defraud you into or out of money or possessions. That is why we provide attorneys that are well rounded in both, civil and elder law to answer many of these very questions.

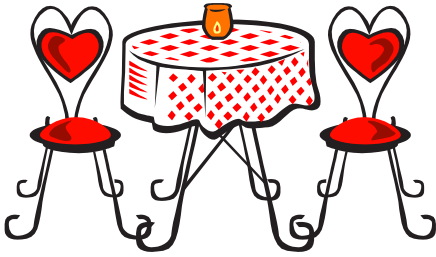
If it has been some time since you have had your Will, Trust or Powers

of Attorney executed, you might want to have them reviewed. Laws change. Events happen that can make some of your instructions moot, confusing or frustrating to your executor/trustee/agent. Sometimes that appointee is now debilitated, inundated or even deceased. Assets fluctuate, divorces happen and people change.

It is important to know that once a person with dementia becomes legally incompetent or incapacitated they can no longer execute legal documents. You will no longer have the opportunity to obtain the documents that you need to continue your role as caregiver. You could very well end up as Conservator over your memory challenged loved one as a result of a lengthy and expensive Conservatorship proceeding. For many, that is the only avenue left to legally continue in their caregiving role.

Remember, if you can't make it into our office at 2641 Cottage Way, Sacramento, please feel free to ask our office to arrange your appointment via phone call. At a preselected time the attorney will telephone you to discuss your legal issue with you and at your convenience.

All consultations are confidential. You can make your appointment now by calling (916) 483-2002 or (800) 540-3340.



DATES AND LOCATIONS FOR OUR ALZHEIMER'S CAFÉS

WOODLAND:

Location:

St. John's Retirement Village
135 Woodland Avenue, Woodland
(530) 662-1290

3rd Thursdays each Month
2:00pm to 4:00pm

SACRAMENTO (Rosemont)

Location:

Golden Pond
3415 Mayhew Road, Sacramento
(916) 265-2005

3rd Friday each Month
10:30am to 12:30pm

SACRAMENTO (Arden Park)

Location:

Alzheimer's Aid Society Office
2641 Cottage Way #4, Sacramento
(916) 483-2002

4th Fridays each Month
10:30am to 12:30pm

SOUTH SACRAMENTO (Pocket area)

Location:

Revere Court
7707 Rush River Drive, Sacramento
(916) 392-3510

Quarterly: 2nd Friday of
February, May, August &
November.

We have been having a wonderful time at the Alzheimer's Cafés. These Cafés are for people who have mild cognitive impairment or early dementia, their family members and interested members of the community. At the Woodland Café in February, we were treated to chocolate covered strawberries as a celebration of Valentines Day. There were between 36 and 40 people in attendance. When we talked about Valentine's day trivia, I was surprised to find out how many people knew what fruit was also known as the "love apple". Do you know? I didn't, until I found the Valentine's Day Trivia quiz that we used. The "love apple" is the tomato. Are you as surprised as I was?



THANK YOU!!!

We at the *Alzheimer's Aid Society* need and appreciate your donations. These donations make our programming possible.

Because of them we are able to provide

Our 'Blue Book' (The Practical Guide for the Alzheimer's Caregiver), Support Groups, Newsletters, Free Legal Consultations, Alzheimer's Cafés and many other needed services.

SUPPORT GROUPS

Caring and Sharing since 1981

Auburn 1st and 3rd Friday

Noon - 1:30 pm
Auburn Presbyterian Church
13025 Bel Air Drive
Facilitator: Sue Galvez
530-878-2428

Auburn 2nd and 4th Friday

Noon - 1:30 pm
Sierra Ridge Memory Care
3265 Blue Oaks Drive
Facilitator : Colleen Magda
(530) 887-8600

Cameron Park

3rd Tuesday, 6:00-7:30pm
Ponte Palmero
3081 Ponte Morino Dr.
Facilitator: Leah Grundhoffer
530-677-9100

Carmichael Every Wed.

7:00 – 8:30 pm
Aegis of Carmichael
4050 Walnut Avenue
Facilitator: Julie Sweicicki, MA
916-359-2672

El Dorado Hills

4th Thursday 10:30 am
El Dorado Hills Senior Center
990 Lassen Lane
Facilitator: Jillien Smith (916)
358-3565

Elk Grove Every Tuesday

9:30 am
Brookdale Elk Grove
6727 Laguna Park Drive
Facilitator: Fay Peterson
916-681-2982

Elk Grove

2nd & 4th Tuesdays 6:00pm
The Commons at Elk Grove
9564 Sabrina Lane
Facilitator: Deanne Helton
916-683-6833

Folsom 3rd Wednesday

6:30 – 7:30 pm
Brookdale Folsom
780 Harrington Way
Facilitator: Jessica Beck
916-983-9300

Lake County

Call Caroline Denny
707-263-9481
For information regarding
Days, times and location

Marysville 2nd Wed.

1:30-2:30 pm
Prestige Assisted Living
515 Harris Street
Facilitator: Sherri Banford
530-749-1786

Placerville 3rd Monday

10:00 am
Elder Options
82 Main Street
Facilitator: Carol Heape
530-626-6939

Placerville 1st Tuesday

5:30 pm
Gold Country
6041 Golden Center Court
*Main Library, Independent
Living Suite*
Facilitator: Lalanea Escobar
530-676-1000

Rancho Murieta

1st & 3rd Wednesday
3:00—4:00 PM
RMA Bluding
Rancho Murieta
Facilitator: Nan Parquette
916-354-2281

WELCOME:

Doug Souvignier

Mr. Souvignier is our new
Caregiver Support Group
Facilitator for the after-
noon Support Group that
meets at the Alzheimer's
Aid Society Office.
We are very lucky to have
him on board.

The *Alzheimer's Aid Society*

We are still
in need of
VOLUNTEERS

We need a Support
Group facilitator for the
Caregiver's Support
Group in **Turlock.**

If you are interested:
Please call Sheryl Ashby
or Max Perry
at (916) 483-2002 or
(800) 540-3340
For more information.

FORGET-ME -NOT

Roseville 1st Thursday
9:30 am
Sommerford Place
110 Sterling Court
Facilitator: Facility staff
916-772-6500

Sacramento
1st & 3rd Thursday
11:30AM –1:30PM
Gray Matters/DEARS
7604 Bellini Way
Facilitator: Esther Thompson
(916) 203-8385

Sacramento
Every Tuesday
10:30 am – 12:00 noon
Alzheimer's Aid Society
2641 Cottage Way #4
Facilitator Ruth Harris
916-483-2002

Sacramento
Every Tuesday
2:00 pm—3:30 pm
Alzheimer's Aid Society
2641 Cottage Way, #4
Facilitator: Doug Souvignier
916-483-2002

Sacramento
Every Wednesday: 10:00 am
& 2nd & 4th Wed.—6:30 pm
Revere Court
7707 Rush River Drive
Facilitators:
AM Lori Gales
PM Leon Bolds-King
916-392-3510

Sacramento Last Tue.
Each Month 10:00 am
Golden Pond Senior Living
3415 Mayhew Road
Facilitator: Ajna Glisic MS
(916) 369-8967

Stockton Every Thursday
10:00—11:30 am
Villa Marche Assisted Living
1119 Rosemarie Lane
Facilitator Karen Juncker and
Carla Little
209-477-4858

Tracy 3rd Tuesday
6:00pm
Brookdale Tracy
355 Grantline Road
Facilitator: Christina Wyatt
209-835-1000

Tracy 4th Thursday
6:00 pm
Astoria Gardens
1960 W. Lowell (at Coral
Hollow)
Facilitator: Rebecca Langdon
209-833-2200

Turlock Every Thursday
2:00—3:00 pm
Covenant Village Community
2125 North Olive Avenue
Facilitator: Max Perry
PHONE: 800-540-3340

Vacaville 2nd Tuesday
1:00pm
Brookdale Vacaville
1111 Ulatis Drive
Facilitator: Natalie Martin
707-447-7100

Woodland Every Friday
1:30 -2:30 pm
St. John's Retirement Village
135 Woodland Avenue
Facilitator - Varies
(530) 662-1290

Yreka 1st and 3rd Tuesday
10:00am
Oakridge Senior Park Club-
house
400 Hiram Page Road
Facilitator: Ronda Moser
530-459-3501

Yuba City 4th Saturday
10:00 am
Summerfield Senior Care
Center
1224 Plumas Facilitator:
Norma Karwal 800-540-3340

NOTE:

Caregiver Support
Groups listed in
RED
Offer a Patient's
Support Group
simultaneously.

Please see page 10
for additional details
regarding Patient's
Support Groups.

SPECIAL INTEREST GROUPS

For the Patient

PLACERVILLE

Support Group for Early Stages

Call Carol Heape if interested
530-626-6939

SACRAMENTO

There are two meeting times:

Every Tuesday, 10:30—Noon
or Every Tuesday, 2:00—3:30

Alzheimer's Aid Society
2641 Cottage Way, #4
Facilitator: Sheryl Ashby
(916) 483-2002

STOCKTON

Support for memory impaired
Every Thursday, 10:00—11:30 am

Villa Marche Assisted Living
1119 Rosemarie Lane
Facilitator: Carla Little, Steve
Gianandrea & Karen Juncker
209-477-4858

Our patient groups offer :
traditional support group
brain exercise
remembrance programs
and art therapy.

There are no fees for these groups

If you get the chance,
watch Glen Campbell
sing the song he wrote
for his wife. At the
time, he knew he had
Alzheimer's. The song
is titled "I Won't
Remember You". It is
sad that he knew he
won't remember.

Do You Have an Old Car or Boat?
Would you like to donate it to a good cause?
Call the *Alzheimer's Aid Society*
(916) 483-2002 or (800) 540-3340



FORGET-ME -NOT

DONATIONS RECEIVED *In Memory of:*
November 13, - December 18, 2015

Ralph Becker
Robert Edwin Branstrom
Judy Bukovac
Alice Flinders Deck
Robert Dragoo
"Dina" Dorothy Ennis
Rachel Figone
Donald Foster
Zetta Green
Jeanne Huber
Geraldine Johnson
Katie Lehon
Alva "Bud" McElrath
Don Monseth
Isao Jim Nakaoka
Dorothy M. Ohm
Eddie Petrig
Mary Prybyla

Walter Prybyla Sr.
Georgia Riggs
Eleanor D. Sanchez
Ernest Santiago
Jack Sohl
Carol Jean Souvignier
Clara San Pedro
"Those We've Lost"
Mary Vodopil
Angela Vosberg
Anne Walker
Helen Werner
Jacqueline Winter
Barbara Worrall

In Honor Of:

Benjamin Yee
Sheryl Ashby

Famous People with Alzheimer's Born in March / April

Mar 2	Bill Quackenbush	Pro Ice Hockey Player
Mar 3	James Doohan	Actor
Mar 3	Lee Radziwill	Socialite / Public Relations
Mar 7	Maurice Ravel	French Composer
Mar 11	Harold Wilson	British Politician
Mar 22	Marv Owen	Major League Baseball Player
Mar 29	Arthur O'Connell	Stage and Film Actor
Apr 1	Ferenc Puskas	Hungarian Footballer + Manager
Apr 11	John Douglas French	Surgeon
Apr 19	Kay Swift	American Composer
Apr 22	Glen Campbell	American Country Singer
Apr 24	Willem de Kooning	Dutch / American Artist
Apr 26	A. E. van Vogt	Science Fiction Author
Apr 26	Frederick Law Olmsted	American Journalist
Apr 28	Terry Pratchett	English Author
Apr 30	Bobby Vee	Singer / Guitarist

When Dementia Patients Say Mean Things, What Can You Do?

By Bob DeMarco

The Alzheimer's Reading Room

The issue, how can you get a person living with dementia to stop saying mean and hurtful things to you?

One common question or theme that occurs in the emails I receive is the question – how do you deal with Alzheimer's patients who say "mean things". In others words, how to deal with these challenging behaviors.

I understand how much the meanness can hurt. It happened to me for many years. It kept happening even though I was trying as hard as I could to reverse it.

The question:

How can you get a person living with dementia to stop saying mean and hurtful things to you?

Today I am going to focus on the first thing I did to try and get a grip on my own situation when this happened.

I bought a spiral notebook (actually as it turned out, quite a few), and I started writing down the day, date, time, and description of **what I was doing** before Dotty started saying mean things to me.

After a while, I started to notice some patterns.

Here is a simple example. Right after I would get off the telephone Dotty would start saying mean things to me.

Soon it became obvious that Dotty thought I was "**up to something**" when I was on the telephone. As it turns out, what she was thinking was that I was making arrangements to put her away. In Dotty's terms, "put her in a home".

Let me tell you, in the beginning Dotty was constantly worried about money, believed that people were stealing from her, and was just down right paranoid that she was going to be put in a "home" – never to be seen or heard from again.

In Dotty's mind a "home" was a really bad place. Nothing like today's nursing homes. I can only imagine what she saw way back in the 1920s, 30's, and 40s. It must have been ugly.

Another thing I noticed is that if I went out for a while, say, to go to the store, or even if I was throwing out the trash and stayed out a while talking to a neighbor, the "nasty" episodes started to happen.



I had the best of intentions back then (just like you). I tried to explain to Dotty what I was talking about on the phone, or why I was gone so long taking out the trash. These were usually long detailed explanations that did nothing but make Dotty angrier or meaner.

In other words, trying to explain the obvious with a lot of words did not work. In fact all it did was make her more confused, and angrier. Too much gibberish on my part, I suppose. There were lots of things I started to notice once I starting making notes in my spiral notebook.

Another example. Dotty was afraid that someone would look in the window when it was dark. Of course, I would try to tell her it wasn't happening, or wouldn't happen. Get the trend here?

I was always trying to "explain away Dotty's fears". Why wouldn't I do that.? Her fears made no sense to me, and they weren't real in my terms. When I looked at the situations from my point of view, Dotty's fears seemed **idiotic**. Well I now know who the "**real idiot**" was, and it wasn't Dotty.

Start making notes in a notebook. Eventually, when you discover a pattern make a separate page so you can follow that one pattern.

For example, does your loved one tend to get hard to handle at 4:30 in the afternoon? Hard to handle right **before** it gets dark outside?

Once I started to understand what triggered Dotty's difficult behaviors I was able to adjust and **avoid the triggers**.

Over time Dotty changed from being "meaner than a junkyard dog" into a real "sweet - E".

To succeed, you need to start doing some work. Some note taking. You need to build your own "**frame of reference**". I have to warn you. It won't be easy to change the dynamic unless you start writing in a notebook and identifying **patterns of behavior**; and the "**triggers**" of unwelcome behavior.

If you want help, if you want to change the way things are, you have to commit to helping yourself.

This means you have to do some work if you want to be successful.

A collage of the word "Words" in various fonts and sizes. It includes a large bold "words", a smaller "words", a handwritten "words", a large "Words", a smaller "Words", and a very large "Words".



FEATURED RECIPE

SALMON WITH MUSTARD & HERBS

Recipe by Ashley Young

2 Lemons, thinly sliced,
plus 1 lemon cut into
into wedges for garnish
20—30 sprigs of mixed fresh
Herbs, plus 3 Tbsp.
Chopped, divided.

1 clove garlic
1/3 tsp. salt
1 Tbsp. Dijon Mustard
1 lb. center-cut salmon,
Skinned

Preheat grill to medium-high. Lay two 9-inch pieces of heavy duty foil on top of each other and place on a rimless baking sheet. Arrange lemon slices in two layers in the center of the foil. Spread herb sprigs over the lemons. With the side of a chef's knife, mash garlic with salt to form a paste. Transfer to a small dish and stir in mustard and the remaining 2 tablespoons of chopped herbs. Spread the mixture over both sides of the salmon. Place the salmon on the herb sprigs. Slide the foil and salmon off the baking sheet onto the grill without disturbing the salmon-lemon stack. Cover the grill; cook until the salmon is opaque in the center, 18 to 24 minutes. Wearing oven mitts, carefully transfer the foil and salmon back onto the baking sheet. Cut the salmon into 4 portions and serve with lemon wedges (discard herb sprigs and lemon slices)



SOME HEALTH BENEFITS OF EATING SALMON

1. Salmon is beneficial in the treatment of osteoarthritis and other inflammatory joint conditions.
2. Eating Salmon increases your cardiovascular health.
3. Eating Salmon protects your eyes. It has been shown to significantly decrease the risk of Macular Degeneration.
4. Salmon is an excellent source of vitamin D.
5. Eating Salmon will help you sleep. It is an excellent source of tryptophan, an all-natural sedative.
6. Eating Salmon can make you happier. The brain is mostly fat and the majority of that is the omega 3 fatty acid DHA. Eating Salmon gives us the omega 3 fatty acids that are needed for brain health.



ARTISANMIND

Artisan Mind artfully connects the heart and minds of individuals living with Alzheimer's and other dementia.

What are the goals of creative activity and how does it create a sense of purpose for the participants?

By engaging in these unique activities, people living with dementia are able to connect with the part of the brain that is still very active, where imagination and creativity are just waiting to be touched. Older adults living with Alzheimer's disease and related dementias have many brain functions still working at a high level, and through the arts, they have ways to tap into those important dimensions of their personality and enhance their sense of well-being. By offering outlets for creativity and imagination, participants can regain a sense of self as we focus on what they *can* do instead of on their lost abilities.



Our goal is to offer programs where art can be a gateway to past memories and also offer opportunities to utilize many remaining capacities, such as eye/hand coordination, communication skills, social skills,

decision-making and mobility. By setting participants up for success and offering choices, we hope to increase dignity, integrity and open nurturing connections for encouragement, memory-recollection and self-expression.

Please join us every fourth Tuesday of the month at the Alzheimer's Aid Society at 10:30am and 2:00pm.

For more information about Artisan Mind and our creative programming,
Please visit www.ArtisanMind.org

Forrest Mc-Nay



Caring & Learning
Since 1981



A Member of
AFA
ALZHEIMER'S FOUNDATION OF AMERICA®

Alzheimer's Aid Society

OF NORTHERN CALIFORNIA

2641 Cottage Way, #4
Sacramento, CA. 95825

NON PROFIT ORG

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OR CURRENT RESIDENT