

Our Trip to the *Brevard Zoo* with Jorge, Dan, Sam, Julie, Frank, Cia, & Aida



June Horoscopes and Birthdays

In astrology, those born between June 1–20 are Gemini's Twins. They have two distinct sides to their personality: sociable and ready for fun, or serious and thoughtful. Sometimes they feel as if one half is missing, so they forever seek new friends. Those born between June 21–30 are Crabs of Cancer. Guided by their hearts, Crabs are deeply emotional and nurturing. They create comfortable homes and always welcome people into their circle.



Tish Degraw – June 1st
Murial Martin – June 2nd
Patsy Ballum – June 3rd
Linda Ward – June 10th
Etta McMillan – June 21st
Marie Halcomb – June 22nd
Irene Gast – June 27th

Don't forget to come celebrate on June 20th at 2:30 for our Monthly Birthday Celebration featuring music by Guitar Dan!

Activities to Entertain loved ones with Dementia

Ava M Stinnett

Alzheimer's disease and other forms of dementia affect people in different ways. Although it's necessary to acknowledge your loved one's disease and impairment, it's just as important to learn about their strengths and remaining abilities and find enjoyable activities that support these.

Activities help people with dementia engage with life and feel entertained. Whether it's counting and sorting objects by shape or color, playing card games, arranging flowers, doing puzzles, or tending a small garden, entertainment and social interaction can reduce agitation, challenging behaviors, and depression as well as increase quality of life. In addition to the activities just mentioned, the Alzheimer's Association also recommends clipping coupons, stringing beads, cutting out pictures from magazines and greeting cards, coloring pictures, and folding towels.

Another type of activity involves watching television shows. Many caregivers recommend choosing programs with a simple plot to make viewing enjoyable. Keep in mind that real-life crime or medical shows can be upsetting to elders.

Television shows like these work well for people with dementia, *Americas Funnies Home Videos*, *Carol Burnett Show*, *Golden Girls*, *Gunsmoke*, *I Love Lucy*, and game shows like *Wheel of Fortune*, *Jeopardy*, etc.

Choosing movies is similar to choosing television shows (i.e., simple plot, fun and upbeat, shorter length). Your loved one might enjoy these, Westerns, Classic movies such as *Casablanca*, and *It's a Wonderful Life*. Musicals starring Fred Astaire, Gene Kelly, Doris Day, and Shirley Temple, as well as popular musicals such as *Singin' in the Rain*, *The Wizard of Oz*, and *The Sound of Music*. Documentaries on animals, wildlife, history, birds, and nature—especially those that have a soothing soundtrack

Regardless of what you choose, watch closely to see if your loved one has any preferences. Remember to watch with your senior whenever you can. Sharing the experience can help build new memories, and it will definitely give you something to talk about with your loved one.



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June 2018



Celebrating June

National Butterfly Day
 June 2

Lunch Bunch "Edelweiss"
 June 6

"Encore" MMB
 June 7

Fishing Trip
 June 9

Picnic on the Ocean
 June 13

"An American Tale" MCO
 June 14

Father's Day
 June 17

Monthly Birthday Celebration
 June 20

A Day at the Inlet
 June 27

Bethesda Welcome Team

Our Bethesda Welcome Team meets every 2nd and 4th Tuesday at 9:30 in the Activity Room. It is mandatory for our Bethesda President, Vice President, and Secretary to join but if any other resident is interested in becoming a part of the team they are more than welcome to join in on the meetings.

Our Welcome Team is a committee organized to welcome our new residents to Bethesda by giving them an inside tour and a welcome bag upon arrival.

The committee is also responsible for making "Get well Soon", "Happy Birthday" and Welcome Cards for all residents. They must also interview

our "Resident of the Month" and write a small biography to showcase in the reception area.

If any resident is interested in joining the committee, a sign up sheet will be posted near the *Daily Activity Board* in the dining room.

Welcome Team!



A Day at the Inlet Wednesday June 27th

Grab your poles, your bait, and your towels! We are planning day at the Sebastian Inlet. We will have a fishing guide but we must supply our own poles and bait. If you need any help providing supplies just let your Activity Director know and she will make arrangements so you have what you need to go. Don't want to fish? Just come and enjoy the water and bring a book or some puzzles. This will be a relaxing and educational experience for everyone to enjoy.

