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**To:** Kester, Tonykester@aging.sc.gov  
**Date:** 12/1/2015 9:11:39 AM  
**Subject:** Fun Brain Stimulating Dementia Activities

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**Fun Brain Stimulating Dementia Activities** • December 1, 2015 • Issue #869

## EDITOR'S PEN

Gary Barg, Editor-in-Chief

### An Interview with Kristi and Carole Yamaguchi

*Olympic Gold Medalist, New York Times best-selling author and fitness enthusiast, Kristi Yamaguchi, is a long-time advocate for influenza vaccination as part of the American Lung Association's Faces of Influenza campaign.*

**Gary Barg:** What is influenza and why should family caregivers pay attention to influenza and influenza vaccinations?

**Kristi Yamaguchi:** The goal of Faces of Influenza is to raise awareness of the seriousness of influenza. Because it is a respiratory illness, it can lead to many complications, especially for people in certain health categories, with chronic health problems, and aged 65 and older. [...more](#)

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## FEATURED ARTICLE

# Activities For People With Dementia

*by Jennifer Buckley*

It is universally recognized that elderly people with dementia lose their short term memory first and their long term memory last. For example, they often remember people and events from their earlier years, but have difficulty remembering what they ate for breakfast the day before. [...more](#)

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## GUEST ARTICLE

# Soaring Through a Family Meeting

*By Jean Wise*

Bess' Alzheimer's disease has progressed to late stage. She lives with her husband, Don, in a small town. They have four adult children, three of whom live several hours away and one who lives across the country, who are anxious and unsure of what to do as their mother continues to decline. It is time for a family meeting, but where do they start? [...more](#)

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## CARETIPS

# Tips for Organizing a Medical History

*By Kathy Porter*

A trip to the emergency room made me realize why caregivers are advised to organize health information. Like many caregivers, I share the task of going with my loved one to appointments. My sister usually takes our mom to the dentist, audiologist and optometrist. I take Mom to her physician, dermatologist and podiatrist. We cover for each other when work or travel demands it. I felt prepared until an emergency came. [...more](#)

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### CARENOTES

#### From Patty:

My sister, 53, is a survivor of a pretty severe traumatic brain injury she sustained at the age of 17 due to an auto accident. I have been her conservator for a few years now after our mom had to relinquish being her primary caregiver. My sister has never accepted her condition well and in a constant state of 'anger' and is finding it difficult to 'move in' and be grateful for all the help she receives from various resources. I would like some suggestions when it comes to finding things to do with her when I see her. She lacks interest in anything I suggest doing. Has anyone else experienced anything similar? ...

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