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Learning The Benefits of Reminiscing • June 4, 2015 • Issue #818

EDITOR'S PEN

Gary Barg, Editor-in-Chief

Morris Andaya Barg

He had me at hello. I always think of that line from the Tom Cruise movie, *Jerry McGuire*, when recalling my first meeting with who was to become the center of my universe. On April 7, 2006, my dear friend and editor extraordinaire of this publication, Nancy Schonwalter, and I were standing in the entrance of a non-descript warehouse in the cargo section of the Fort Lauderdale airport. She and my brother and publisher, Steven Barg, had surprised me with the gift of a puppy for my 50th birthday. Out of the murky darkness of the rear of the warehouse emerged a crate moving towards us on a forklift. Inside was someone who would end up changing and taking immediate charge of my life for nearly the next decade. Morris, my new Brussels Griffon puppy. ...more

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FEATURED ARTICLE

Linking the Past to the Present - The Benefits of Reminiscing

By Kristine Dwyer, Staff Writer

Uncle Joe recalls the good old days when a Ford coupe was \$500, gasoline cost 19 cents a gallon, a postage stamp was three cents, and penny candy was a treat. Grandma Millie tells stories about growing up on the farm and walking three miles to school every day. Alice fondly remembers the days of anticipation before boarding the paddle wheeler for an excursion on the Mississippi River. Everyone frequently reminisces and reviews life. It's a natural part of people's lives and is essential to human existence. [...more](#)

GUEST ARTICLE

Balance – Fall Prevention

What does it mean and what can be done about it?

By Lori Peppi Michiel

Maintaining balance is the result of a complex interaction of many systems in the human body. With aging, changes occur that reduce how efficient these systems work. Many identifying risk factors for falling can be, but not limited to, balance/gait problems, prior falls, vision, limited ability to perform Activities of Daily Living (ADL's), depression/dementia and medications. But, intervention programs work! Evidence shows 20 percent to 50 percent lower fall rates with a systematic program of evaluation, exercise and environment. [...more](#)

CARETIPS

Art Therapy Q & A

The Importance of Using Art Therapy with Adults with Dementia

By Diane Alvy, M.A., ATR-BC

Q. During the week, I drop my husband off at an adult day care center and they offer regular art classes and art therapy groups. What are the differences between regular art classes and art therapy groups for people with cognitive impairments?

A. Regular art classes focus on the individual's interaction with the art media and the finished art product. Art therapy groups are aimed to activate the language center of the brain. The implementation of using art therapeutically includes several goals which include facilitating language expression, memory retrieval and socialization. [...more](#)

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CAREVERSES

Silver Tendrils About My Heart

by Sherry Norman

Hairbrush running through long silver hair
Snapping, crackling, sparking shining bright
Curling about fingers with a life of its own
Tendrils wrapping tight like those about my heart

"I'm so tired, I don't want to go on."

"You're so loved, darling, you must stay on."

"When I am gone, things will change for you."

"When you are gone, love will end for me."

"I am in the way, I can't lift my feet."

"You are not in the way, I will lift your feet."
"I can't wash my hair, what use am I to me?"
"I will wash your hair, it's a joy to me."

"When I am gone, you will run all free."
"When you are gone, I will cry for me.
I will brush your hair, I will lift your feet.
I will still your tears, you will always love me.

Sweet Mamman, please stay for me."

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