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Activities For People With Dementia • April 20, 2017 • Issue #1008

EDITOR'S PEN

Gary Barg, Editor-in-Chief

The Boomer's Lament: Or am I now they?

Speak up when we complain about how hard it is for Mom to hear; after years at the disco, no sound is too clear

Slow down when we jog by, complaining about the man with the cane, 'cause I think I just got a charley horse or at least a small sprain ...[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.

A while back, a family member asked me "what do you do with someone who can no longer carry on a normal conversation?" The short answer is "Relax and have fun." The long answer would require writing a whole book. A short summary of some activities include the following: [...more](#)

GUEST ARTICLE

Grand Caregivers

By Paul Wynn

With the increase in multi-generational families, grandchildren are playing a bigger role in caring for grandma and grandpa.

For more than 12 years, Helen "Pixie" Hicks has been lovingly cared for by her 41-year old grandson, David Dunham, who balances the demands of caregiving with his full-time position at the University of California at Berkeley. Dunham is the primary caregiver to Grandma Helen because the family cannot afford round-the-clock care; but he receives help from his wife, who has a full-time teaching position, and his mother who is disabled and provides as much support as she can. [...more](#)

CARETIPS

Putting Your Best Foot Forward

By Mary Damiano

Feet are one of the most important yet maligned parts of the body. They are our little chauffeurs, getting us where we want to go. They're twin fashion

statements, getting squeezed into trendy shoes no matter how high the heel or how narrow the toe. And they are our little scapegoats, because even as we try to do something good for the rest of the body, like walk or run, our feet still bear the brunt of abuse. ...[more](#)

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CAREVERSES

Caregiver

By Sue Green

The surreal world I live in
Thrust there over night
It was a stroke that hit him
Since then just nothing's right

The frustration of it all.
The many hats I wear
The tasks that never end
The new roles that I bear

I wake up in the morning
Wishing for the past
Stick to his routines
And never move too fast

There's someone living in my house
I know there's someone here
Why do I feel so all alone
Even when he's near?

Some days he comes to visit
And talks of things we share
'tho conversation's brief
And oft' too short to bear.

I try to see it his way.
I try to help him out.
I know he faces struggles
For him, no easy bout.

A different world he lives in
His own pace that he sets
I try to make him understand
He sometimes tries, and yet

Can I know the effort that it takes
To put together words to talk?
Can I feel his inner struggle
When he tries to walk?

I can only be there
Let him know I'm here
I can sit beside him
And try to ease his fear.

It's a surreal world we both live in
Just 'one day at a time.'
With some days still a struggle
When all is not sublime.

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