

*Find Your Joy...and Share it with Others.*



## Caregiver's Digest

Thank you! Your support of our team members and residents have made the journey during this pandemic positive and meaningful. As we navigate these uncertain times, it is with the support and partnership with our resident families that brings the greatest joy.



As we prepare for the dog days of summer, we hope to share some tips with you:

- Residents Enjoy Activities
- Make the Most of Your Visits
- Share a Laugh

**Click the button below to see what's planned for August.**

[August Activity Calendar](#)



### Having a Wonderful Time...

It's surprising, residents have not been anxious during the coronavirus pandemic. Instead, they have engaged in the structure and routine of every day life at the community. Daily social engagement and a variety of activities have occupied their time.

### Visits Worth the Wait

Reconnecting with your loved one after months of separation is exciting. We understand that there is a lot to share. However, to get the most out of your brief outdoor visits with your loved one, we wanted to provide some guidance from lessons that we have learned from earlier visits.

To make the most of your visit here are a few suggestions:

- **Less is more.** Try not to overwhelm them with information or conversation. Quiet times together are just as important.
- **Avoid questions.** Start your conversation with a statement--it's a great equalizer. For those who may be challenged with recall, a question can be intimidating. Don't test or quiz.

- **Mood is key.** Their emotional quotient is spot on. They will pick up on anxiety or worry. Remember: Calm begets calm.
- **Keep your visit positive.** Avoid emotional or upsetting topics (bad news, politics, complaints).
- **Use flattery.** Compliments and positive feedback can boost spirits.
- **Engage in easy two-way conversation.** Play a simple memory game, such as naming favorite cars, songs, or places they've visited.
- **Keep topics light** and familiar.
- **Photos instead of phones.** If you wish to share a photo, bring a print with you. Digital technology can be difficult to see outdoors.
- **Be present and enjoy your visit.**

## Online Support

Alzheimer's San Diego will host [support groups for those with loved ones in memory care](#) via Zoom every second and fourth Thursday between 10 and 11:30 am.



You can review Alzheimer's San Diego full schedule of virtual support and discussion groups by clicking the link below.

### Virtual Support & Discussion Group Directory

## Hahahahaha!

### THE IMPORTANCE OF EXERCISE

I have to walk early in the morning, before my brain figures out what I'm doing.

I like long walks, especially when they are taken by people who annoy me.

The only reason I would take up walking is so that I could hear heavy breathing again.

Every time I hear the dirty word 'exercise,' I wash my mouth out with chocolate.

If you are going to try cross-country skiing, start with a small country.

I know I got a lot of exercise the last few years...just getting over the hill.

We all get heavier as we get older, because there's a lot more information in our heads.  
*That's my story and I'm sticking to it.*

