

It's Not Just Cold and Flu Season

Cabin Fever Is Going Around!

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Curling up by the fire with a cup of hot chocolate is nice for a while but then the walls start closing in. The winter months can be tough when the weather prevents people from going outside and indoor activities that used to bring joy, now seem boring. How can we help someone living with dementia find new opportunities for pleasure in the home when cabin fever sets in?

We often find ourselves reminiscing about the great outdoors and longing for summer to return. What is it about the outdoors that we love so much? Is it the warm glow from the sun, the beauty found in a flower, or the abundant harvest from the garden? As you explore how to meet the pleasure-seeking needs of a person living with dementia or yourself, try something new and bring back a summer memory. Here are a couple of ideas to kick off your brainstorming:

- Do you enjoy the fruits of your labor?
 - Make a fresh fruit salad or strawberry shortcake treat
 - Get to work and make a pitcher of freshly squeezed lemonade
- Do you miss sitting on the front porch watching the cars go by?
 - Start getting ready for summer
 - Re-stain an old planter box
 - Work on fixing a broken patio chair
- Do you love the sounds of nature?
 - Play a game of *Name That Tune* with calls from the wild
 - [Enature Field Guides](#) are a great resource for looking up various species
 - Create a homemade bird feeder to attract birds to your window
- Do you just miss the fresh air?
 - Don't avoid the cold, get outside
 - Walk to the end of the driveway and pick up the newspaper
 - Grab your snow brush and scraper and clear off the car or mailbox

