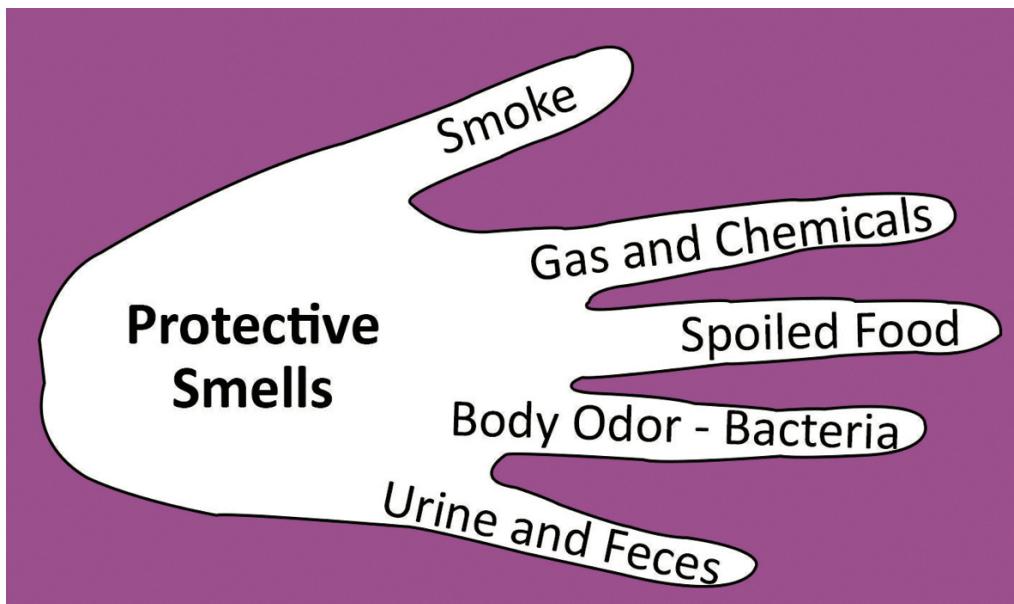


Silence of the Lamb Chop

The importance of meal preparation and quiet time for the body and the brain

by Amanda Bulgarelli, PAC Mentor

Meals are one of the most important times of the day for many of us. If you are like me, in that silent time of my last bite of lunch I am already thinking about what I will have for dinner. I love to think about all of the delicious things that I see on all of the cooking shows that I can make with just a few mixed-up ingredients from the fridge and cupboards. However, most of the time when dinner time rolls around, I fall into my old routines and habits and make the same old, yummy, but boring meals that I always make. There is comfort in the routine, the same old smells, and the way I do things in my kitchen.



When my husband smells one of those familiar scents of dinner, I can almost hear his stomach rumbling from another room. As you can see from one of Teepa's Hand Cards, while there is a loss of awareness of safety smells, actual sense of smell remains when dementia comes into the picture. This means that we should use that sense of smell to create positive feelings and ignite hunger. Find ways to incorporate familiar food smells prior to the meal, even if the meal looks different or has to be a different texture than before. Often baking cookies, lighting scented candles, warming wet washcloths with lavender or lemon, or even making someone's old favorite (being sure to ask for their advice along the way) can truly make the stomach growl and bring all of those good memories flooding back.

Silence
calms my
soul.

Once you've gotten the saliva flowing and are enjoying the meal together, be sure to leave time for silence either during or after the meal. According to a recent study, silence not only allows for rejuvenation and thought, but it can grow connections in the hippocampus. Maybe you can use the quiet time after the meal to think about the next meal and how you can prepare it in a way to get everyone ready to eat.

Feel free to check out the story here:

[Science Says Silence Is Much More Important To Our Brains Than We Think](#) by Rebecca Beris