

Adult Day Self-Care Newsletter

August 2021

Summer Fun

Oh, the joys of summer! It's a time for rest and relaxation (what else can you do on the hottest and most humid days?). You may remember childhood summers when the days and weeks seemed endless. As adults, we have responsibilities that require us to *do*, with little time for *not doing*. We need to watch the clock, instead of going with flow, and plan instead of just play. Even so, it's important to build in a vacation from daily cares, whether that be a week or two away or just a few moments outside with a glass of lemonade or iced tea. Taking that time often requires thinking ahead, which can feel like another chore, but is well worth it. In this issue, we share some ideas for summer activities, whether organized at the newly opened Adult Day Center or recommended to family caregivers who are still caring for their loved ones at home. We recognize that memory loss affects people in different ways and that those effects change over time. While staff at Adult Day Centers have expertise on selecting activities, family caregivers may not. They may need reminders to personalize activities based on their family member's past interests and current abilities. Additional tips are included below.

Tips for Managing Daily Activities

Have a **plan**, but stay flexible. If you know what's coming, you can prepare. Be patient and adapt if (or when) things don't go as planned.

Follow a **regular schedule** or routine. In general, people with memory loss benefit from a familiar and predictable routine. Occasional special events, like some of the activities described on the next page, can be a pleasant change, especially if you let the person know it's coming. Experiment to find how much "warning" works best. One hour or less? Two hours or more?

Include **movement** when possible. Stretching, reaching, walking, dancing, waving, clapping.

Be **reassuring** and calm in your actions and words. Don't rush. Speak clearly, using a warm tone of voice. Take a deep breath to relax, when needed.

Don't forget to **laugh!** Your enjoyment of the activity will be contagious.

From the COPSA Managing Your Day Activity Sheet (2020)



Down the Lanes of August

Down the lanes of August,
and the bees upon the wing,
All the world's in color now,
and all the song birds sing,
Never reds will redder be,
more golden be the gold,
Down the lanes of August,
and the summer getting old.

Excerpt from the poem by Edgar Guest

Summer Activities to Consider

Walking is a great activity on a not-too-hot summer day, provided everyone is mobile. Consider walking early to avoid the hottest hours and common end-of-day confusion. You might want to walk somewhere with benches available to provide a rest break.

Taking a short drive can be a great way to change perspective. Many parks or recreational areas have places to park that offer nice views. Do plan ahead for snacks or bathroom breaks.

A picnic can be fun. Maybe combine it with your walk or drive! Pack or pick up some favorite easy-to-eat items. Farmers markets or farm stands may have fresh in-season treats.

Not up for going out? What about a picnic at home? Set up inside with a checkered tablecloth, paper plates, and special summer food and drinks. Seedless watermelon in long spears (instead of messy wedges) is easy to eat and refreshing. A simple meal of sandwiches or cheese and crackers with carrots and celery sticks can work well, if it's too much to get out the grill and have a cookout.

Bring the outdoors in with a bowl of shells, small pinecones, or smooth river rocks. Many people enjoy the sensations and memories that come with handling these familiar objects. Flowers can brighten up any space.

Birdwatching is a great activity. If you can set up a birdfeeder where it can be seen from indoors, you may get many hours of free entertainment! Check out the Cornell Labs' library of bird song and other information: <https://www.allaboutbirds.org/>

We'd love to hear your ideas!

Some of these ideas are from <https://www.alzinfo.org/> Many day programs and residential facilities also share activities on their websites or blogs.



visit our website www.care2caregivers.com for information on caregiver support groups

Stay Safe

On hot days, [hydration](#) is extremely important. People who are older may become confused if they're not taking in enough fluids. It's also risky to get [overheated](#), so be aware of the signs so you can help someone cool down safely and quickly.

When you spend time outdoors, stay safe by taking water, using sunscreen, and preventing falls. If needed, carry bug spray, too.

For More Information

If you are interested in learning more about these and other health issues, check out the health information website for the National Library of Medicine: <https://medlineplus.gov/> (try searching for "water" and then "heat" to start).

As always, you can access the Self-Care resources on our website for free.

Self-Care for Professional Caregivers
www.care2caregivers.com/self-care

Upcoming Caregiver Education 2021

Staying Strong and Active this Summer: Caregiver Strategies for Fun Engagement with Your Loved One

Staying active and engaged can bolster both physical and cognitive well-being while enhancing your caregiving relationship. Discover ways to implement fun and meaningful activities throughout your daily routines. Receive resources for staying active, connected and safe. Special focus on activities for you, the caregiver, because YOU are important too!

CLICK HERE TO REGISTER:

<https://rutgers.zoom.us/meeting/register/tJlf-GhqjwqGdZLyhSlc1ayJZJpy-eZVqgx>

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