



## **Tips for Celebrating Milestones to Keep Your Loved One Engaged in Life**

The **Alzheimer's Association**, The **Mayo Clinic** and other experts encourage caregivers to celebrate small successes and special occasions with their loved ones. This can help to relieve their stress, reduce their symptoms of depression and provide moments of pleasure. You don't have to wait for holidays, birthdays or other calendar-related milestones to celebrate. Instead, look for the precious things that occur in life everyday and tailor activities for your loved one that connect with the favorite things in their life.

### **Encourage and Celebrate the Things That Have Brought Joy to Your Loved One's Life**

- Develop a list of the activities that connect with the things your loved one has enjoyed most in life and try to include them in your regular care plan.
- Take a walk or exercise together. It's another way of having fun and promoting your loved one's physical and emotional well-being.
- Try various "holistic therapies" that have been shown to be effective in reconnecting with loved ones and providing them with an opportunity for personal expression. Examples include: listening to favorite music from their younger days; looking through old photo albums together; painting and drawing pictures of favorite places and things; and visiting with a pet.
- Include your loved one in important family events, such as the birth of a baby or the wedding of a favorite grandchild. If they are unable to attend the event, you can still create a special occasion around it for them with cake and punch, which enables them to celebrate the moment and feel part of it.
- For those whose faith has been an integral part of their lives, spiritual activities can also provide calm and positive stimulation. Many people with Alzheimer's enjoy singing hymns or having scripture read to them, especially when attending church services is not possible. Interestingly, Alzheimer's research contains documented cases of people who no longer speak, but are able to sing the complete versions of their favorite hymns.

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Always encourage your loved one and give them praise for what they still *can* do. Celebrate their small victories and keep them engaged in life for as long as they are able. Emphasizing the positive has benefits for both of you!

**North Woods Village at Edison Lakes** is the area's first, single-purpose, residential [Memory Care Assisted Living Community](#) (MCAL) dedicated to caring for those with Alzheimer's disease, dementia and other memory impairments as well as providing education, support and resources to area caregivers and their families. The unique, [purpose-built architectural design](#) of **North Woods Village at Edison Lakes** is one element of "[NEW DIRECTIONS](#)"<sup>SM</sup> the community's signature memory care program that provides the optimal balance of loving care, dignified support, social engagement, wellness and independence.

For more information on **North Woods Village at Edison Lakes** and our [Caregiver Education & Support Calendar](#), please [contact us](#) today!

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WWW.NORTHWOODSMEMORYCARE.COM

1409 E. Day Road | Mishawaka, IN 46545 | phone 574-247-1866 | fax 574-247-7890