



# Alzheimer's Network News

## Summer Art Classes

The summer months are here and so caregivers may be looking for new activities to do with those they care for.

One idea is to attend a fun summer themed art class. Alzheimer's Network holds art classes once a month at their office location and we have some fun, summer themed projects this summer!

Art provides a great way for individuals with Alzheimer's disease or memory loss to communicate when words no longer work.

The Alzheimer's Network art classes are designed for individuals with Alzheimer's disease, dementia or memory

loss to do with their caregivers or family members. Classes are free for the individual and the caregiver.

So come join us for a fun art project!

Art Classes are held at the Alzheimer's Network Office

1449 Liberty St. SE  
Salem OR 97302

Please call and R.S.V.P. so we know how many people to prepare for:

503-364-8100 or

Email [info@alznet.org](mailto:info@alznet.org)

### Summer Art Class Schedule

#### Wednesday June 14

10:30am—12pm

Come paint & decorate a bird house.

#### Wednesday July 12

10:30am—12pm

Come create a project with plants.

#### Wednesday August 16

10:30am—12pm

Come create mosaic stepping stones for the garden.

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### Quote of the Month:

"One person caring about another represents life's greatest value." -John Rohn

## Warm Weather Activities for Seniors & Caregivers

With the weather heating up, here are some warm weather activities that seniors and caregivers can do together.

**Take a Stroll**—if walks are possible, head outside to enjoy the warm weather.

**Enjoy the Birds**—sit outside &

enjoy the sounds of birds, adding bird feeders or a bird house outside.

**Picnic**—get a picnic together, if you can't make it to a park, just do it in the yard.

**Get a Treat**—head out to get a treat: ice cream, frozen yo-

gurt, or even just a smoothie.

**Visit a Park**—even just to walk a little or sit and sightsee.

**Gardening**—plant flowers or pull weeds, get those hands in the soil.



## Walk 4 Alzheimer’s—Saturday September 9

Alzheimer’s Network’s Walk 4 Alzheimer’s event returns this summer on Saturday September 9th. It will be held at the Salem Riverfront Park again.

This fundraising event will feature 2 walk routes—utilizing the new walking bridge connecting the Riverfront Park with Minto Brown Park, live music by returning band Virtual Ground, lunch, kids zone and Family Wellness Fair highlighting community resources.

If you want to join this fun, family friendly event, you can sign up to have a Walk

Team by visiting our website,

ALZNET.org/walk-4-alzheimers/ or by texting “WALK4ALZ” to 71777

AlzNet is using a new mobile friendly crowdfunding platform for the Walk this year. This will make it easier for people to sign up for a team and for people to donate to their team.

A Team Captain Kick Off Party will take place on Tuesday June 13th at El Patron Mexican Grill, 5pm. So if you are interested in signing up for a team, come join us and get all of the information while eating some tacos!



For Details Contact:  
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## Aquatic Exercise for Those with Dementia

“More than having fun in the pool, water exercise classes can actually be therapeutic and beneficial for people living with neurodegenerative conditions.”

New studies are finding that water therapy is good for individuals with neurocognitive disorders such as Alzheimer’s disease and Parkinson’s.

Aquatic exercise can actually help with a whole host of things, including:

- Joint Function

- Balance
- Motor Skills
- Range of Motion

Plus it also gives the added benefit of the individual getting exercise. And it is a great program to help with quality of life.

Assistant activities director at a memory care community, Michele Cox says, “This has to do with providing quality of life. This doesn’t treat dementia, but there are

**“More than having fun in the pool, water exercise classes can actually be therapeutic and beneficial for people living with neurodegenerative conditions.”**

case studies that show [exercise] does improve cognition if it’s repeated. It elevates mood.”

Story found on Alzheimers.net

## Senior Friendly Travel Destinations

There are many considerations to take into place when traveling with seniors, and those considerations increase when your loved one has dementia.

Remember to look at the area you are traveling to and consider if it has amenities such as a doctor close by and is limited mobility friendly. Also, is it loud? Full of people? This may be difficult for those

with dementia, as it may make them feel overwhelmed.

Here is a list of some of the most senior friendly travel destinations:

- Scottsdale, Arizona—a popular desert resort community designed with seniors in mind.
- Halifax, Nova Scotia, Canada—this

location has one of the oldest aging populations in Canada, so it is very senior friendly.

- Rome, Italy—most attractions are wheelchair accessible, as well as sidewalks.

Info Found at: APlaceforMom.com

## Brain Healthy Recipe of the Month—Sageberry Popsicles

Try this brain healthy alternative to store bought popsicles.

### Sageberry Popsicles

Ingredients:

3 cups strawberries, stems removed

3 Tbsp fresh sage leaves, torn into pieces

1 cup water

Directions:

Combine ingredients in a blender and blend until smooth. (If you want a sweeter popsicle, you can add a bit of honey.)

Pour into popsicle molds and freeze.

Brain healthy ingredients include sage and red berries.

Recipe Found at: [brainhq.com](http://brainhq.com)



## Healthy Eating After 50

Here are some tips on healthy eating after age 50 from the National Institute on Aging:

- Eat different colors, including fruits and vegetables.
- Make sure at least half of your grain portion is whole grains.
- Stay away from empty calories—or foods that have lots of calories but lack nutrients.

- Keep your solid fats, added sugar & sodium to a minimum.
- Incorporate all of these categories into your daily meals:
  - Fruits
  - Vegetables
  - Grains
  - Protein
  - Dairy
  - Oils
- How many calories you need depends on how active you are:

A woman who is not very active needs about 1,600 calories a day.

A man who is not very active needs about 2,000 calories a day.

- When you age you lose your sense of thirst, be sure to drink plenty of fluids.

Story found at: [www.nia.nih.org](http://www.nia.nih.org)

## Coming to AlzNet in June

**Team Captain Kick Off Party**—Tuesday June 13, El Patron Mexican Grill, 5pm—7pm

**Art Classes**—Wednesday June 14, Paint a Birdhouse, 10:30am—12pm

**Caregiver Support Group**—Thursday June 15, 2pm—3:30pm

**Free Legal Friday**—Friday June 23, 9am—12pm

## Alzheimer's Network



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Website: [ALZNET.org](http://ALZNET.org)

### You'll Never Walk Alone

Check us out on  
Facebook & Twitter!

The mission of the Alzheimer's Network is to provide compassionate support, education and outreach to meet the individual needs of those impacted by Alzheimer's disease and other dementias.

Our vision is an enlightened and empowered community where no one walks alone.

Alzheimer's Network is completely privately funded, we receive no United Way or government funding. 100% of donations & funds stay in our local community.

## Alzheimer's Network Programs & Services

**Art Classes**—art classes using different art mediums

**Joyful Noise Music Classes**—musical classes coordinated by a certified music therapist

**MUSIC & MEMORY iPod Program**—personalized playlists on an iPod

**Monthly Caregiver Support Group**—informal, facilitated caregiver support group

**Free Legal Friday**—45 minute consultations with elder law attorneys

**Memory Screenings**—confidential screenings performed by a trained screener

**Care Navigation**—session to answer any questions or receive referral information

**Ruth A. Popham Lending Library**—books & DVD's on Alzheimer's disease & dementia

**Information & Referral Services**—information on community resources