



Azalea Blossoms

WE CARE LIKE FAMILY

Father's Day celebrations!

All the Dads got little treat bags from 3 year old Sandhya and enjoyed eating chocolates and sweets after breakfast! It was heartwarming to see Jim and Gerald share chocolates with Francis and Rosalee too!

Walks in morning routines!

Small changes are what takes a vision a long way. Morning walks have been introduced into the morning routines. Physical therapy sessions are expected to start soon with a few of our residents too!

Games... puzzles... stories...

We have started playing small games at the home - tic tac toe, tangram tiles, puzzles among others. We will continue to bring in more activities like these to engage with the residents!

Hello Folks,

We had a wonderful past week at Azalea Blossoms, punctuated by Father's Day on Sunday.

Due to COVID, our activities director and one of our newest caregivers were unable to come in this week. Undeterred, Shillika and the kids went over to the house and played several games and gentle brain teasers that worked to stimulate functions essential to cognition. One of these games involved puzzles with patterns and matching colored tiles. This game exercised their hand-eye coordination, spatial awareness, problem solving and color discrimination. The benefits of hand-eye coordination need little explanation, however as many of you will have noticed, fine motor abilities do deteriorate over time and require constant effort to remain intact. This is one of the main reasons that during meal times, we insist on the residents feeding themselves as much as possible with all the different utensils, even if it creates a mess. Spatial awareness is similarly also a function that can deteriorate over time as it becomes harder for the brain to translate the 3 dimensional world into 2 dimensional in the occipital lobe and recreate a 3 dimensional model of the world in the brain. Games such as these that require the discrimination of size, shape and position exercise these conversions while also stressing their abilities to hold concentration. As an added bonus, there even ended up being some really heartwarming teamwork as Jim and Francis worked together to exchange pieces needed for each of their puzzles! Dr. Tom and Rosalee helped with sorting colors and shapes with the kids.



Additionally, they played storytelling games that specifically help with memory recall, thought organization and verbalization (conversion of thought to spoken words). Although these are tasks that many of us take for granted, organization of memories into words requires a lot of processing power as memories stored in the hippocampus (long-term episodic discrete memories) and amygdala (emotional recollections) have to make it over to Broca's area to be translated to speech. As the brain shrinks and atrophies with age, accelerated by processes in dementia, these seemingly natural processes take more effort. Our hope is that through routine stimulation, we can keep exercising these areas and strengthen them over time. Thank you to the families that have dropped off old memories, year books, photos and small items to help aid in these conversations and activities.



For Father's Day, we had our youngest daughter, Sandhya deliver gift bags with little treats to all the Dads. The Dads (and everyone) got treats, and the Sandhya got hugs -- win-win. It was a wonderful time for everyone including our caregivers to share this time. Thank you to all of you that also reached out, sent gifts and well-wishes.



