



# Azalea Blossoms

WE CARE LIKE FAMILY



Hello everyone!

It's been a while since our last newsletter. We hope everyone had a wonderful 4th of July celebration and are enjoying the summer. We are certainly staying indoors and trying to stay cool in this very hot summer in Phoenix.

It's been a busy few weeks at Azalea Blossoms and we're particularly excited to share the developments over the past weeks.

To mark Independence Day, Shillika and the kids led our loved ones at the home through several arts and crafts activities. They made paper wreaths decorated with stars and paper flags. They helped prepare red, white and blue fruit skewers in which the pattern of colors had to be followed. These activities continued to work on their fine motor skills and exercise their depth perception, color discrimination and proprioception. Unlike many of the other activities, this was actually among the more challenging tasks because of the need to follow three step commands (place glue, find a star, don't overlap a star). The girls performed a few magic tricks for our loving seniors and were cheered by them every time!

In most forms of dementia and memory impairment, long-term memories are typically intact with the greatest detriment occurring with short-term recall. This was in full display during our US history trivia hour. Harold and Barbara Trandall emerged winners for that trivia - correctly identifying past presidents, locations of significant events



and national icons. We know that a lot of the folks enjoyed this particular activity as it allowed them to draw upon their memories and share stories. We find that when we ask those with memory impairment about recent activities (what they ate for lunch etc), it can be a highly frustrating experience for them since the front lobe and cortex usually atrophies with age making it hard to recall those memories. However, asking about events in the past tends to be easier for them to access. In fact, there is great data emerging on how long-term memories are stored in multiple locations of the brain as they go through the process of being encoded into a long-term memory. This makes those memories more resilient to brain change as one ages.

In addition to fine motor, we continue to encourage various gross motor skill games that are accessible to both our ambulatory (walking) and non-walking loved ones. This past week, for example, included games of ring toss, cornhole and balloon toss.

From a facility perspective, we continue to remodel that front room sitting area. We have removed the dining table there and replaced it with sofas to create a private area to share with your loved ones when you visit, and to provide them a different environment to relax within the house. We have installed essential oil diffusers around the house to both counteract negative odors but to also encourage positive refreshing energies that essential oils can produce. We have also installed a small elevated garden in the back yard to allow our loved ones to do basic watering of plants and check on the garden. Especially once the weather cools down, we anticipate that it is going to be a really great form of therapy.

Lastly, we appreciate everyone's cooperation with getting some of the additional forms signed to streamline the services and make sure have all the approvals in place to avail any grooming, podiatry or medical services.

Till next time.











