

Stimulating Activities for your Family Member Provided by the Gathering Place

Once each week, five to seven activities will be emailed to you that you can use to provide stimulation and challenge to your family member at home. Some are designed for the participant to complete on their own



and others are comprised of a series of trivia questions that are designed to be asked by the caregiver.

They will stimulate your family member's memory and provide topics for conversation. Many of these activities are currently being used in the Gathering Place's affiliate program, Early Stage Coaches, Inc.

Short term memory might improve

In the Early Stage program, these types of trivia questions have resulted in significant short term memory

improvement in many patients with early stage Alzheimer's. We incorporated those after reading several clinical studies that confirmed their efficacy.

But most importantly, participants find them fun.

Above all, the 45-minute daily sessions may serve as stress-relievers for your family member during social distancing. The novelty, stimulation, and challenge may forestall boredom and agitation and enhance your family member's sense of accomplishment.

The first distribution will be the week of March 23. For more information, call 979-849-5051.

Caregivers, please sign up to be included on the weekly distribution list
by emailing bmaust@sbcglobal.net.

Here for you.



200 E. Mulberry Angleton, TX 77515
979-308-4525 M-TH 10-3
www.GatheringPlaceBrazoria.org