

Sensory Activities, P. 2

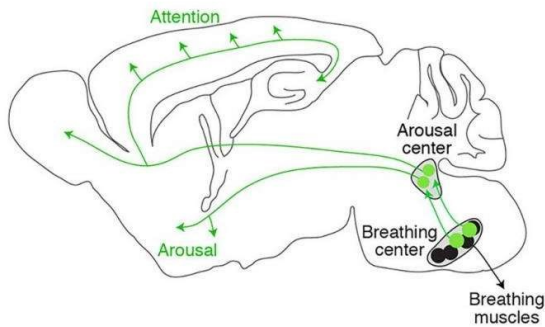
Multi-sensory activity: Choose a recipe you've never made and an ingredient that you've never used, and cook something that needs to be stirred on top of the stove. Have your family member help. Make sure that he stirs, smells, and tastes the new ingredient. Maybe a dish from his ancestor's original home?



Multi-sensory activity: Switch up your schedule a bit and offer a simple treat. Generally, sticking to a schedule is best for a person with a memory disorder, however, an occasional surprise can delight your loved one. Instead of your regular 3-meals a day plan, have a high tea with cucumber sandwiches, a pot of tea, and a scrumptious dessert. Use a table cover seldom used; put a single flower in a vase. Before dessert, present a card with a poem about the person or 5 reasons you love him so much. The visual, gustatory, and olfactory cues signal this is a special event, and it is usually very effective with a single person or a small group.

Brain study shows how slow breathing induces tranquility

March 31, 2017 by Bruce Goldman



The diagram depicts the pathway (in green) that directly connects the brain's breathing center to the arousal center and the rest of the brain. Credit: Krasnow lab

Stanford scientists have identified a small group of neurons that communicates going-ons in the brain's respiratory control center to the structure responsible for generating arousal throughout the brain.

Try it. Breathe slowly and smoothly. A pervasive sense of calm descends. Now breathe rapidly and frenetically. Tension mounts. Why?

It's a question that has never been answered by science, until now.

In a new study, researchers at the Stanford University School of Medicine and their colleagues have identified a handful of nerve cells in the brainstem that connect breathing to states of mind.

Read more at: <https://medicalxpress.com/news/2017-03-brain-tranquility.html#jCp>