



Golden Oaks Village

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# Five Ways Seniors May Hide Early Signs of Dementia

Dementia signs may be subtle in the early stages. Your loved ones may have trouble recalling certain words, or may forget to pay a few bills. It's possible they don't even realize they're showing signs of dementia — or they may not want you to know. It can be devastating to receive a dementia diagnosis. But getting help sooner rather than later may prevent accidents, financial problems, and other troubling consequences of dementia behaviors in the elderly. Here are ways your loved one may be covering up dementia symptoms and understand steps you can take to help.

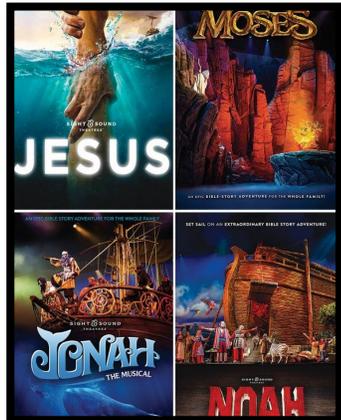
## Why do the elderly deny signs and symptoms of dementia?

Many people are reluctant to reveal dementia signs in an effort to avoid negative stereotypes, shame, or embarrassment, according to a study of anxiety and stigma in dementia. It's not uncommon for someone in the early stages of dementia to be in denial, keep it a secret, or drift away socially. This can lead to social isolation, overdependence on family, and decreased quality of life. Sometimes, behavior that seems like dementia denial or avoidance may actually be a lack of awareness. People don't realize they have a cognitive impairment. They may be aware of some symptoms without realizing dementia is involved, or their awareness may fluctuate.



Upcoming Events at Golden Oaks Village

- Resident Council Meeting 2:00 pm Tuesday, July 5th in the Chapel
- DrumFit Exercise Class each Friday at 10 am
- Blood Drive July 14th 9-12 pm
- Beltone Hearing Aid Presentation July 13th
- Entertainment on each Tuesday
- All events observe socially distant rules w/Masks



# Jesus is Coming to GOV

Our residents recently traveled to Branson to see the biblical narrative of Jesus at the Sight and Sound Theater. Through our video license we are able to show approved movies in our Chapel. In July, we will begin the series with the live presentation of the story of Jonah. The sets are terrific, especially the huge, special effect whale that is on the stage and floats above the

## ***Easiest Ever Summer Party Broccoli Salad***



This cold, crunchy broccoli salad—studded with crisp bacon, diced red onion and chewy raisins, then tossed in a creamy homemade dressing is what all of your summer party dreams are made of.

### **Ingredients for Salad & Dressing**

#### **Salad**

- 2 lbs Broccoli florets (8 cups)
- 1 lb Bacon, cooked and minced
- 1/2 cup Red onions, minced
- 1/2 cup Sunflower seeds
- 1 cup Raisins (golden or brown)

#### **Dressing**

- 1 1/2 cups Mayonnaise
- 1/3 cup Sugar
- 3 tbsp Lemon juice
- 3 tbsp Apple cider vinegar
- 1/2 tsp Salt

In a small bowl mix together mayonnaise, sugar, lemon juice, apple cider vinegar and salt. Whisk until smooth. 2. In a large bowl toss together broccoli florets along with bacon, red onions, sunflower seeds, raisins and prepared dressing. Can be served immediately, but is best when chilled for at least an hour

## ***Golden Oaks Honors Retiring Executive Director with Reception, July 5th at 3:00 pm in the Atrium***

Greetings!

Thank you so much for making my time at Golden Oaks enjoyable. It has been a pleasure serving you this past year. Together, we have accomplished much and I am convinced that Dawn Ann will continue working with you to make progress.

I am convinced that the LORD had me serve at Golden Oaks to help reinforce a Christian culture along with providing leadership for a variety of operational opportunities.

I will be in Stillwater working as an artist and helping out with the family farms. Mostly, I will be raising Max and giving him the best possible childhood. Susan manages his home schooling and I am in charge of his fun.

We will continue to hold up the ministry of Golden Oaks in our prayers.

Blessings, Mark



## ***Golden Oaks brings Jesus through the Sight and Sound Christian Videos to Golden Oaks***

audience. During the play, a large ship is also on the stage, from which Jonah is thrown into the sea when a huge storm hits. In Branson, the play incorporates live horses, animals and features underwater life while inside the whale. Jonah eventually goes to Nineveh, and although he doesn't care about the people, he does preach to them and they do repent. God speaks to his heart and reminds him to add love to the truth.

This is a delightful musical including some wonderful songs and is a great production for the whole family. The focus is that God loves people and pursues them. It brings to life the journey of this loveable, het stubborn prophet. The performance offers delightful humor, cinematic music, massive sets, and a breath-taking underwater scene featuring a 40' whale....with one big appetite!

Join us July 5th at 5:30 in the Chapel for this amazing musical Jonah. On July 22nd we will see the video Jesus in the Chapel. We will have an intermission with popcorn & drinks in the Atrium.

## ***Golden Oaks Village takes to the Road Again!***



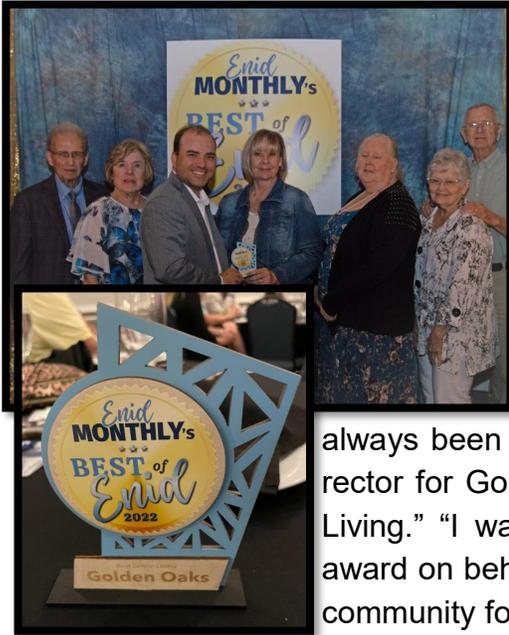
Golden Oaks Village loaded up the residents and took to the streets to travel across state lines to Branson, Missouri in June. We managed to get in three shows, lots of shopping, traveled in style in a chartered tour bus and went away saying..."We've just seen Jesus." The group went to the Sight and Sound theater to see the musical, the highlight of the trip. More trips are planned! Stay tuned for details.



## ***We Have a Home for You!! Come Tour the Oaks***

We have several units available for you to choose from! We have a move in special for apartment living. We also have two 2B/2B units in the neighborhood that are opening up in July. We have one 2B/2B cottage that is available with a sunporch and lake view. Call our professionals for a tour today and select your new home. 580-249-2606

# Golden Oaks receives Best of Enid Award



Enid has some of the best businesses because we have some of the best people. Golden Oaks is no exception. "Best of" polls are common, but it's always fun to acknowledge the creative and entrepreneurial businesses within our town.

The Best of Enid Awards Show was held recently to bring all of these people together for one joined celebration of the community we share, and the appreciation we have for one another.

Living a good life, and providing one for those around us, has always been important to the residents of Enid. Elaine Johns, Marketing Director for Golden Oaks, talked about the privilege it was to win "Best Senior Living." "I want to thank the Academy...", she joked, stating, "I accept this award on behalf of all the finalists in this category, for all that we do within our community for the elderly. Taking care of our seniors is important work...and, I say thank you, on behalf of all of this industry, for allowing us the privilege of providing a safe, active, Christian retirement home for our senior community." This generosity is perhaps a glimpse into why the community voted Golden Oaks "Best of Enid" this year.

Reprinted from Enid Monthly

### Fourth of July Rebus - Harder

In this puzzle, you need to break the rebus codes to discover words related to July 4th. To decode the rebuses, first identify the pictures and then add and subtract letters as required. If you figure them out correctly, the remaining letters will spell out a word! Can you decode them all?

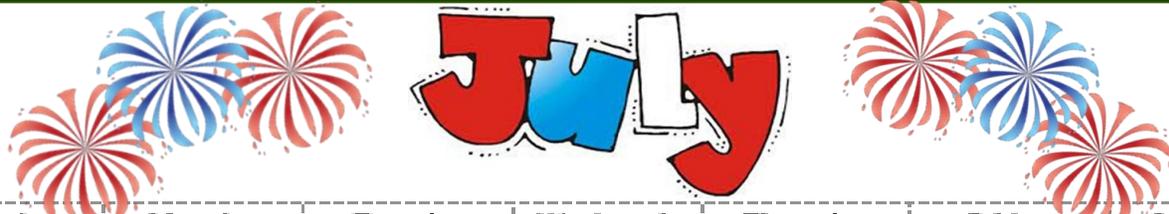
1. -e + -gr = \_\_\_\_\_
2. -ck + -m = \_\_\_\_\_
3. + -s + -u + -a = \_\_\_\_\_
4. -e + -a + -e = \_\_\_\_\_
5. -an + -le + -x + -wi = \_\_\_\_\_
6. -ch + -ba + -sl + -ve = \_\_\_\_\_
7. + -m + -ey = \_\_\_\_\_
8. -in + -hn + -al + c = \_\_\_\_\_

## Fourth of July

### WORD SEARCH

CAGFDPSJFREEDOM  
 REVOLUTIONLWLSX  
 OVBISTATESIVTJY  
 EFUDNXZZBWB CGUW  
 FOLNHDQIWAEIFLG  
 EIHAIPEQVRRNLNYV  
 ACRNGTAPHATFLAG  
 MCJEBOETENYZYSJ  
 ESXPWSDDRNKRMBV  
 RUUIEOTRSIDAQNG  
 IMGCVERAOTOEKUT  
 CMJNWMCKRTATNP  
 AEGIWIIYRSSMTICA  
 CRHCKJPARADEECE  
 EHDQGAXUNBVC GSI

United States	Independence	Revolution	Fireworks
Liberty	America	Freedom	Picnic
States	Stars	Flag	Patriotic
Parade	Flag	Summer	July



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>July Birthdays</b> Barbara Sonntag 7/10 Kay Blakley 7/10 Donna Strom 7/11 Ken Heckell 7/12 Sue Guellis 7/15 Etta Hopkins 7/18 Willie Johnston 7/18 Evelyn Fresh 7/22 Anniversaries: Roy-Collebie Woods 7/23					1	2
					Drum Fit 10:00 Water Aerobics M-W-F 11:45 10 Pt. Pitch 2:00	
3	4	5	6	7	8	9
Chapel 1:30 Robert Steward	Happy 4th July	SAIL Class 9:30 Ambassador Meeting 11:00 Audio Book Club 12:00 Res. Council 2:00 Jonah Movie 5:30	<del>Men's Coffee 7:30</del> Prayer 10:00 Water Aerobics M-W-F 11:45	SAIL Class 9:30 New Resident Orientation 10:00 Bingo 6:30	Drum Fit 10:00 Water Aerobics M-W-F 11:45 10 Pt. Pitch 2:00	
10	11	12	13	14	15	16
Chapel 1:30 Alan Seibel Art Class 3:00-5:00	Bible Study 10:00 Water Aerobics M-W-F 11:45 Tai Chi 1:00 Crafts 2:00	SAIL Class 9:30 Audio Book Club 12:00 Piano Recital 6:00	<del>Men's Coffee 7:30</del> Chair Yoga 10:00 Prayer 10:00 Hearing Aid Service 2:30 Art Class 6-8	In The Loop 9:00 Blood Drive 9-12 SAIL Class 9:30 Bingo 6:30	Drum Fit 10:00 Water Aerobics M-W-F 11:45 10 Pt. Pitch 2:00 A. Sec. Pizza & Dessert 5:00	
17	18	19	20	21	22	23
Chapel 1:30 Mike Summerfield Art Class 3:00-5:00	Bible Study 10:00 Water Aerobics M-W-F 11:45 Tai Chi 1:00	SAIL Class 9:30 Audio Book Club 12:00 Small Sisters 6:30	<del>Men's Coffee 7:30</del> Chair Yoga 10:00 Prayer 10:00 Art Class 6-8	SAIL Class 9:30 Neighborhood Walmart 9:30 E. Sec Potluck 11:30 Giant Yahtzee 1:00 Bingo 6:30	Drum Fit 10:00 Water Aerobics M-W-F 11:45 10 Pt. Pitch 2:00 Jesus Movie 12:30	
24	31	25	26	27	28	29
Chapel 1:30 Mac Lobman Art Class 3:00-5:00	Chapel 1:30 Mark McAdow Art Class 3:00-5:00	Bible Study 10:00 Tai Chi 1:00 Steering Committee 1:00 Girl's Night Out 5:30	SAIL Class 9:30 Audio Book Club 12:00 Dab O'Clock 6:30	<del>Men's Coffee 7:30</del> Chair Yoga 10:00 Prayer 10:00 Birthday Lunch 11:30 Art Class 6-8	In The Loop 9:00 SAIL Class 9:30 Baseball Bean Bag 1:00 Bingo 6:30	Drum Fit 10:00 Water Aerobics M-W-F 11:45 10 Pt. Pitch 2:00

2022

JULY LUNCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7/3/2022 SMOTHERED COUNTRY FRIED STEAK FRIED CHICKEN FRIED SHRIMP FRIED SHRIMP MASHED POTATO/GRavy BUTTERED GREEN BEANS ITALIAN BLEND VEG ROLL	7/4/2022 PORK/BEAN/VEG HOT DOG/BEAN BAKED BEANS POTATO SALAD CHIPS WATERMELON CUPCAKES	7/5/2022 HAMBURGER STEAK/GRavy BAKED POTATO CREAMED PARS ROLL CHICKEN TETRAZONI BROCCOLI/CHEESE	7/6/2022 PORK ROAST/GRavy MASHED POTATOES CALIF VEG VEG BREAD TACO SALAD IN A FRIED TORTILLA SHELL	7/7/2022 ITALIAN CHICKEN BAKE BABY CARLOTS CAROL CHEESE BISCUIT SAVORY MEATBALLS LOADED MASH POTATOES BUTTERED CORN	7/8/2022 BAKED CATFISH SCALLOPED POTATOES SAISONED CORN BROU BURET BAKED BEANS GARLIC BREAD	7/9/2022 CHICKEN POT PIE BUTTERED BROCCOLI ROLL SMOTHERED IN STEAK CHEST BACON POTATOES GREEN BEANS
7/10/2022 COUNTRY FRIED STEAK FRIED CHICKEN FRIED SHRIMP MASHED POTATO/GRavy SEASONED CARIBAS BUTTERED CORN ROLL	7/11/2022 PAINLESS ONE BREAKST BAKED POTATO GREEN BEAN CASEROLE BREAD BEEF ENCHILADAS REFRIED BEANS	7/12/2022 MEAT SAUCE/SPAGHETTI PEAS/CARLOTS GARLIC BREAD OPEN FACE HOT TURKEY SAND/WASH POT/GRavy CALIFORNIA BLEND VEG	7/13/2022 SMOTHERED PORK CHOPS AS GRATER POTATOES FRIED OREGA ROLL MANTON/MEAT SAUCE SEASONED CAVILFLOWER	7/14/2022 MEATBALLS/GRavy BUTTERED RICE BUTTERED BROCCOLI ROLL SWEET & SOUR CHICKEN BAG BOLL MIXED VEGETABLES	7/15/2022 FRIED CATFISH SEASONED POTATOES BUTTERED CARLOTS ROLL BROU BURET BAKED BEANS GARLIC BREAD	7/16/2022 SMOTHERED CHICKEN MASHED POTATOES CALIF VEG VEG ROLL BEEF STEW/POT/CARLOTS PEAS/ONIONS
7/17/2022 SLICED ROAST BEEF FRIED CHICKEN FRIED SHRIMP MASHED POTATO/GRavy BUTTERED CARLOTS CALIFORNIA BLEND VEG ROLL	7/18/2022 BAKED PORK CHOPS BAKED BEANS GREEN BEANS/ONIONS BREAD BEEF CHICKEN SCALLOPED POTATOES	7/19/2022 COUNTRY MEATLOAF MASHED POTATO/GRavy POTTERED GREEN BEAN ROLL CHICKEN & NOODLES ZUCCHINI BAKE	7/20/2022 BAKED BAMB BAKED SWEET POTATO SEASONED CARIBAS CONNBREAD PAINA QUESADILLA BUTTERED CORN	7/21/2022 CHICKEN/GRavy BUTTERED RICE BUTTERED CARLOTS ROLL BEEF TACO SPAGH RICE	7/22/2022 FRIED CATFISH AS GRATER POTATOES BUTTERED CARLOTS HUSHUPPIES BROU PORK/BEAN BAKED APPLES	7/23/2022 SLIGHT JOE OR A BEEF BAKED CORN CASEROLE BUTTERED GREEN BEANS PORK CORN SUNDUP CASHFLOWN BAKE
7/24/2022 HONEYED PORK LOAF FRIED CHICKEN FRIED SHRIMP MASHED POTATO/GRavy CALIFORNIA BLEND VEG GREEN BEANS/BAKON ROLL	7/25/2022 MEAT SAUCE/SPAGHETTI BUTTERED BROCCOLI CAROL BREAD CHICKEN ENCHILADAS BUTTERED CORN MASHES	7/26/2022 SMOTHERED ONE BREAKST PARM GARLIC BUTTER RICE TOMATOES AN GRATING CONNBREAD SAVORY HAM & BEANS SEASONED POTATOES FRIED CORN	7/27/2022 COUNTRY FRIED STEAK/GR BAKED POTATO BUTTERED CARLOTS ROLL LIVER & ONIONS CHAL/BROC BAKE	7/28/2022 SUBSURY STEAK MASHED POTATO/GRavy SEAS COLLARD GREENS ROLL CHICKEN BACON BANCHE BAKE PEAS/ONIONS	7/29/2022 FRIED CATFISH RICE PILAF MIXED VEGETABLES GARLIC CHEESE BREAD BEEF & NOODLES MASHED POTATO/GR GRVY	7/30/2022 BUTTER BAKED CHICKEN MANTONI & CHEESE CAPRI BLEND VEGETABLE BREAD SCALLOPED BROUWEST SAUTERNAUT
7/31/2022 BEEF TIPS/GRavy FRIED CHICKEN FRIED SHRIMP MASHED POTATO/GRavy BUTTERED CARLOTS HARVARD BEETS ROLL	8/1/2022 COLA BROWNY SUGAR HAZ MASHED SWEET POTATO SEASONED BROCCOLI ROLL TATER TOP CASEROLE BUTTERED CORN	8/2/2022 TURKEY ROAST AS GRATER POTATOES SPAGHOLI BREAD SMOTHERED MEATBALLS GREEN BEANS/CHEESE	8/3/2022 HAMBURGER/BEAN BAKED BEANS STUFFED GREEN PEPPERS MASHED POTATO/GRavy MIXED VEGETABLES	8/4/2022 OVEN FRIED CHICKEN CORN CASEROLE BUTTERED BROCCOLI ROLL STEAK BURGERS/GRavy SCALLOPED POTATOES	8/5/2022 FRIED CATFISH BAKED POTATO CALIFORNIA BLEND VEG HUSHUPPIES LASAGNA GREEN BEANS GARLIC BREAD	8/6/2022 PORK CHOP/GRavy/ONIONS RICE PILAF PEAS/CARLOTS BREAD FRIED CHILI RICE

2022

JULY SUPPER

Friday	Monday	Thursday	Wednesday	Thursday	Friday	Saturday
7/23/2022 COLD CUT/CHESSE SAND CHIPS	7/25/2022 PASTURE RAISED PIG SCALLOPED POTATOES MIXED VEGETABLES BREAD	7/26/2022 LASAGNA CREAM BEANS GARLIC BREAD	7/27/2022 CHICKEN ENCADANAS SPAGHETTI SAUCE	7/28/2022 HOT PAN /CHESSE SAND CAPRI BLEND VEGETABLE CHIPS	7/29/2022 BEEF HAMBURGER BASHBROOK CASSEROLE	7/30/2022 SCALLOPED CHESSE SAND CORN BROSST
7/24/2022 CHESSEBQ CASSEROLE BUTTERED CORN	7/26/2022 BEEF AND BEAN BURN NO NACHOS	7/27/2022 CHICKEN TACOS SPANISH RICE	7/28/2022 HOT PAN /CHESSE SAND CAPRI BLEND VEGETABLE CHIPS	7/29/2022 COUNTRY FRIED STE SAND BROCCOLI /CHESSE	7/30/2022 PIG IN A BLANKET BAKED CORN CASSEROLE	7/31/2022 HOT PAN BLAKE MIXED VEGETABLES
7/25/2022 BEEFBROU PIZZA BREADSTICKS	7/27/2022 BEEF PORK ON A BUN FRENCH FRIES	7/28/2022 COLD DOG / BUN SWEEET POTATOES FRIES	7/29/2022 COUNTRY FRIED FISH SALMONED POTATOES BUTTERED CARROTS BREAD	7/30/2022 BEEF SALAD SANDWICH POTATO CHIPS	7/31/2022 HAMBURGER STEAK / OVALY FRIED POTATOES/ONIONS BUTTERED GREEN BEANS BREAD	7/1/2022 BLT SANDWICH CREAMED PASTA POTATOES CHIPS
7/26/2022 GRILLED CHICKEN SAND PASTA PASTA /CHESSE CALIFORNIA /CHESSE	7/28/2022 STEAK FRENCH/GRAN PASTA/ CARROTS	7/29/2022 CHICKEN CORDON ROUO CASSEROLE CAPRI BLEND VEG	7/30/2022 BERBER SANDWICH	7/31/2022 SANTO GOUTASH DINK	7/1/2022 HAMBURGER /BUN FRENCH FRIES	7/2/2022 MEAT LOYERS PIZZA
7/27/2022 GRILLED CHICKEN PASTA MIXED CORN BREAD	7/29/2022 LIMON BAKED PASTA MACARONI & CHEESE MIXED VEGTABLES BISCOTT	7/30/2022 CHICKEN ALLISON BUTTERED RICE SALMONED BROCCOLI BREAD	7/31/2022 GRILLED HAM/CHESSE SAN GREENBEANS	7/1/2022 CHESSEBURN/BUN POTATO CHIPS	7/2/2022 CHICKEN STEUPS BAKED POTATOE ITALIAN BLEND BREAD	7/3/2022 CHICKEN TORTILLA BAKE MEXICAN RICE
7/28/2022 BEEF SUBLET CURRY PILES	7/30/2022 CAJUN SANDWICH	7/31/2022 SWEEET & SOUR VEATBALLS	7/1/2022 TRITANI CHICKEN BITES RICE	7/2/2022 BEEF TACO REFRIED BEANS	7/3/2022 SALMON TUNA/TOUL SAUCE	7/4/2022 ITALIAN SUB SANDWICH CHIPS
7/29/2022 GRILLED CHESSE SAND STEAK FRIES	7/31/2022 SALSADE QUICHE MIXED VEGTABLES	7/1/2022 BEEF BURGER CASSEROLE BUTTERED GREEN BEANS GARLIC BREAD	7/2/2022 CHILI CHESSE TATOR TOTS BUTTERED CORN	7/3/2022 BEEF SALAD SANDWICH STEAK FRIES	7/4/2022 BLT SANDWICH POTATOE CHIPS	7/5/2022 HAMBURGER STR/GRUYER WASHED POTATOE CALIFORNIA BLEND VEG BREAD
7/30/2022 BALCON CHESSEBURGER CORN ON COB	8/1/2022 CORN MACED BROT BOLA F BEEF SAND/MASH POT CV	8/2/2022 PASTOS SUPPER TACO MEAT/CHESSE/LETT TIRAMITO/ONION	8/3/2022 CHICKEN ALBERNO BAKE GALUC BREAD	8/4/2022 SHEPHERD'S PIE CALIFLOWER/CHESSE	8/5/2022 CHICKEN ALL BING/BOCCUM BUTTERED CARROTS	8/6/2022 CHICKEN & MORNELS
7/31/2022 TUNA SALAD SANDWICH ROSEMARY POTATOE ZUCCHINI/ONIONS	8/2/2022 BEEF PORK ON A BUN POTATOE CHIPS	8/3/2022 CHICKEN SALAD SANDWICH STEAK FRIES	8/4/2022 PORK LOIN BAKED SWEET POTATOE BUTTERED GREEN BEANS BREAD	8/5/2022 COLD BUN SANDWICH TATOR TOTS	8/6/2022 TURKOT MEAT POTATOE CHIPS MIXED VEGTABLES	8/7/2022 CHICKEN STEUPS CAPRI BLEND VEGETABLES BREAD
8/1/2022 VEGETABLE PIZZA	8/3/2022 PORKON SANDW SCALLOPED POTATOE ITALIAN BLEND VEG	8/4/2022 BEEF DINNER BUTTERED CORN	8/5/2022 CHICKEN BACON RANCI WRAP	8/6/2022 BAKED SPAGHETTI SANDWICH CARROTS	8/7/2022 BEEF ENCADANAS SEASONED PASTO BEANS	8/8/2022 HAMBURGER / BUN MACHOONS & CHESSE

## *Five Ways the Elderly Hide Signs of Dementia*

How do the elderly hide signs of dementia?

1. **Refusing to participate in an activity they once loved.** The refusal to do a regular chore, play a game they once enjoyed, or try something new could signal early signs of dementia. Your loved ones may shy away from familiar activities that were once second nature, because they can no longer remember how to do them. They may turn inward and self-isolate, or point the blame toward others.”
2. **Covering up problems.** Whether they’re having trouble driving, balancing a checkbook, or interacting with friends and family, it’s not uncommon for people with dementia to simply not talk about incidents or lie when confronted. A person who’s reluctant to disclose dementia signs may not be the only one in denial or keeping a secret — their partner may cover up signs as well. A spouse may jump in to complete tasks, finish sentences, or make excuses for behavior that’s out of the ordinary.
3. **Trying to normalize unusual behavior in conversations.** Insisting they’re fine when there’s an obvious problem often points to denial. Comments such as “This is normal forgetfulness for my age,” or “I’m fine — I’m just tired,” are common ways people deflect problems triggered by dementia. With some dementias, the brain’s frontal lobe is affected early on. This area controls a person’s executive function and filter. In conversations, you may notice your loved one isn’t following their train of thought. They monopolize the discussion with topics that are comfortable to them, like old stories or their favorite hobbies.
4. **No longer caring about their appearance.** Your loved one’s actions and appearance may speak louder than words. They may lose interest, feel depressed, or slowly stop taking time for themselves. If your mom loved doing her hair and makeup each day but says she no longer feels like it, she may have stopped caring. If your dad is skipping showers, or is wearing the same clothes each day without washing them, he may say something like, “It’s easier,” or “I don’t have time.” Changes in your loved one’s appearance and hygiene — or if their personality seems lethargic or apathetic — are common dementia signs that may be downplayed.
5. **Forgetting holidays or important dates.** Although it’s normal to occasionally forget an appointment every now and then, it *is* unusual to forget important dates like birthdays, anniversaries, or holidays regularly. Another early sign of dementia is consistently losing track of the date or even the time of year. Your mom may say she’s misplaced her calendar — or your dad may say he can’t find his watch — but beware of these subtle and early signs of dementia.

**How can I help my loved one in the early stages of dementia?** Talk about the signs and symptoms of dementia, find professional advice, and plan accordingly. If your parent is having trouble with everyday living and responsibilities, share your concerns with your loved one and make a plan.

**Track symptoms.** Tracking symptoms is beneficial for many reasons, but the sooner you start taking note of little differences in your loved one’s behavior, the sooner you can receive a diagnosis and begin implementing a care plan.

**Modify communication strategies.** By adjusting your methods of communicating, you can help maintain and even build your bond with loved ones who have been diagnosed with dementia.

**Learn how to manage dementia behaviors.** Caring for a loved one who has been diagnosed with dementia can be emotionally and physically challenging. Learning how to handle common dementia behaviors equips you with the tools you need to deescalate intense situations and avoid caregiver burnout.

**Encourage stimulating activities.** Seniors with dementia benefit from feeling engaged and productive. Finding activities that engage them physically and cognitively are not only soothing for them, but are proven to slow cognitive decline.

**Plan ahead for care.** By proactively discussing care options, such as in-home care and memory care, with physicians and family, you can assure your aging loved one is receiving the level of care necessary to live a comfortable, healthy life.

Golden Oaks Village, 5801 N. Oakwood Rd, Enid, Oklahoma 73703

Phone: 580-249-2606

Phone: 555-555-5555

Fax: 555-555-5555

