

COMMUNICATION CONNECTION

Enhancing the quality of life of the older adult and supporting their friends, families and caregivers.

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www.connectionsincommunication.com

www.memoryfitnessmatters.com

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*Minds are like
parachutes.
They only function
when they are open.*
SIR JAMES DEWAR

PODCAST

Listen to these programs brought to you by Kathy Kilpatrick and Digitell, Inc.

Currently available

Memory Fitness Matters: What You Need to Know

November 22

Successful Aging: Upgrading Your Memory Fitness Routine

Includes information about the Great Lecture Library

December 27

The Challenges of Dementia: Enhancing the Quality of Life through the Journey

Sponsored by the Great Lecture Library

If you are interested in sponsoring a future podcast contact

Kathy Kilpatrick

KEEPING YOUR MIND ENGAGED

Current research encourages all of us to challenge our brains to promote successful aging. What are you doing to upgrade your brain fitness routine? With the upcoming holiday season, consider a gift of a new game, sign up for a class to acquire a new skill, volunteer your time to a worthy cause, or read a new type of magazine or book.

GREAT LECTURE LIBRARY

is comprised of lectures and sermons that have taken place at the incomparable Chautauqua Institution. Internationally renowned as a center for Education, the Arts, Religion and Recreation, Chautauqua was founded on the belief that everyone "has a right to be all that he can be -- to know all that he can know."

For more information about this comprehensive on-line library, visit www.thegreatlecturelibrary.com.

This is an outstanding gift for anyone.

Senior centers and independent senior residences should consider adding this library to the brain fitness program.

For additional ideas contact kathy@connectionsincommunication.com

MEMORY FITNESS CRUISE TO ALASKA

AUGUST 7-14, 2007

Join us for an adventure aboard Royal Caribbean's Vision of the Seas round trip from Seattle, Washington.

Opportunities galore to learn tips and strategies to enhance your memory!

Join us for fun and games while learning ways to enhance your memory fitness routine.

Meet new friends and create memories that will last a lifetime.

Check www.memoryfitnessmatters.com for details or contact Coleman Travel Services at 1-800-343-7478.

FALL NEWSLETTER 2006

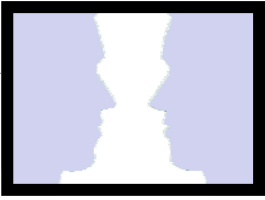
COMMUNICATION CONNECTION
www.connectionsincommunication.com

and

MEMORY FITNESS MATTERS
www.memoryfitnessmatters.com

Check websites for training programs, products, articles, resources, previous newsletters, activity and communication strategies, interviews and much more. Thanks for all that each of you do to enhance the quality of life of older adults.





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Each day comes bearing its own gifts. Untie the ribbons.
RUTH ANN SCHUBAKER

When a Loved One Has Dementia

Create new memories, modify activities, keep their capabilities and limitations in mind when planning gatherings. Simplify your routine and take time to just enjoy some of the basic holiday traditions together.

Refer to newsletter Winter 2005: for Travel and Holiday Tips.

PRODUCT IDEAS!

Time Well Spent
Ideas for a Better Visit

Holiday Gatherings

Take turns thinking of a word as you go around the table.

Start with the letter A and name something for which you are grateful.

- A - apple pie, ancestors
- B - babies, blessings
- C - cars, children
- D - daylight, daughters

What would your list look like if you were to go through the entire alphabet?

BRAIN FITNESS PROGRAMS FOR ASSISTED LIVING RESIDENTS

Brain fitness activities belong in every type of senior housing and assisted living residents provide a unique challenge to staff and activity professionals. Frequently there are significant changes in hearing, vision and varying levels of short term memory capabilities. As a speech and language pathologist I have over 35 years of experience working with older adults in their homes, assessing their level of functioning, determining their strengths and modifying activities for rehabilitation and home carryover programs. This led to the development of over 35 products that contain a wide variety of activities that are adult-like, interesting and challenging. Training available for care communities that want to expand their brain fitness program that will interest residents and encourage family and staff involvement.

WEBSITE LINKS FOR FURTHER INFORMATION

Life Enhancement
Memory Fitness—Activity books

NEW PROGRAMS

- When an Older Adult is Moving: Facilitating the Process Once the Decision Has Been Made
- Alzheimer’s Disease: Walking the Journey with a Loved One
- Telling Our Stories: Ways to Honor Our Journey and Share Our Wisdom
- Successful Aging: The Importance of Positive Lifestyle Choices
- Strategies for Caregiver: Where to Begin When Stress Leads to Verbal Abuse
- Older Adults at Risk for Fraud: What You Need To Know

ACTIVITIES TO CHALLENGE YOUR MIND

Take advantage of the sampler of activities from several of my earlier workbooks. This gives you an opportunity to try some word games you may not have done before. Remember to challenge your brain and be open to the possibility of finding a new activity! Go to www.memoryfitnessmatters.com and click on the activity books link. Enjoy !

HOLIDAY GATHERINGS

SHARING STORIES

Try some of these questions as conversation starters. Great to take when traveling with family members. It is an opportunity to get to know them and they get to know more about you.

Tell about a person who has been a role model in your life.

If you were a dog or a cat, who would you want to be your owner?

Describe your favorite food served at a holiday gathering.

PRODUCT IDEAS!

Wisdom Across the Ages
So What Do You Think? Talk Talk Talk|

if you would like more information about any of the products mentioned, ideas on how to use them, sample pages, visit

www.connectionsincommunication.com