



1526 South Big Bend Blvd
Saint Louis, Missouri 63117
Phone: 314.645.6247
Fax: 314.645.6249
www.memorycarehs.org

Advisory Council

David B. Carr, MD
Lewis C. Chartock, PhD
George T. Grossberg, MD
Marylen Mann
Steven Miller, MD
John C. Morris, MD
Howard Oppenheimer
William A. Peck, MD
Maurice B. Pickard, MD
The Honorable Betty Sims

Board of Directors

Chris Miget
President
Pat Chartock, PhD
Vice President
Matthew Thayer, MBA
Treasurer
Robert Zangas
Secretary
Lisa Baron, JD
Executive Director

Benita Crook
Kathy DeVries, MBA
Mel Dunkelman
Sharon Landsbaum, MBA
Randy Langston
Rosalyn Lowenhaupt, MA
Barbara Sacks, JD
Debra K. Schuster, MHA, JD
Laura Rossmann, MBA
Howard Wolkowitz, MBA

For More Information Contact:

Erin Kelley, Director of Advancement
Memory Care Home Solutions
Phone: (314) 645-6247
Cell: (314) 471-3444
Email: ekelley@memorycarehs.org

For Immediate Release: July 1, 2010

Enjoying the Summer with Loved Ones Living with Memory Loss and Dementia

The days are getting longer, and the neighborhood is starting to smell like barbecues. The kids are out of school and the pools are dotted with many colorful bathing suits.

Yet these delights of summer also come with increased risks for your loved ones living with memory loss, Alzheimer's disease, or some other form of dementia. Hot temperatures and strong rays make hydration and sunscreen extremely important, but older people suffering from memory loss might often reject taking these precautions. A simple solution is to engage in these measures with your loved one—apply sunscreen or have a glass of lemonade *together*. When your loved one sees you taking the same measures against the summer sun, she will be more likely to recognize their importance.

Take advantage of nice weather to attend a baseball game, take an easy hike, or have a backyard barbecue. "Familiar activities and pastimes are great ways to spark memories and share time together," says Steve Miskovic, MSW and memory loss/dementia specialist. If he cannot engage in a particular activity anymore because of his condition, simplify it for him—if he was a golfer but can't do a full 18 holes anymore, take him to the driving range or have him polish his clubs; if she was a gardener but can't be on her knees weeding anymore, give her a pot to fill with some small flowers. "Think of ways to extend these favorite activities so that they aren't completely cut out of your loved one's life," Miskovic advises.

Finally, take advantage of the kids being out of school! Try suggesting activities that the young and the elderly can enjoy together such as baking, making puzzles, or scrapbooking. If the kids are old enough, keep them in the loop with grandpa's condition, because the more they know, the more comfortable they may feel around him.

As a caregiver for someone with memory loss resulting from some form of dementia such as Alzheimer's disease, be aware of the change of season—the increased risks the summer sun can bring, but also the possibilities it opens up for fun and engaging activities for the whole family.

About Memory Care Home Solutions

Memory Care Home Solutions is a non-profit organization that exists to extend and improve quality time at home for families caring for a loved one with memory loss, dementia or Alzheimer's disease. Founded in 2002, and later funded with a generous grant from the Missouri Foundation for Health, Memory Care Home Solutions fills an in-home support and training void for caregivers. A Memory Care professional trains the family regarding safety of the living environment and provides strategies for addressing behavioral, independence and caregiver stress-related issues. Follow-up phone conferences are scheduled for the next year, and Memory Care staff is always available to discuss concerns the family caregivers may have. Washington University in St. Louis collaborates with the organization to evaluate outcome success. No diagnosis is necessary and services are made available regardless of ability to pay through individual donations and grant funding. For more information, please contact Erin Kelley at (314) 645-6247, via email ekelley@memorycarehs.org or visit www.memorycarehs.org.