



# SAINT FRANCIS

REHABILITATION AND NURSING CENTER



AGELESS GRACE BRAIN HEALTH FITNESS PROGRAM

## MEMORY MATTERS

April 2023

### IN THIS ISSUE

- What is Ageless Grace?
- "I want to go home!"
- Just be Dementia Friendly

We are very excited to introduce you to a new program that we are providing to our residents. It is called Ageless Grace Brain Health Fitness, a brain-body program based on stimulation of neuroplasticity to activate all five primary functions of the brain. The program uses physical "games" called "tools" that also work the core, activate the organs and systems of the body. Anyone, at any age, including those with physical disabilities and challenges can participate at their own level of ability.

There are twenty-one tools to the program that address neuroplasticity which is the ability of the brain to change structurally and functionally. Each tool addresses a primary factor commonly related to physical aging. Each of the tools stimulate and utilize the five functions of the brain-strategic planning, memory and recall, analytical thinking, creativity and imagination, and kinesthetic learning. The tools also activate the core of the body, including the internal organs and systems, such as the respiratory system, endocrine system, and digestive system. The program is practiced seated in a chair to cause the brain to figure out how to do activities seated rather than standing. Performing the tools in a chair also affects physical skills, such as balance, stability, range of motion, etc.

*Continued on page 2*



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## COME JOIN OUR DEMENTIA SUPPORT GROUP!!!!

Meetings are held the third Thursday of every month at 2:30 PM in the Sister's Dining Room here at Saint Francis. Please join us to connect with others that are going through the journey of having a loved one or friend living with dementia.

Please RSVP to 508-471-2272

**Next Meeting to be held:  
Thursday, April 20, 2023  
at 2:30 PM**

### *Ageless Grace continued from page 1*

People of all ages and abilities can perform the movements, including those with weight and joint issues, dementia, and other challenges such as those in wheelchairs or with other physical limitations.

The best part is that the tools are fun, engaging, and easy to do. This makes it feel like no work at all!

If you have any questions about this fantastic new program that we are offering our residents please feel free to reach out to either Lauren Gaffney or Corrine Wilson. They would love to chat with you about the exciting new program.

## **“I want to go home!”**

People with Alzheimer's disease may say they want to go home. This can be very painful for their loved ones to hear. This desire to "go home" may be related to feelings of insecurity, anxiety, or depression.

Alzheimer's disease initially affects short-term memory. "Home," then, could be a reference to long-term memories of times and places where the person felt secure. They could be thinking of a childhood home that no longer exists.

"Home" might also be a longing for something familiar. This may not be an actual physical place! Memory loss can make people with Alzheimer's feel like nothing is familiar anymore. For this reason, they may connect "home" with a sense of familiarity and belonging.

**Tips for when your loved one asks you to take them home:**

Try to respond with some questions of your own. For example, you can ask about your loved one's childhood memories, or you can look at old family photographs together. Reminiscing about childhood and the home where the person grew up can be comforting.

Some questions could include:

- What was your childhood house like?
- Do you miss it?
- What was the best thing about your family?
- What was your favorite home-cooked food?
- How did the kitchen smell?
- Did you share a bedroom with your siblings?

