



SAINT FRANCIS

REHABILITATION AND NURSING CENTER



MEMORY MATTERS

June 2023

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Summer Safety Tips

Summer offers lots of opportunities for connecting with our loved ones with dementia. It is important to keep the health and safety of your loved one with dementia while you are having fun. Here are some tips for helping to keep them safe while you are out in the sun.

- *Carry a tube of sunscreen and make sure to reapply it regularly.
- *Look for cool places to escape to when you are outside. Avoid doing outdoor activities in the mid-day heat of the sun.
- *Make sure that your loved one is wearing temperature appropriate clothing. A hat, loose clothing, and sunglasses are musts.
- *Carry water with you and make sure that your loved one takes frequent sips. Dehydration is a real concern, and it can occur quickly in the sun. Fruits like watermelon that have a high-water content can also be a refreshing way to stay hydrated.
- *Make sure that your loved one has identification on them, like an identification bracelet, in case you become separated.



SAINT FRANCIS REHABILITATION
AND NURSING CENTER

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Summer Safety Tips continued from page 1

*Be sure to check on the air conditioning in your home or car to make sure that it is operating correctly. Your loved one may need to have some time in the cool air and you will be glad that it is working effectively.

*If your loved one starts to feel warm, consider chilled face clothes for them to hold. If they are willing a nice, cool shower will also do the trick.

*Avoid giving them drinks that are too sugary or are diuretics while they are in the sun.



Fun In The Sun!!!!

The official start of summer is June 21st, but warm weather starts much sooner than that here in New England. This is a perfect time to take a few moments and swap out winter clothing for summer clothing. This will help to reduce clutter in your loved one's closet and make clothing selection easier. We will be spending as much time as possible enjoying the weather out in our courtyard. There are a lot of fun events planned for June! It is guaranteed to be fun in the sun with loads of laughter.

Do You Have a Talent???

We are always looking to provide new and unique experiences to our residents. We would love to provide you with a chance to showcase your talent! Even if it is simply a talent for listening and reminiscing. Have you been taking music lessons and are looking for an audience? There are so many different ways to connect with our residents with dementia and we would love to talk to you.

Please reach out to Lauren Gaffney at
508-471-2272 or at
lgaffney@saintfrancisrehab.com

**What The Mind
Can'T Remember,
The Heart Never
Forgets.**

— The Fresh Quotes —

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, June 15, 2023
at 2:30 PM

