



## Joy Filled Visits, LLC

“Creating Joy Filled Visits in the Midst of Alzheimer’s”

A Monthly Newsletter for Engaging Fun

**2020 Special Edition**

Julie Bigham, CAEd, NHCT

### In this issue:

\*Helpful Tips

\*Outings

\*Fresh Air

\*Music

\*Games

\*Church/devotions

Whether your loved one lives with you or in a facility, you will be affected by the Coronavirus, physically and/or emotionally. My hope is that you will remain healthy and the virus will pass by. But we will all likely experience the affects of isolation as we distance ourselves from others to halt the spread of this virus. My goal is to share some ideas to help you stay active and engaged to help prevent depression from setting in. I’m definitely praying for a quick resolution.

### Helpful Tips to combat depression during this time:

1. **Increase lighting** - Open the curtains or blinds, turn on all the lights, spend a little time each day sitting on the porch or deck.
2. **Take a drive** - It is okay to drive around town without getting out of the car.
3. **Get some exercise** - Take a walk down the street, pull up a simple exercise video on the internet, or play a game of balloon volleyball.
4. **Engage in conversation** - Try to keep it positive, but validate any fears your loved one may have and reassure them.
5. **Turn off or limit the news** - You’ll want to stay up to date with what is happening in your area, but this may cause anxiety for your loved one.
6. **Eat healthy/Stay Hydrated** - Hopefully you’ve had the opportunity to stock up on some essentials, or have a good friend who can bring you a care package to leave on the stoop if needed.
7. **Utilize new technology** - If you are reading this, you have access to a wide variety of activity resources. If your loved one lives in a facility and has an iPhone, FaceTime can be a great way to stay in touch. If not, check in with the activity department to see if they have access to Skype or Zoom to help you connect.
8. **Have fun together** - The rest of this edition is filled with activity ideas to help both you and your loved one enjoy this time together. If your loved one lives in a facility, the activity department should have this covered!
9. **Pray together** - If you are spiritual people, take time to practice your faith together. This can be very helpful all of the time, and especially during times of troubles. Perhaps make a list of people you want to say specific pray for. Medical professionals, the sick, people who are out of work, those who are away from home, for your own health and safety.

### **Plan an Outing:**

While we are being encouraged to distances ourselves from others to help combat the spread of the Coronavirus, you can take a drive each day to get out of the house for a bit.

1. Take a ride to enjoy the beautiful colors of spring, as leaves and flowers begin to bloom.
2. Pack a picnic and enjoy it in the car, at the Park.
3. Have a car ride scavenger hunt or bingo game. Make a list of items to search for as you ride around town.



**Being outside can really boost your mood.** Weather permitting, plan to sit outside with your loved one for 20 or 30 minutes a day. If it is cool, don a sweater, if it is hot, have some sun screen handy. Bird watch, have a glass of tea or flavored water, and just enjoy each other's company. If the weather won't permit you being outside, perhaps open the windows and adjust seating to enjoy the fresh air. Add a walk if able, for a little exercise.

**Music is great therapy to boost your mood!** Turn on the tunes via Pandora, YouTube, or your favorite channels on the TV. You might even add in a little exercise dancing around the kitchen together, or for safety, in a chair! If you aren't familiar with Pandora, you can add it free to your phone or computer, and designate the genre of music you'd like to play. Have a few channels for yourself, and some for your loved one. While I'm not a big fan of watching TV in the place of being active together, having a specific time set aside to watch a favorite movie or game show can be a special treat!

I love to play games, either on my phone by myself, or with family and friends. Scrabble, Rummikub, Tic, Tac, Toe, or playing cards are great for socializing and exercising the brain together. Card games require brain power, sequencing or grouping colors, suits, and numbers. If games like Rummy or Bridge are no longer an option, consider simplifying with an adult version of Go Fish. (Give me all your twos, or give me all your diamonds, etc.)

Puzzles like Sudoku, Word Search, Crossword puzzles, and coloring sheets are great to keep on hand, and can be downloaded on the computer as well. These are great for self-directed activities or to work on together.

Don't have any games on hand? A couple of sheets of paper and a pen will do.

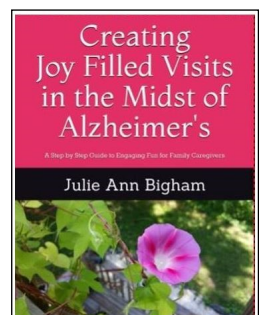
1. Write one long word, and ask your loved one to write down every word they can make from that word. (**Pandemic**—and, end, map, mad, cap, can, came...) Okay, maybe use a different word! LOL!
2. Think of a topic, and ask your loved one come up with as many examples as possible. For instance, ask them to tell you everything they like to do on the **beach**, then write down what they come up with. (Wade in the water, search for shells, build castles, read, put toes in the warm sand...) A great way to enjoy reminiscing together.

If your church services are cancelled, there are options available to live stream services into your home via the internet. We just finished watching our Sunday Service from Hickory Grove Baptist Church in Charlotte, live on the web. Your pastor can probably help guide you to a service! Our Daily Bread offers free daily devotions delivered to your email too. A google search of daily devotionals can help you find a devotional designed for your faith.

Remember, exercising your brain and your body, staying social, and eating healthy are all important for good brain health, for you and for your loved one! If your visitation to a loved one is restricted due to the virus, you can still deliver a care package to the door, with puzzle books, cards, games, fun snacks, pictures, and devotionals. For more activity ideas, join me on Facebook at Joy Filled Visits, LLC, as I'll be adding fun ideas everyday for the next few weeks.



The Kit is now a Book,  
available on Amazon.com.  
Order yours today!



**Joy Filled Visits, LLC**

[www.joyfilledvisits.com](http://www.joyfilledvisits.com) - [julsbigham@yahoo.com](mailto:julsbigham@yahoo.com)

704-910-9279