

***Roitenberg Family Assisted Living Residence
Leo & Doris Hodroff Pavilion for Memory Care
3610 Phillips Parkway
St. Louis Park, MN 55426
(952) 908-1700***



Greetings to All!

Greetings to you all—

It was great to see so many of you that made it out for our annual family barbecue on August 18th. As you can see from the pictures below, we had a lot of fun! Looking ahead into this month, we have many fun activities planned including an “Adventure across the USA” for National Assisted Living Week (September 13th-17th), several trips and many activities for the fall holidays. Please check your programming calendar for more details.

As a notice from the nursing department, I would like to let you know that we will now have toiletries available for tenant purchase if needed. If your loved one runs out of soap/shampoo/etc., we will give him or her one from our stock supply and a small charge for that item will be placed on the tenant’s monthly statement. We still encourage you to bring toiletries for your loved one, but we will utilize these if his or her product runs out. If you have further questions about this, please see the nursing staff.

As always, if you have any **general** concerns or questions about Memory Care, please contact me at (952) 908-1720, or τζinnel@sholom.com. For **medical concerns** contact the nursing office at (952) 908-1706.

Jen Zinnel, CTRS
Life Enrichment Coordinator



Left→Right: 7th Annual Family Barbecue—Arnold with his granddaughter, Sarah; Idell and her daughter, Karen; Shirley with her son Rick and daughter-in-law, Joan

Caregiver Discussion Group

Our next two meetings will be held on Tuesday, September 7, 2010 and Tuesday, October 5, 2010 at 11:00am in the Roitenberg Residence’s Private Dining Room. Please contact Jen at (952) 908-1720 if you plan to attend or for further information.

Reminiscence Therapy and Older Adults with Dementia

*“Who you are, what you have done, and the things you care about are very important.
I believe in you, I accept you, I want to know your story.”*

What is “reminiscence?” It is re-experiencing, re-living, and re-savoring life events. It once was thought the tendency to dwell on the past was unhealthy, but currently there is a growing recognition that “life review” is a normal and important part of growing older.

Reminiscence therapy is the vocal or silent recall of events in a person’s life. The purpose of it is to stimulate long-term memories, increase socialization, maintain a sense of identity, improve self-esteem, and help connect the person with society in the here and now. In later years, people can come to terms with events and feelings they may not have had the time to reflect upon when they occurred. Reminiscing gives older adults the power to unlock forgotten resources, recalling times when they were strong, capable, and made decisions.

There are many different kinds of reminiscence, including memory books, photos, objects, videos, music and art activities, etc.

People who reminisce together:

- create a sense of continuity, linking accomplishments of the past to the present
- find out interesting things about each other or a period of history
- preserve family history
- transmit cultural heritage
- communicate family folklore & legend
- build self-esteem
- resolve conflicts and fears
- reflect & reassess life achievements
- promote intergenerational understanding
- combat isolation and encourage social interactions