

SIU MEDICINE

DALE & DEBORAH SMITH CENTER
FOR ALZHEIMER'S RESEARCH
& TREATMENT

BEYOND THE MEDICAL CENTER

“Nonpharmacological Activities”

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SMITH ALZHEIMER'S CENTER

- Since 1986, Smith Alzheimer's Center has provided clinical care, research and community programs for Illinois families with Alzheimer's and other forms of dementia
- One of three state designated Regional Alzheimer Disease Centers in the State of Illinois
- Since 2018, the Smith Alzheimer's Center has received more than \$7.2 million in grant funding from the National Institutes of Health, used for research and services for dementia patients and their families
- In the past year, the Center, along with its Memory and Aging Network, has served more than 4,000 patients and their families



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SMITH ALZHEIMER CENTER

3-pronged approach

- Researchers
- Medical Team
- Beyond the Medical Center Programs



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BEYOND THE MEDICAL CENTER PROGRAMS

Nonpharmacological Approaches

- Improve the quality of life
- Provides opportunities for person with memory loss to connect to others
- Provides opportunities for caregivers to connect with others
- Evidence based activities



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BEYOND THE MEDICAL CENTER PROGRAMS

- Music and Memory
- Art Express
- Early Stage Memory Loss Group
- MIND Diet Cooking Classes
- Minds in Motion
- Stepping Up
- Lego Serious Play
- Dementia Caregiving 101



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BEYOND THE MEDICAL CENTER PROGRAMS

Music and Memory

- Music can stimulate deep emotional recall
- Memories from earlier years can be well preserved
- Favorite music associated with important personal events or eras can trigger memory of lyrics
- Experiences or emotions that were connected to music are retrieved
- Music can help calm the chaotic brain activity and enables the listener to focus on the present moment



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BEYOND THE MEDICAL CENTER PROGRAMS

Art Express

- Scientific Evidence
- Art enhances brain function
- Impacts brain wave patterns and emotions, the nervous system, and raises serotonin levels
- Art can change a person's outlook and the way they experience the world
- Looking at and making art increases blood flow to the brain
- Art affects the part of the brain that is related to pleasure



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BEYOND THE MEDICAL CENTER PROGRAMS

Art Express



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BEYOND THE MEDICAL CENTER PROGRAMS

Art Express



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BEYOND THE MEDICAL CENTER PROGRAMS

Minds in Motion

- **Evidence Based Program**
- Goal is to improve or maintain mental, physical and emotional well-being

- **Activities include:**
 - ❖ Brain Games
 - ❖ Creative Activities
 - ❖ Art
 - ❖ Music
 - ❖ Socialization
 - ❖ Chair Yoga



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BEYOND THE MEDICAL CENTER PROGRAMS

Minds in Motion - Agenda Example

- Chair Yoga
- St. Patrick's Day Trivia
- St. Patrick's Day Memories Discussion
- Paint Shamrocks
- Tic-Tac-Toe
- Lunch
- Bingo
- Word Search



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BEYOND THE MEDICAL CENTER PROGRAMS

Minds in Motion



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Stepping Up

- Evidence based
- The activities in Stepping Up are designed to improve flexibility, strength, endurance, balance and are customized to each participant's specific needs and abilities
- Stepping Up is for persons with memory loss and their care partners
- The focus is on fitness and fun, and includes group movement to music and exercises



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BEYOND THE MEDICAL CENTER PROGRAMS

Stepping Up




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BEYOND THE MEDICAL CENTER PROGRAMS



- MIND Diet Cooking Classes
- Stacy Sattovia, MD, SIU Culinary Medicine
- Charlyn Ware, RD, SIU School of Medicine


WHAT'S ON THE **MIND DIET?**


 **AT LEAST THREE SERVINGS OF WHOLE GRAINS EACH DAY**


AT LEAST ONE DARK GREEN SALAD AND ONE OTHER VEGETABLE EACH DAY 


BERRIES AT LEAST TWICE A WEEK 


 **AT LEAST A ONE-OUNCE SERVING OF NUTS EACH DAY** 


BEANS OR LEGUMES AT LEAST EVERY OTHER DAY 


POULTRY AT LEAST TWICE A WEEK 

FISH AT LEAST ONCE A WEEK  *If you don't drink alcohol, purple grape juice provides many of the same benefits.*

A FIVE-OUNCE GLASS OF RED WINE EACH DAY 

NO MORE THAN ONE TABLESPOON A DAY OF BUTTER OR MARGARINE; CHOOSE OLIVE OIL INSTEAD 

CHEESE, FRIED FOOD AND FAST FOOD NO MORE THAN ONCE A WEEK 

PASTRIES AND SWEETS LESS THAN FIVE TIMES A WEEK 



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- MIND Diet Cooking Classes



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BEYOND THE MEDICAL CENTER PROGRAMS

- Lego Serious Play Group



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DEMENTIA CAREGIVING 101

- ❖ Alzheimer's Facts
- ❖ Diagnosing and Treating Alzheimer's
- ❖ Behaviors of Alzheimer Patients
- ❖ Communication Skills
- ❖ Driving
- ❖ Legal, Medical and Financial Planning
- ❖ The Team Approach
- ❖ Meaningful Activities
- ❖ Caregiver Fatigue



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OTHER RECOMMENDED ACTIVITIES

- Discussion of past and/or present events
- Word games
- Puzzles – crossword, word search, sudoku, jigsaw
- Spiritual – church, gospel songs



FLOWERS

Begonia	O R C H I D P V I C R W
Carnation	D F W H A D J I Q T O C
Daisy	C A R N A T I O N U S H
Gladiola	R R O F F K K L L L E S
Lily	D U N D S J R E G I F R
Magnolia	A I N Q Z F G T L P I D
Orchid	I V S N A P D R A G O N
Rose	S O J F G L C Q D D Y F
Snapdragon	Y D M A G N O L I A G N
Tulip	B E G O N I A D O U H N
Violet	T A V J L B O C L I L Y
	J Z A I Z F P W A L C L



American
HOME HEALTH



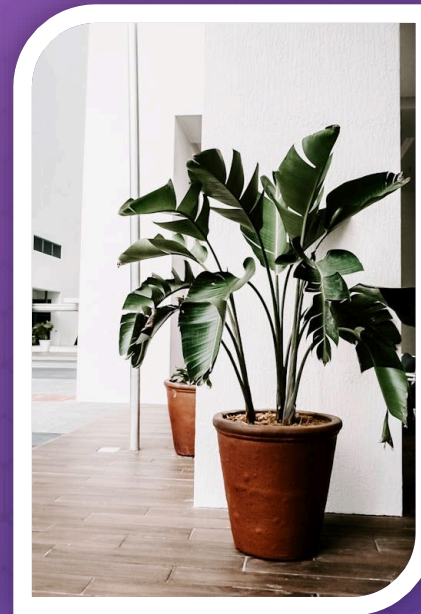
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PhotoScan by Google Photos

OTHER RECOMMENDED ACTIVITIES

- Indoor gardening
- Creative activities – baking, crafting, sewing
- Socialization
- Memory card games
- Memorizing information/lists
i.e. grocery lists, bible verses,
recipe cards



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OTHER RECOMMENDED ACTIVITIES

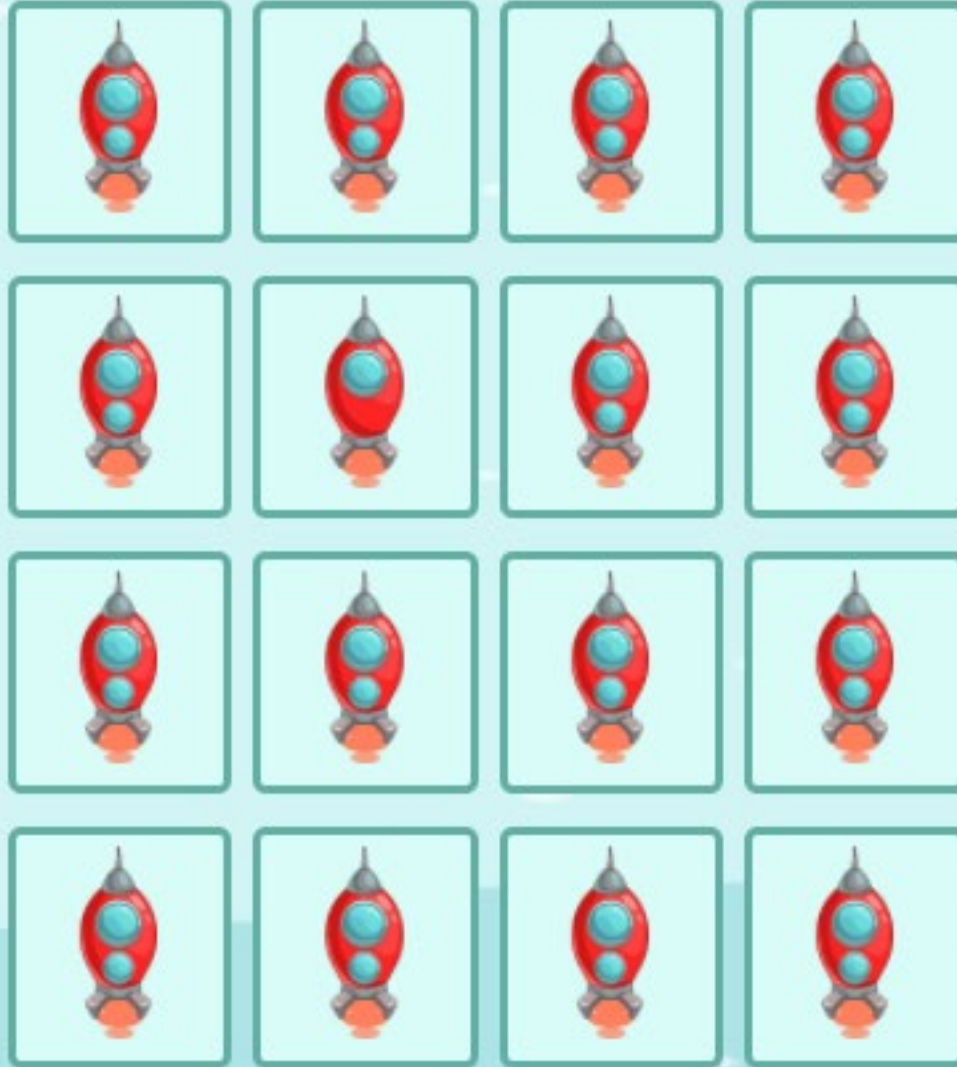
- Pattern detection games
- Use of touch screen games to increase thinking speed
- Board games
- Dance
- Art
- Music



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Spot the odd one out





change
level

Difficulty: Easy Medium Hard Very Hard Genius



Which number is behind the **green circle**?

27

24

29

19

34

37



References

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