



Purple Angels Newsletter

A monthly publication from Marshfield Area Purple Angels, Inc.

FEBRUARY 2017

Calendar

February 2

Memory Café
11:00 a.m. to 3:00 p.m.
Good Shepherd Lutheran
Church, Marshfield
*(See the back page for more
information!)*

February 14

Happy Valentine's Day!



February 18

Ice Cream for Breakfast Day!
Sprinkle your cereal on top...
it's delicious!

February 23

National Chili Day!
Make a big pot of your favorite
chili, or find a new recipe to try!

Fight the Winter Blues with FUN!

Shorter days during the winter months mean less sunlight, and researchers have made a connection between a decrease in sunlight and an increase in depression. In fact, there is something known as Seasonal Affective Disorder (SAD); while this condition is quite rare, most people do experience a milder version of the “winter blues” from time to time. For people who have Alzheimer’s disease or another form of dementia, less sunlight during the shorter days of winter can cause changes in mood and behavior. This is especially true for those who are prone to what many refer to as “sundowning.” Confusion, agitation, and even aggressiveness can all increase in the late afternoon and early evening hours. During the winter months, sundowning begins earlier because the sun sets earlier, and due to less sunlight during the day, challenging behaviors may become more severe. Our tip is to fight the winter blues with FUN:

F – Find out as much as you can about sundowning, seasonal affective disorder, and depression in those with dementia. Search credible websites like www.mayoclinic.org or talk with your family doctor and ask for some patient education materials.

U – Use distraction and redirection. Even before your loved one begins to show signs of sundowning, engage him or her in fun, interesting activities. By predicting behavior patterns, you may be able to establish a routine that dramatically decreases or even eliminates most challenging behaviors during this time of the day.

N – Never scold, blame, or argue with you loved one over behaviors he or she cannot control. A person with dementia cannot change what he or she is feeling and experiencing. We need to change our approach to providing care.



Purple Angels Memory Café

A community program provided by Marshfield Area Purple Angels, Inc.

Winter Carnival

Kick off the month of February with a fun winter carnival at the Purple Angels Memory Café!

- Join in our sing-a-long!
- Play a variety of carnival games and win prizes!
- Enjoy popcorn and peanuts and other carnival foods!
- Create fun winter craft projects!

WHEN:

Thursday February 2, 2017

LOCATION:

Good Shepherd Lutheran Church
502 W McMillan St, Marshfield

TIME:

11:00 a.m. to 3:00 p.m.

You don't need to stay for the entire time
(come when you can, leave when you need to)

LUNCH:

Free lunch served at 12:30 p.m.

Menu: Corndogs and potato poppers,
mouse ears and ice cream.

Purple Angels Memory Café events are always free and open to anyone looking for support or information about memory loss, Alzheimer's disease, and other forms of dementia.

For more information, contact Doug at 715-383-0897 or visit our website:
www.marshfieldpurpleangels.org



Winter
Carnival