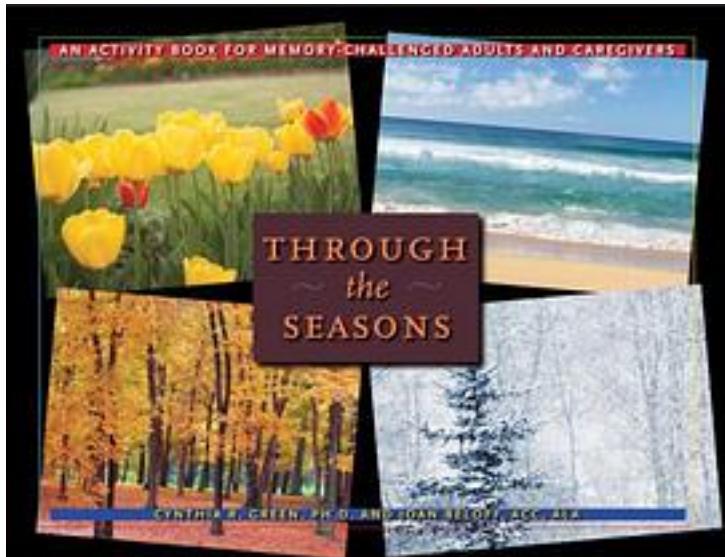


Through the Seasons



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Mental stimulation has been found to offer demonstrable benefits for people with Alzheimer disease, dementia, or other memory impairment. Through the Seasons helps family members and caregivers engage memory-challenged adults in simple, enjoyable activities that provide stimulation and enhance communication. Fun and easy to use, this large-format color picture book is divided into themes representing the four seasons. Each section describes several multisensory experiences -- such as picking apples or raking leaves -- along with related topics for discussion and activities to elicit memories and encourage new positive associations. The topics and activities incorporate all five senses to facilitate connections and conversations with memory-challenged persons across a wide range of cognitive function. Designed by nationally recognized experts in gerontology, geriatrics, and memory enhancement, this workbook provides a scientifically sound, well-developed program that will help family caregivers and professionals maintain and enhance relationships with the

persons in their care. It also helps memory-impaired individuals to retain dignity and remain active companions, even as their communication skills become increasingly limited. Through the Seasons includes an introduction with instructions for family and professional caregivers as well as a resources section at the end of the book.

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