

Brain Awareness Activities

June is Alzheimer's and Brain Awareness Month. According to the Alzheimer's Association® the slogan is "Use your brain to help end Alzheimer's."



Go Purple Purple is the official color of the Alzheimer's movement. Show your commitment to the cause and raise awareness by decorating your community in purple. Encourage your residents and staff to wear purple during the month of June.

Walk Raise funds and awareness by participating in a "[Walk to end Alzheimer's](#)." If there is not an organized walk in your area, start one at your community. Include residents, guests, staff, and local media.



The Longest Day [The Longest Day](#) is a team event to raise funds and awareness for the Alzheimer's Association®. Held annually on the summer solstice, the duration of this sunrise-to-sunset event symbolizes the challenging journey of those living with the disease and their caregivers. Teams are encouraged to create their own experience as they fundraise and participate in an activity they love to honor someone facing the disease.



Purple Ribbon The pink ribbon has gone a long way to raise breast cancer awareness around the world. Making these clever [keychains](#) using purple cord can be an interesting way for your residents to raise funds and awareness for Alzheimer's.



Sensory Kits Sensory Kits contain objects that help us to reflect on the past and recall people and events. They can be based on a particular era or theme. Sensory Kits are being used more and more to engage people living with memory problems like dementia or Alzheimer's disease, and they provide opportunities for conversation and mental and emotional stimulation. Create a variety of Sensory Kits to be used by your residents, one on one, or in a large group. They are typically small and contain easily handled items, but they don't have to be. Think outside the box!



Buddy Reading Make arrangements with a local school, youth group, library or even family members to have young readers visit with your residents to share books. Older adults can help emerging readers improve their skills by listening to them read aloud and asking comprehension questions. They can also model proper reading habits by reading aloud to the children.



Community Connections Make connections for your individual residents by recruiting like-minded volunteers from outside your facility. Was one of your residents a firefighter? Try to encourage your local fire department to organize regular visits with this person. A former basketball coach might appreciate time spent with the nearest high school or college basketball team. Many women spent much of their lives raising children and would probably enjoy the chance to meet regularly with a young mothers group. Her wisdom would certainly be appreciated. The point is that your residents have a depth of knowledge and will benefit from a lively interaction with others that "speak their language."



Trivia You can incorporate trivia into your activities in many ways. Trivia quizzes not only test knowledge, they can lead to reminiscing, discussing and learning. Players will be more engaged when the trivia topic is of interest to them. iN2L offers many trivia quizzes on a variety of different subjects. You can also create your own questions based on your residents' interest and skill level.



Remembering Rhymes Most people grew up reciting Mother Goose nursery rhymes. Many continued the tradition by sharing the rhymes with their own children. These rhymes are so well known that even people with memory issues can recite them. Share a book of classic nursery rhymes with your residents. Start the rhyme and see if they can complete it. Discuss any memories they have of learning these rhymes or sharing them with their children. You can also discuss the [history](#) and story behind some of them. Your iN2L system offers Nursery Rhyme Trivia in Games & Puzzles > Trivia Collection > Other Trivia.



Plan a Party Sometimes the act of planning a party is more interesting than the party itself and everyone likes to feel useful. Involve your residents in planning a party for a special occasion.



Paint a Mural A large mural painted inside or outdoors is a wonderful way to tap into people's artistic interests. The mural can be temporary, painted on butcher paper, or it can be a permanent art installment at your community. You can have a professional artist sketch the mural and ask participants to add the paint or you can let the painters create their own work of art.



Lavender Lavender sachets, kept in clothing drawers to keep clothes smelling fresh, were popular when most of your residents were growing up. The smell will be very familiar to them, maybe reminiscent of a girlfriend, mother or grandmother. Lavender also has a calming effect and can help people with sleep issues relax and sleep more efficiently. Try a [lavender sachet](#) craft that your residents can put under their pillows or in their drawer.



Show and Tell Everyone remembers show and tell day at school. You look forward to sharing a special item or story with your classmates. Establish a regular show and tell day within your community. Residents can share items or photos that are special to them. Encourage questions and discussion. You can even include staff and loved ones in this activity. It's a great way for people to get to know more about each other.

