



AUTUMN
OF SARASOTA

November 2017

THE *Insider*

A Monthly Look Inside Autumn of Sarasota

November Fun!

Lunch Bunch

- Week 1 Popi's Place
- Week 2 Sonny's BBQ
- Week 3 IHOP
- Week 4 Picnic
- Week 5 Ruby Tuesday

Ski-A-Rees Outing

- November 5th
- 1 pm
- Sign up with Diana

Farmer's Market Trip

- November 15th
- 11 am
- Sign up at the front desk

Family Support Group with Paula Falk

- November 16th
- 4:30 pm
- Conference Room
- RSVP 941.444.9398

3251 Proctor Rd.,
Sarasota, FL 34231
AutumnALF.com
941.444.9398

Assisted Living Facility Lic: AL 12551

Autumn Art Therapy

Painting is a favorite art activity among our Autumn residents. Betty is shown here working on a beautiful painting of a fall tree using all the warm colors of autumn; reds, oranges and browns. Instead of paint brushes we banded a bunch of Q-tips together and used a stippling technique to make the beautiful changing leaves.

Our residents are all very talented and turned out some great pieces of art. Painting is so relaxing and therapeutic and the very best part is there is no right or wrong. You can be as creative and detailed as you want and still have a lovely project to take home. Please join us for a lot of fun at the Crafter's Corner taking place on most Thursdays at 3pm in the Autumn lobby.



Betty paints the changing of the leaves.

Family Support Group



Patty welcomes our guests to our monthly support group.

Powerful Tools, Managing Stress is an interactive one hour session that provides attendees a snapshot of this important topic. The session will focus on signs and symptoms of stress in caregiving, stress reducers, and action planning to help in everyday life. The session will conclude with a demonstration of an effective relaxation technique that everyone can benefit from.

Join Paula Falk, Director of Caregiving Services for the Friendship Center in Sarasota County and is a Certified Master Trainer for Powerful Tools. Save the date: November 16th from 4:30 to 6 pm.

We have limited seating, please register at our Concierge Desk or call 941-444-9398 to reserve your spot. Light refreshments will be served.

Drink More Water

By Martha Castleberry, PT

Mederi 
CAREtenders
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John enjoys a cool bottle of water after his walk outside.

While all older adults are at risk for dehydration, this problem increases for persons with Alzheimer's. Besides forgetting to drink, people with Alzheimer's may have challenges in communicating their needs or having difficulty swallowing. If they are incontinent, they may be avoiding fluids to reduce urinary flow. In addition, as part of normal aging, the sense of thirst decreases.

It is not about how much fluid is coming in, it's about what is going out - for example, someone on diuretics can have excess urinary output. Keep in mind that caffeinated beverages and alcohol promotes urination. Bouts of vomiting and diarrhea can also lead to loss of fluid. Running the heater excessively can also cause dehydration.

Most seniors need at least seven cups of water per day. Water is not the only source of fluid. Many other beverages are available, as well as some semi-solid foods, such as yogurt. Most fruits and vegetables have a high water content. Some good choices are melons, oranges, apple sauce, tomatoes, cucumber and salad greens.

If you want to learn more about the benefits of drinking water, drop by our therapy office at Autumn of Sarasota, just off the lobby.

Walk to End Alzheimer's

This year's Walk to End Alzheimer's will be held at Benderson Park on November 11th at 8am. Autumn of Sarasota is proud to be a walk sponsor as well as entering a participating team. We would like to invite everyone to the Walk to End Alzheimer's. We have all worked extremely hard on raising donations for such a great cause. We would love to see the support of our families at this event since it means so much to us. Wear your comfy sneakers and your purple gear and join us.

Anyone interested in becoming part of the Autumn of Sarasota team please visit www.Alz.org and search for Team Autumn of Sarasota in the Sarasota county walk or speak to Diana at Autumn for more information.

If anyone wishes to make a donation for our team fundraiser it would be much appreciated. Please make checks out to the Alzheimer's Association. Thank you for your support.



Ribbon Cutting by Team Autumn at last year's walk.