



# The Primrose Press

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HAPPY 4TH OF JULY



## Social Interaction Benefits those with Memory Loss

Alzheimer's disease can devastate a person's ability to socialize, but being among other people is incredibly important for our loved ones with Alzheimer's or related dementia. Social interaction is healthy, like exercise for the brain, and can slow symptoms including deteriorating memory. In fact, staying socially engaged with friends and family has been shown to boost self-esteem, which for people with dementia means better eating habits, more exercise and better sleep.

At Primrose we not only want to build lasting friendships with our residents but also encourage social interaction with one another. Sharing meals together, going for walks in the gardens and even watching their favorite baseball games.

Recently we had a Mock Wedding Celebration. The house was filled with laughter, music, a wedding cake and even a toast with Sparkling Apple Cider! Staff and residents joined in the celebration with a dance that followed.



WELCOME  
JULY

Fun times ahead!



Move and Groove  
Exercise Class

Lucy Comedy Hour



Let the games  
begin!

