

***"The golden-rod is yellow;  
The corn is turning brown;  
The trees in apple orchards  
With fruit are bending down."***

***-Helen Hunt Jackson, September, 1830-1885***

## **DO YOU SPEAK DEMENTIA?**

### ***Talking Tips:***

***Focus your attention on your loved one*** when having a conversation. He or she will feel reassured by your undivided attention, and you're less likely to misunderstand or miss something if your loved one struggles with speaking clearly.

***Use simple language,*** such as concrete words and short sentences. If your loved one suffers from dementia or other language difficulties, keeping language simple can help him or her follow the conversation better.

***Be patient.*** Not being able to communicate as easily as before can be very frustrating, and that frustration can make finding the right words even harder.

***Be persistent and creative.*** Your loved one may not understand you the first time. Be prepared to try again with a different way to express your meaning.

***Minimize background noise.*** Background noise can muddle the sound of your voice, especially if your loved one suffers from hearing loss.

***Face your loved one and enunciate clearly.*** Someone who is hard of hearing may be better able to follow the conversation by watching your facial expressions and mouth movements.

## ***Evolve at Rye Wishes Our Residents a Very Happy Birthday!***

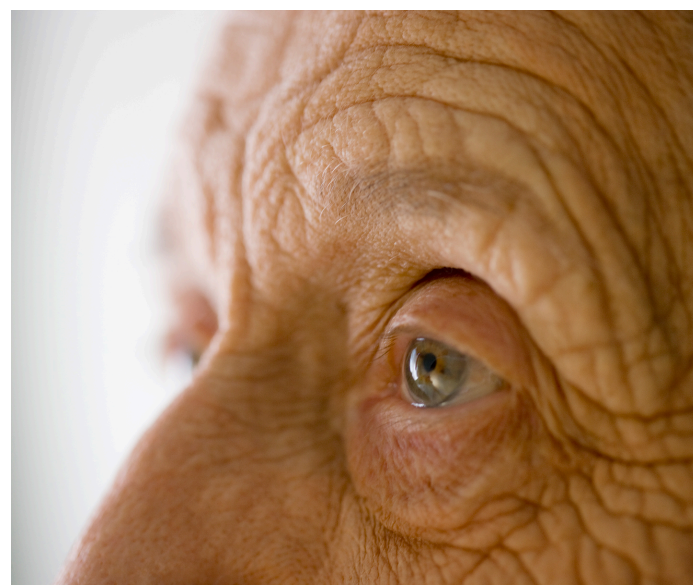
Connie L September 3rd

Candice M September 4th

Leslie S September 8th

Claire S September 14th

Carolyn P September 26th



September  
2019

Evolve at Rye

295 Lafayette Rd.  
Rye, NH 03870



## **Today's Trend Mediterranean Diet**

Mediterranean diet is named for the way of cooking and eating in countries along the Mediterranean Sea, such as Greece and Italy. People in this region report low rates of cardiovascular diseases, and research has shown that the Mediterranean diet may contribute to a lower risk of diabetes, certain cancers, osteoporosis, Parkinson's and Alzheimer's diseases, and depression.

The diet emphasizes plant-based foods, specifically fruits and vegetables, legumes, nuts and whole grains. Olive oil is the most prominent fat used, but other healthy fat sources include avocados and nuts. Followers of the Mediterranean diet eat fish or poultry at least twice a week but consume red meat just a few times a month. Instead of using excess salt, herbs and spices are used

## ***Upcoming Events in Our Community:***

***Our Courtyard Celebration Barbecue will be held on Thursday, September 19th at 4:30 p.m.***

***Our Birthday Party Bash will be held on Thursday, September 26th at 3:00 p.m.***

***Our Taste and Tell with Chef Robert will be held on Monday, September 30th at 2:00 p.m.***

***Looking forward to seeing you!***



Courtyard Celebration Barbecue