



# Caregiver Corner

City of Alexandria  
Division of Aging and Adult Services

*"There is no perfect way to take care of an elderly parent except with the most love and patience you are able to muster on that particular day". Agingcare.com*

## Caregiver Tip: Celebrate Older Americans Month

In May we celebrate Older Americans Month. This year's theme "Engage at Every Age" emphasizes that you are never too old to take part in activities that enrich your physical, mental, and emotional well-being.

One way to promote mental wellness is to improve and maintain memory. Below is information about normal aging and tips on how to improve memory.

- [Six Things Seniors Can Do To Improve Memory](#) by William Lemm, Ph.D.
- [Dementia & The Brain](#) by the Memory and Aging Center describes normal and abnormal aging, risk factors for cognitive decline, and how to maintain your brain.

Find out more information about celebrating Older Americans Month at <https://oam.acl.gov>

## Resources:

**Memory Cafes:** These cafes are for those experiencing early stage dementia, mild memory loss or cognitive impairment, and for family and friends of those affected. It provides an opportunity for information gathering and fun. To find the closest memory café to you call 1.800.272.3900.

**Senior Health & Fitness Fair:** The Successful Aging Committee presents its free annual wellness fair, Wednesday, May 23, 2018, 10 a.m., at the Lee Center. There will be cooking and exercise demonstrations, and free health screenings. RSVP online at [seniorservicesalex.org](http://seniorservicesalex.org) or call 703.836.4414 extension 110.

**Caregiver Support Group**  
**Wednesday,**  
**May 2, 2018**  
**4-5:30 p.m. at the**  
**Alexandria Adult Day**  
**Services Center**

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For questions, comments or to remove your name from our mailing list, please email  
DAAS@alexandriava.gov or call 703.746.5999.



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