



# December Wellness Newsletter

## Making Memories & Alzheimer's Disease Awareness

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## Featured Activities

### Memory Ornament Workshop

Residents craft ornaments using photos, favorite colors, or comforting words that represent meaningful life moments. Hang them on a "Memory Tree" to celebrate joy, connection, and self-expression.

### Cocoa & Conversation Café

Invite residents, staff, and families for warm cocoa and a guided conversation about favorite holiday traditions, childhood winters, or memorable family moments. Encourages social engagement and reminiscence.

### Holiday Memory Lane Walk

Transform a hallway or dining area into a "Walk Down Memory Lane" with nostalgic holiday décor, old-fashioned carols, and photo displays. Residents can share stories as they stroll, supported by staff or therapy teams.

## Therapy Corner

### Holiday Sensory Box

Use familiar seasonal scents (pine, peppermint, cinnamon) and textures (ribbon, wrapping paper, ornaments) for sensory-based therapy. Stimulates recall, conversation, and emotional comfort.

### Functional Holiday Tasks

Adapt simple holiday tasks — wrapping gifts, sequencing cookie recipes, or folding table linens — to build fine-motor skills, standing tolerance, and problem-solving.

**Therapy Focus:** Structured, familiar routines promote confidence, memory recall, and purposeful participation for residents living with Alzheimer's or cognitive decline.



## Marketing & Outreach

### Making Memories Together Open House

Invite families to join residents for a holiday social featuring crafts, cocoa, and information on Alzheimer's awareness.

### Through the Seasons Display

Showcase photos of therapy and wellness highlights from 2025 in a "Making Memories Through the Seasons" collage celebrating connection and care.



## Social Media Promotions

### Our Favorite Memories of 2025

Share short clips of residents and staff reflecting on their favorite moments of the year.

### Memory Tree Moments

Post photos of your decorated **Memory Tree** with the caption: "This December, we're celebrating the power of memories — big and small. Through connection, creativity, and care, our teams help residents preserve the moments that matter most."

#MakingMemories #ReliantRehab  
#CareMatters #AYearOfWellness

Share the fun! **Send your photos** to [SocialMedia@reliant-rehab.com](mailto:SocialMedia@reliant-rehab.com)