

Date: February 5, 2007

Re: News Item for Release in the Sunday NewsPress February 11th h edition

WHO: LIFE Adult Day Center Participants

WHAT: Discussion group on "Then and Now"-historical presentation /reminisce therapy

WHEN:

WHERE: Life Adult Day Center
First Christian Church
411 West Mathews

HIGHLIGHTS:

The discussion of life events by older adults is an important part of the aging process. Reminiscence Therapy is a technique used by healthcare professionals to help individuals review events in their life. During a reminiscence session, the person is encouraged to talk about events in their life that relate to a common theme for everyone in the group. Often, the group facilitator will use triggers such as music, photos, food, stories, objects, and smells to promote recall of these events.

Having the opportunity to talk about these memories can help a person to see themselves and their experiences as unique. It can also assist them in recognizing their accomplishments, help them to socialize by learning about others' experiences, and provide an opportunity to process the events in their life.

At the Life Adult Day Center, reminiscence groups are offered daily and are centered on specific themes. These may include orientation activities that focus on events at a certain time of the year, discussion on themes of commonality such as growing up on farm, cultural themes such as travel and living in other countries, historical events such as remembering Pearl Harbor, leisure experiences such as sports and the county fair, and fun events like playing practical jokes. Each subject chosen is based on the experiences of the people in the group.

Some of the most recent reminiscence groups held at the Center have included sessions on occupations, automobiles, gardening, and a comparison of household objects from the past and present.

For more information on the Life Center or its programs, please call 377-0978 or view the website at www.lifecenterads.org.