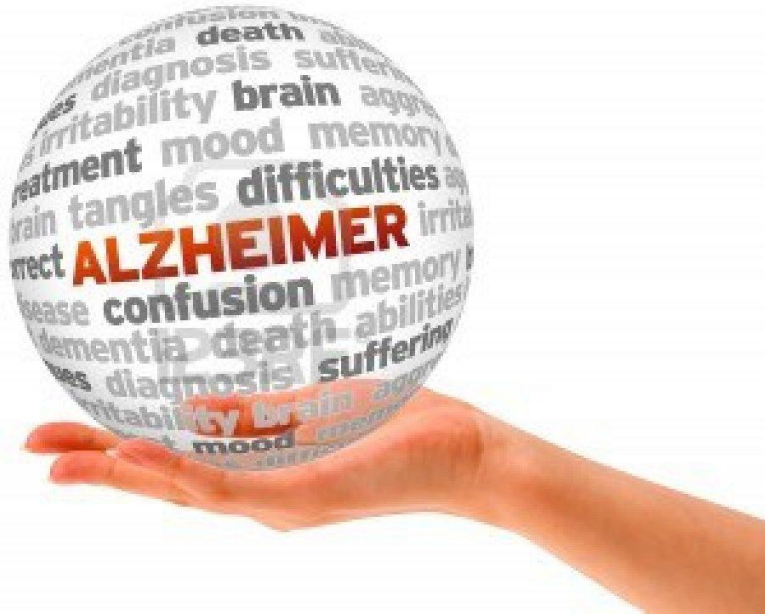


# Casa de Ramana

## Rehabilitation Center



## MEMORY MATTERS

April 2022

WE ARE ALL IN THIS TOGETHER!



We are so pleased to announce that we will be returning to in-person support group meetings this month. It will be so exciting to be able to support each other through the dementia journey together again.

It can be hard sometimes to find people who understand the experience of having a friend or loved one with dementia. Having people to talk with that are going through the same experiences can make a huge difference.

Our next meeting will be held at Casa De Ramana on Tuesday, 4/26/22 at 3:00 P.M.

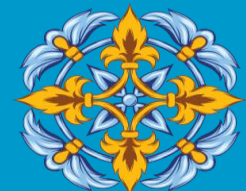
If you have any questions or would like to R.S.V.P., please feel free to reach out at 508-471-2272 and ask for Lauren Gaffney, Dementia Director.

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## Casa de Ramana Rehabilitation Center

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Framingham, Ma 01702  
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## "I want to go home!"

People with Alzheimer's disease may say they want to go home. This can be very painful for their loved ones to hear. This desire to "go home" may be related to feelings of insecurity, anxiety, or depression.

Alzheimer's disease initially affects short-term memory. "Home," then, could be a reference to long-term memories of times and places where the person felt secure. They could be thinking of a childhood home that no longer exists.

"Home" might also be a longing for something familiar. This may not be an actual physical place! Memory loss can make people with Alzheimer's feel like nothing is familiar anymore. For this reason, they may connect "home" with a sense of familiarity and belonging.

Tips for when your loved one asks you to take them home

Try to respond with some questions of your own. For example, you can ask about your loved one's childhood memories, or you can look at old family photographs together. Reminiscing about childhood and the home where the person grew up can be comforting.

Some questions could include:

- What was your childhood house like?
- Do you miss it?
- What was the best thing about your family?
- What was your favorite home-cooked food?
- How did the kitchen smell?
- Did you share a bedroom with your siblings?

## 2022 Walk to End Alzheimer's - Worcester County

10/2/2022

We will be participating in the Worcester County Walk to End Alzheimer's....  
Be a part of our team!!!!

### About Walk to End Alzheimer's

Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's® is the world's largest fundraiser for Alzheimer's care, support and research. This inspiring event calls on participants of all ages and abilities to join the fight against the disease.

