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600 Lindberg Road
West Lafayette, IN 47906
765-607-6156

www.joyfuljourneywl.org



Friends make the most beautiful works of art! We consistently review our Friends' likes and needs and then shift our activities accordingly. This ensures more personalized programming delivered when and where it is most appropriate throughout the week.



Caregiver son, John, and his mother, Lillie, look picture perfect on a recent fall like afternoon!



Autumn Changes



Autumn in Indiana is a beautiful season where we enjoy cooler temperatures and watching the leaves change color. One seasonal change that is not so popular is losing daylight. The effect these shorter days and longer nights have on our emotional well being can be noticeable. For our Friends who experience sundown syndrome, also called "Sundowning", the effects can be more prevalent and severe.

What is Sundown Syndrome?

The Mayo Clinic defines "Sundowning" as a state of confusion occurring in the late afternoon and spanning into the night. Sundowning can cause a variety of behaviors, such as confusion, anxiety, aggression, ignoring directions, pacing and wandering.

Tips to help manage sundown syndrome:

Amy Goyar, AARP's family and caregiving expert, provides the following tips:

1. **Maintain Routines** - Plan for more activity and exposure to light earlier in the day. Limit daytime napping to encourage nighttime sleepiness. Keep to a regular routine as much as possible to create familiarity, comfort and feelings of security.
2. **Validate and redirect** - If your loved one is agitated and distressed, validate their unease as calmly as possible and try to redirect them with a favorite activity or snack.
3. **Adjust light exposure** - It may help to turn lights on inside and outside before night falls to limit shadows.
4. **Play music and calming sounds** - Favorite music can unlock positive emotions and great memories! Music can be used to enhance a daily routine and signal bedtime too.

Sundown Syndrome affects each person differently, so be prepared to go through some trial and error as you develop the approach that works for you.

Quote of the Month Selected By Friends at Joyful Journey

"October, tuck tiny candy bars in my pockets and carve my smile into a thousand pumpkins..."

Merry October!"

Rainbow Rowell