

Activities Directors' Quarterly

for
Alzheimer's & Other Dementia Patients®

Table of contents

ADQ insert
Notes from nursing: Dignity5
Suzanne Fitzsimmons, MSN, ARNP

ADQ lesson plan22

ADQ proven activities26

SEASONAL PLANNER — *Special Pullout Section*
Activities to celebrate the season24, 25



MID- TO HIGH-FUNCTIONING

Animal-assisted therapy in mental health7
Heather L. Robinson, MS, CTRS



ALL FUNCTIONING LEVELS

*Awareness of depression in your residents
with dementia: A LTC challenge*15
Suzanne Fitzsimmons, MSN, ARNP
Linda Buettner, PhD, CTRS, LRT

*Increased hydration is crucial to safe
and enjoyable activity participation*31
Cindy Keith, RN, BS, CDP

*When the picture talks: Creating monogram
booklets for spouses and friends*33
Boyd H. Davis, PhD
Mary Ann Spake, RN, BSN
Terry-Ann Gray, ADC/CDP

*Safety and food handling
for nursing home groups*39
Suzanne Fitzsimmons, MSN, ARNP



*Activities that truly
benefit the patient*