

Activities Directors' Quarterly

for
Alzheimer's & Other Dementia Patients[®]

Table of contents

Editorial—Falling is a life changing experience for a frail older adult3
Linda L. Buettner, PhD, CTRS, Managing Editor

Part II: New CMS Regulations7

ADQ proven activities27

ADQ featured lesson plan30

SEASONAL PLANNER — Special Pullout Section
Activities to celebrate the season28, 29



HIGH-FUNCTIONING

The Cultural Life Review Program for African-American seniors12
Sharon E. McKenzie, PhD, CTRS

Line dancing with dementia31
Kristie Hayes



ALL FUNCTIONING LEVELS

Therapeutic environments in nursing homes: Fostering residents' meaningful activity engagement35
Judith E. Voelkl, PhD, CTRS

Guided imagery for relaxation45
Suzanne Fitzsimmons, MS, ARNP



MID- TO HIGH-FUNCTIONING

Appropriate and fulfilling engagement of adults with dementia: Memory Magic48
Jane J. Huberty, MBA, OTR/L, CAPS



LOW- TO MID-FUNCTIONING

Memory Exchange: A reminiscence theme program51
Celeste J. Lynch, BS, CTRS



Change as a natural occurrence