

# Merry Christmas



Volume 1, Issue 153 December 2024

2080 Guerneville Road  
Santa Rosa, CA 95403  
(707) 578-8360

## Holiday Reminiscing

Asking people with memory loss about past holidays can help them recall happy times. In reminiscence therapy, people are encouraged to discuss memories of positive experiences. Most center on asking questions that may help prompt holiday-themed memories. Examples of what we at Primrose might ask our residents are:

Did your family have a Christmas tree? Did you help decorate it?

Were there particular foods you would make and eat around the holiday?

Did you ever travel for the holidays?

Be an attentive listener. Make eye contact with your loved one, and angle your body toward theirs so that they have your undivided attention.

Ask follow up questions when appropriate.

Engage your loved one in activities that engage multiple senses. For example, baking holiday cookies can elicit memories through touch, smell and taste.

Look at pictures of past holiday events and listening to holiday-themed music may also engage memories.

We hope you give reminiscence therapy a try this holiday season. All of us here at Primrose wish you and yours a very heart warming holiday season filled with new and lasting memories.



Families, join us for a **Christmas Happy Hour**

Wednesday

Dec 18th

4pm-5pm

Please RSVP

707-578-8360



Gift Giving at Primrose  
Christmas 2:30 pm



Primrose and Redwood  
Caregiver Resource Center  
Support Group

December 9 1:30-3:30

-RSVP-

707-578-8360



December Birthdays

Robin, Mary,  
Jeannette & Bob



MERRY  
GRINCHMAS

Grinch Party 12/18



Ukulele Concert  
December 23, 2pm



Lighting of the  
Menorah begins 12/25