

Fundraising Event Email

Subject Line: Let Reminiscence help you remember

You don't have to face memory issues alone, and you don't need to be a doctor to help a loved one. At the Reminiscence Fair in Chicago September 25-27, 2027, come learn what's on the horizon for memory care needs.

Working with research labs, manufacturers, and scientists, the Reminiscence Fair will show you the upcoming technological advancements to help patients and their caregivers with the memory issues stemming from Alzheimer's, dementia, and traumatic brain injuries. See how technology and psychology can work together to help navigate the day-to-day tasks of living.

Our panelists from leading medical schools can tell you about the cutting-edge research in Alzheimer's and dementia.

Register at our website <https://reminiscencefair.example.org> and take a virtual vendor tour to see what to expect.

Reconnection Through Stories: How Reminiscing Helps

When a family member starts showing memory loss, it can feel like you're losing them. It's important to remember, though, that part of the person you care about is still there.

One of the first responses you may have is to quiz them or argue over facts, insisting on reality. Trying to overcome dementia with brute force does not work. It can cause confusion, resentment, and other negative emotions, which can contribute to withdrawal and depression.

Reminiscing is an alternative that enables good communication. This is not only a healthy way to interact, but it meets them in a place more positive for them. With dementia, memory often "reverses" itself: some of the last memories to go are those from childhood.

Some of the best ways to reminisce are also some of the easiest. Looking at old photographs and asking them to tell you any stories they remember, or playing some of their favorite music from earlier in their lives, are ways you can still connect with a loved one.

It's also important to take care of yourself. Honor your grief and listen to your body for signs of burnout: exhaustion, irritability, hopelessness, and withdrawing are all signs that you're stretching yourself too thin, and that you should take some time for yourself.

The Reminiscence Foundation has been helping families come to terms with their loved one's disease, and believes that technology can help improve the lives of both caregivers and those living with dementia. The Reminiscence Fair, hosted by the foundation, offers a look into the technology that can help them, while the foundation itself has support groups and other resources.

You don't have to face dementia alone. With the Reminiscence Foundation, help is here. Visit <https://reminiscence.example.org> for more information.