



SENIOR NUGGET – MAY 2023

HAPPY MOTHER'S DAY - MEMORIAL DAY TRIVIA

1. When is Memorial Day?
 - A. First Monday in May
 - B. Last Monday in May
 - C. Third Monday in May
2. What was Memorial Day originally called?
 - A. Honor Day
 - B. Decoration Day
 - C. Confederate Day
3. In What year (by most accounts) was first Memorial Day observed?
 - A. 1820
 - B. 1866
 - C. 1890
4. Memorial Day was suggested by Henry Welles, a drugstore owner, From what city and state?
 - A. Harrisburg, PA
 - B. Arlington, VA
 - C. Waterloo, NY

MEMORIAL DAY TRIVIA CONTINUED ...

5. The first observance of Memorial Day was originally selected because it was NOT an anniversary of a battle **A. TRUE** **B. FALSE**

6. What are decorated in remembrance of Memorial Day?
 A. Tombs of fallen Union Soldiers
 B. Cemeteries of family members **C. State Capitals**

7. In 1971, Memorial Day was declared a federal holiday by which president? **A. Ulysses Grant** **B. Lyndon Johnson** **C. Richard Nixon**

8. What is one of the longest standing traditions held in conjunction with Memorial Day since 1911?
 A. Indianapolis 500 **B. Arizona Rodeo Days**
 C. Apple Blossom Festival

9. Initially, Memorial Day was created in honor of one war, but now honors all wars. What was the initial war?
 A. Civil War **B. World War I** **C. Korean War**

10. Memorial Day marks the unofficial start of what season?
 A. Summer **B. Trout Season** **C. Baseball**



HAPPY BIRTHDAY TO ALL THOSE BORN IN MAY
Coming Soon – Nugget will feature Caregiving Tips

Trivia Quiz Answers Below... How did you score?

1.B 2.B 3.B 4.C 5.True 6.A 7.C 8.A 9.A 10.A

Five Ways Music Can Help People Living with Dementia

Many caregivers can relate to the following experience: Their loved one with dementia barely speaks and has no clue where they live or what year it is. But then they hear an old song on the television, radio, and their loved one is suddenly singing along – word for word. “Music is powerful.”

People can hold onto musical memories for a long time because they are in a different part of the brain. Listening to music has also been shown to reduce anxiety and agitation in people living with dementia.

Here’s how to make a meaningful musical encounter:

Avoid over stimulation. Listen to music, but don’t have the TV on at the same time

Play their favorite melodies. Popular music from their teens or twenties resonates, as does patriotic music. Spiritual music can be very moving. Often they will sing traditional hymns from their childhood.

Set the mood. Coordinate music with activity. Spa-like music for bathing, livelier music for when getting dressed. If doing an activity they do not like, play a favorite song to distract them.

Make it an Intergenerational experience. Bring in young children for a sing-along. Especially around the holidays, music can be a neat way to bond and to reminisce. Get older kids involved in researching grandparents’ wedding song or songs from their youth.

Experiment. Creating a positive musical experience involves trial and error. There is no set pattern. Some elderly enjoy YouTube videos with music; others like to clap, tap their feet and sing along. Caregivers need to be resilient. Don’t give up easily, everyone has their good and bad days. Keep trying it again, the next day may work out better.