



AgeSong
senior communities

Beyond Dementia Toward Forgetfulness Care

Saying the Nevers

Still . . .

We'll never be young again.

That's a hard word: never.

"Never say never."

Wrong.

Need to say it now. Selectively, of course.

I'll never be young again.

I'll never have that perfect body.

I'll never know all there is to know.

I'll never do all I meant to do.

I'll never see all I wanted to see.

I'll never be as noble as I hoped to be.

I'll never be famous.

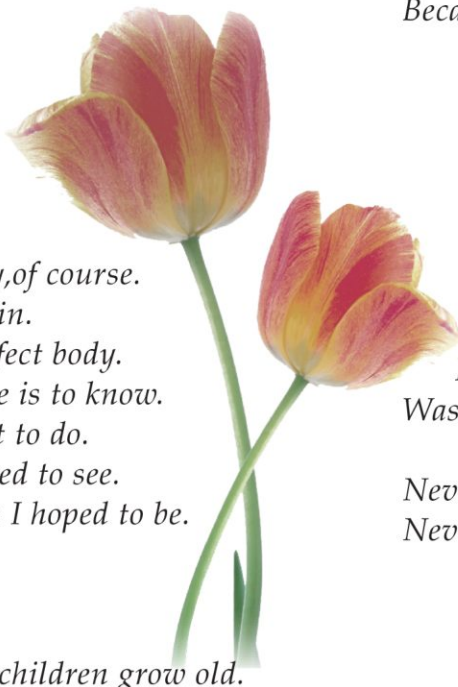
I'll never be first.

I'll never be a hero.

I'll never see my grandchildren grow old.

Never ... never ... never ... never

Yes, say them all.



Because someday

and maybe

and perhaps

keep us dangling over into tomorrows

using up our time

taking up precious space.

Pining over yesterday.

Longing for another chance at youth.

Pretending away the years.

Wastes whatever we have left to spend.

Never sweeps clean.

Never leaves room for something else.

From "Agesong, Meditations for our later Years"
by Elizabeth Bugental

Creating Therapeutic Environments

"Saying the Nevers", p. 1

Reframing Alzheimer's, p. 2

AgeSong Dining, p. 3

The Meaning of Forgetfulness, p. 4

Elizabeth Bugental holds a doctorate in Speech and Drama from Stanford University, a Masters Degree from Catholic University of America and is a licensed Marriage and Family Therapist.



Reframing Alzheimer's

In the conclusion of *The Myth of Alzheimer's*, the authors Whitehouse and George stress the importance of changing our minds about what we presently refer to as Alzheimer's: Our current myth limits our thoughts, actions, and behaviors, and fills our lives with unnecessary terror and anger. But the concept of aging is evolving, and with it our attitudes about growing older. Reframing Alzheimer's disease as brain aging, and thus fundamentally altering the story we tell about cognitive loss, can have profound effects on our loved ones, our communities, our government policy, our commerce, and ourselves.

"...the concept of aging is evolving, and with it our attitudes about growing older. Reframing Alzheimer's disease as brain aging, can have profound effects on our loved ones, our communities, and ourselves."

By placing ourselves on the continuum of brain aging and seeing it as a life-long undertaking rather than an end-of-life "disease," we will find solidarity with all the vulnerable members of our society – from our children to our elders. This solidarity can provide an ethical impetus to protect our fellow human beings from the complex environmental and social factors that contribute to brain aging, while expanding



our compassion for those in the later stages of senescence. By doing so, we will create a greater sense of responsibility for future generations and for our planet – a collective wisdom that will nurture our growth as a species. Part of this responsibility will require us to think and act locally (What can I do for my community and for myself?), and more broadly (How do all of our behaviors need to change on a larger scale?) We must accept the limitations of science to cure brain aging and question the prudence of investing our resources in this quixotic pursuit. We must also question the excessive power that the pharmaceutical industry has over us and the waste that exists in our health care system and in our government, which spends billions of dollars on military campaigns and relatively little on the health of the public.



At AgeSong Senior Communities, we are deeply committed to providing a healthy diet and proper nutrition to residents. We pride ourselves on paying attention to small details, evaluating specific nutritional needs and personal preferences to develop well-balanced daily menus.

AgeSong is also dedicated to breaking the mold of institutional dining. We offer a variety of menus; each one designed to incorporate many different types of regional cuisines, special holidays, birthdays and special dietary needs. We also strive to adapt our menu seasonally to bring residents the freshest food.



*Walter Fernandez,
Foodservice Manager*

Creating Therapeutic Environments



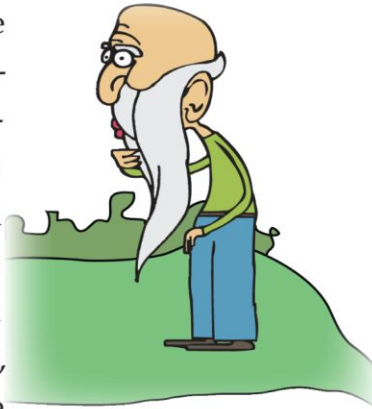
Marly Honorato and Yesica Garcia, Kitchen Staff

Additionally, food workshops and cooking classes are held as a way to invite residents to participate, have fun, and learn about food and nutrition. The classes, given about twice monthly by kitchen and activities staff, also offer residents who have culinary pasts to take a lead and direct others. Sessions usually focus on a particular theme such as color or traditional holiday dishes.

As always, friends and family are welcome to join residents at mealtimes by making an appointment with the front desk. We hope that you join us this season.

The Meaning of Forgetfulness

Deeper into the Soul emphasizes that each stage of forgetfulness is a meaningful part of the life journey filled with important emotional and spiritual experiences. The authors remind us that with each effort to understand others, we expand our view of the



"We loved reading and gained much from the good suggestions, practical insights, and psycho-spiritual metaskills of Forgetfulness Care. If you are interested in the human race, and if you want to know how to help people in the latter stages of life, please read this book."

—Arny & Amy Mindell; Psychotherapists, Writers and Founders of Process Oriented Psychology

Deeper into the Soul by Nader Shabahangi, P.h. D, & Bogna Symkiewicz. 1st Ed. published 2008 by Elders Academy Press.

Rather than simply a disease, forgetfulness has purpose and meaning; rather than simply being in need of our care, people with forgetfulness can teach us about life and living; rather than a burden, people with dementia offer us an opportunity to slow down, to be more open and caring, to get in touch with the essence of our human nature. In this process, we deepen ourselves journey further into our souls.

Editor Ed Voris is a consultant to community development non-profits, specializing in housing and finance. He was recently diagnosed with Dementia.



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AgeSong is proud of its partnership with Pacific Institute, an organization dedicated to gerontology and elder wellness.

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