**Senior Dance Night**

The first Saturday of each month, the SNAP Center and Parks and Recreation invite all seniors 55+ to come out for a night of dancing, light refreshments and live entertainment.

The dance will begin at 7:00 pm and last until 10:00 pm. Cost is $3 per person.

So guys and gals put on your dancing shoes and come join us for a night of fun!

**Dominoes**

Come out Monday through Friday from 9:00 am to 11:00 am for games of Spinners Dominoes. Every Wednesday from 9:30 am to 11:00 am we have an active group that plays 42 Dominoes.

**Jazzercise**

What is Jazzercise?

We develop and market fun and effective fitness programs and products that enhance the well-being of people of all ages.

Choreographed to today’s hottest music, Jazzercise is a fusion of jazz dance, resistance training, Pilates, yoga, and kickboxing. Start dancing yourself fit and change the shape of your body today!

Monday through Friday at 5:30 pm

Call for pricing 903.821.5135
Email: denisonjazzercise@cableone.net

**Rusty Hinges - Waterloo Pool**

Back by popular demand is the Rusty Hinges Class now on Tuesday and Thursday Morning from 9-10 AM taught by Karon Northington. All of our Fitness Classes are taught by Certified Instructors and are modifiable for anyone. But on Tuesday and Thursday the focus is off the Aerobic side and more on the Stretching and Strengthening side.

**Senior Fit - Waterloo Pool**

The class is designed to support older adults in their pursuit of healthy living and happy lives. It is designed to increase muscular strength, range of coordination, agility, and balance to improve the participants daily living. Have fun and move to the music using an assortment of free weights, exercise bars and hand towels for seated and standing exercises with a trained instructor.

5:30 Jazzercise

**Senior Activities For November**

**Mondays**

9 - 9:30 Jazzercise
9:30 - 11 DJ Music by “T-Bone”
9 - 11 Spinners Dominoes
9 - 10 Senior Fit (pool)
11:00 Lunch
12 - 2 Memory Café (Library)
5:30 Jazzercise

**Tuesdays**

9:30 - 11 Bingo
9 - 11 Spinners Dominoes
9 - 10 Rusty Hinges Water Class (pool)
11:00 Lunch
5:30 Jazzercise

**Wednesdays**

9 - 9:30 Jazzercise
9 - 11 Spinners Dominoes
9:30 - 11 DJ Music by “T-Bone”
9:30 - 11 42 Dominoes
9 - 10 Senior Fit (pool)
11:00 Lunch
10:30 Karaoke/Movie/Trivia courtesy of the Library
5:30 Jazzercise

**Thursdays**

9 - 11 Spinners Dominoes
9 - 10 Rusty Hinges Water Class (pool)
11:00 Lunch
5:30 Jazzercise

**Fridays**

9 - 9:30 Jazzercise
9:30 - 11 Live Band “Texas Swingers”
9 - 11 Spinners Dominoes
9 - 10 Senior Fit (pool)
9:30-11:15 Dance
11:00 Lunch
5:30 Jazzercise

**Saturdays**

7 - 10 Senior Dance 1st Saturday

**Games - Dominos, Cards and Puzzles Every weekday**
3 Ingredient Appetizers

Honey Ham and Swiss Crescent Twists

Ingredients

- 1 can (8 oz) refrigerated crescent dough sheet or 1 can (8 oz.) refrigerated crescent rolls
- 3 oz. deli sliced honey ham, cut into 1/2-inch pieces
- 3 slices extra-thin Swiss cheese slices (about 2 oz. from an 8 oz. package), cut into 1/2-inch pieces

Steps

1. Heat oven to 375°. Line 2 cookie sheets with cooking parchment paper.

2. Unroll crescent dough sheet on work surface; press into 14x8-inch rectangle. Cut into 4 (7x4-inch) rectangles. (If using crescent dinner rolls, separate into 4 rectangles, and press seams to seal.) Top 2 of the rectangles evenly with the ham and cheese pieces, up to within 1/4 inch on the long edges of dough. Top each with the remaining 2 dough rectangles.

3. Cut each rectangle crosswise into 8 strips, about 3/4 inch wide. Twist each strip a couple of times, and place on cookie sheets, pinching and pressing down on ends of each dough strip to seal. Replace any ham and cheese pieces that may come out, if necessary.

4. Bake 13 to 15 minutes or until golden brown. Serve warm.

• Prep 15 MIN
• Total 45 MIN
• Ingredients 3
• Servings 16

Expert Tips

- Serve the crescent twists with honey mustard to complement the honey flavors.
- Using thinly sliced deli ham and extra-thin Swiss cheese slices will help twists maintain their shapes during baking.
"Sundowners syndrome," "sundowning," and other similar terms are commonly used in hospitals and long-term care environments when older patients become confused or agitated in the late afternoon, evening, or nighttime. But did you know that the whole concept of sundowning is somewhat controversial? This topic makes some caregivers and medical professionals uncomfortable for exactly that reason. They believe that opportunities for better care and treatment of patients with dementia may get missed as a result of this concept being too casually used to explain problematic behavior.

That's why it's essential to understand what sundowning really is—and what it's not. Once you know how and why terminology like "sundown syndrome" gets applied (or misapplied) to various behaviors, you can take actions that may lead to a better quality of life for both you and the person you care about. This article will help clarify some of the popular misconceptions you may have encountered.

What Is Sundowning?

Sundowning is best described as a subjective phenomenon in which older adults or people with dementia are observed as having heightened confusion, agitation, or other troubling behavior when the sun is setting or after it becomes dark. Patients who display this phenomenon are often labeled as "sundowners." Sundowning describes the debated phenomenon of late-day or nighttime behavioral problems, but it doesn't explain the phenomenon. In order to explain it, you have to find an underlying cause, which may differ from one individual to another.

Among most people labeled as sundowners, dementia is a major contributing factor. The percentage of dementia patients who display sundowning behavior has been estimated to be as low as 2.4 percent or as high as 66 percent.1 The phenomenon is said to affect up to 20 percent of people with Alzheimer's disease.2 Sundowning behavior is also sometimes observed in elderly hospital patients without diagnosed dementia, especially after undergoing invasive surgical procedures.

Sundowning Symptoms

Have you ever become cranky and restless after a long day that left you feeling exhausted yet wired? It's probably fair to say that everyone has felt that way at some point in their lives, especially during childhood. Many adults experience that feeling on a regular basis due to poor sleep and demanding work and family schedules. From that perspective, becoming moody when the sun goes down is a rather common human experience.

But some people believe that sundowning deserves to be treated as a separate phenomenon given that the behaviors and mood swings of so-called sundowners tend to be more extreme.

What do you think? Try putting yourself in the shoes of an elderly person with dementia. Even small, simple tasks would be mentally and physically challenging. After a full day of activities, perhaps without adequate breaks for rest, you'd likely be completely exhausted. And you may have a lot of built-up anxiety from trying to meet the expectations of your caregivers while struggling to express your own needs.

...continued page 4
Sundowners syndrome continued...

Now add in some possible discomfort caused by medications or other medical issues. Would you be able to rest easy? Or might all of your mental and physical challenges feel more intense and hard to cope with?

At the end of the day, many people labeled as sundowners may simply be reacting to challenging circumstances in a way that shouldn't surprise us. That said, this phenomenon is widely perceived as something distinct from "normal" behavioral reactions.

Sundowning behavior is generally considered to be any kind of disruptive personal conduct that occurs in the hours between sunset and sunrise. When people describe sundown syndrome symptoms, they are usually referring to observable behaviors or feelings such as:

- Confusion
- Agitation
- Disorientation
- Heightened anxiety
- Paranoia
- Restlessness
- Anger
- Aggression
- Delusional thinking
- Refusal to comply with directions
- Trouble telling dreams apart from reality
- Crying
- Moaning
- Yelling
- Screaming
- Rocking
- Pacing
- Hiding objects
- Acting out hallucinations

Care and Treatment

When you perceive somebody as having sundowners syndrome, treatment becomes a natural priority. But how do you treat a behavioral phenomenon that doesn't have a clear cause? The last thing you want to do is make faulty assumptions that worsen the behavior or lead to additional problems.

First, you may want to use terms like "sundowning" in moderation (or consider avoiding them altogether). Although this terminology is popular, it may not be necessary. And it may not be as clinically relevant as you think. Some caregivers even feel that the terminology dehumanizes the very people you're trying to help—or gets in the way of effective treatment.

So it might not be very useful to refer to the behavior as sundowners syndrome. Elderly patients may benefit more from an approach that focuses on pinpointing their unmet needs. Remember that behaviors are often symptomatic of underlying problems. You can't get rid of the behaviors until you get rid of the actual problems (or successfully manage those problems).

This is where it may help to examine your own behavior and caregiving routines. Ponder questions such as:

- Could you be missing or overlooking a potential medical or psychological issue that deserves investigating?
- Does the daily schedule include time for your patient or loved one to relax in between more cognitively or physically demanding activities?
- Is there something about the care environment itself that might be triggering the problematic behavior?
- What might your patient or loved one be trying to communicate with his or her behavior?

Keep a detailed journal of what happens each day so that you'll have an easier time identifying potential patterns, problems, or dietary or environmental triggers. Take notes about every activity, carefully recording your observations. Over time, you may start to recognize clues to what's causing the late-day behavior.

Find and circle all of the words that are hidden in this grid. The remaining 26 letters spell a popular Thanksgiving Day event.

ANNUAL  RELATIVES
AUTUMN  HARVEST  REUNION
CELEBRATION  HOLIDAY  SQUASH
CORN  LONG WEEKEND  STUFFING
CRANBERRY  MASHED POTATOES  SWEET POTATO
FAMILY  MEAL  THURSDAY
FEAST  NOVEMBER  TRADITION
FESTIVAL  PARADE  TRAVEL
FOOD  POKER  TURKEY
FOOTBALL  PILGRIMS
FRIENDS  PLYMOUTH  WAMPANOAG
GATHERING  PUMPKIN PIE  YAMS

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