

ISSUE II DECEMBER 2023



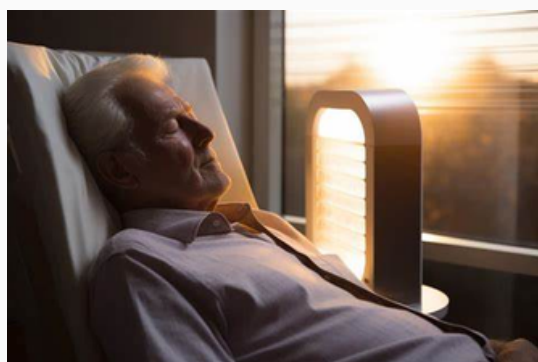
# PANDA PROJECT NEWSLETTER

PROVIDING ALZHEIMER'S 'N DEMENTIA ASSISTANCE

BY TAYLOR FISHER

## Encouragement to Start Your Day

"Those with dementia are still people and they still have stories and they still have character and they're all individuals and they're all unique. And they just need to be interacted with on a human level."  
-Carey Mulligan



## Recent Dementia News

New research found that light therapy may be useful in reducing sleep issues and psychobehavioral symptoms associated with Alzheimer's disease. Read more by clicking the link below!

[www.health.com/light-therapy-alzheimers-disease-symptoms-8413154#citation-1](https://www.health.com/light-therapy-alzheimers-disease-symptoms-8413154#citation-1)

## In-office News

PANDA Project participated in the office door decorating contest. We wish you Happy Holidays from the PANDA express! 🎄





## Event Recaps

PANDA Project has been working to make more of the West Alabama population aware of this program and the different ways we can help persons with dementia and their caregivers by outreach in each county.

## Upcoming Events

Discovering Dementia presentation coming soon to local schools! This presentation will educate students on what dementia is and has a virtual component that allows students to experience what it's like for someone living with dementia.

## PANDA Continues to Grow

To date, the PANDA project has enrolled 70 persons with dementia and over 52 caregivers.

## Dementia Supportive Item Spotlight

An Alternating Air Pressure Mattress Topper is ideal for individuals on extended bedrest. It provides an effective sleep solution for patients with painful pressure ulcers.



## LOCAL RESOURCE SPOTLIGHT

### ALABAMA CARES PROGRAM A CAREGIVER ASSISTANCE PROGRAM

For referrals or questions please contact the Aging & Disability Resource Center (ADRC) at 205-333-2990 or 1-800-AGE-LINE.

### GLOBAL TRACKING DEVICE FOR THOSE WHO SUFFER FROM MEMORY DISORDERS.

[www.projectlifesaver.org](http://www.projectlifesaver.org)

**How to contact PANDA:**  
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