



**SHOW YOUR LOVE**

TAKE A SELFIE AND TELL THE WORLD  
WHO YOU ARE HONORING  
ON #THELONGESTDAY

June 2026

# CAREGIVER CONNECTION Newsletter

THRIVE-ALLIANCE.ORG

## UPCOMING EVENTS

- 6/23 Caregivers and Coffee at Hos Coffee in North Vernon 9:30-11:30am
- 6/25 Virtual Dementia Tour at the United Way in Columbus 12-4pm
- 7/21 Caregivers and Coffee at the Sugar Shack in Nashville 2-4pm
- 9/15 Caregiver Seminar in Columbus

## MEANING OF “THE LONGEST DAY” FOR THE ALZHEIMER’S ASSOCIATION

For the Alzheimer’s Association, “The Longest Day” refers to the summer solstice on June 21, the day with the most hours of daylight of the year. It is a symbolic date chosen to represent hope and light, aiming to “outshine the darkness” of Alzheimer’s disease.

The longest day is all about love:

Love for our family members, friends and neighbors living with Alzheimer’s Disease, and for their heroic caregivers, whose days are truly never ending.



**Welcome June**

New month, new chapter,  
new page and new wishes.

May this month give you  
courage, strength, confidence,  
patience, self love and peace.

May everyday of June  
fill your days with  
joy, fun and laughter.

# How Technology Can Positively Affect A Senior's Mental Health

by Jennifer Bell

The golden years of life should be filled with happiness, connection, and the opportunity to explore new horizons. For seniors and their loved ones, technology has emerged as a valuable ally, enriching these years in ways we might not have imagined a few decades ago. In this article, we will delve into the transformative power of technology, focusing on three key aspects: long-distance connections, the health benefits it brings, and the power of lifelong learning. Each of these elements contributes to the mental well-being of seniors, making their journey through life's later stages not just manageable but truly enjoyable.

## Long-Distance Connections: Bridging the Gap

One of the most remarkable aspects of technology is its ability to connect people, regardless of the physical distance that separates them. For seniors and their loved ones, this can be a game-changer. Here are some ways in which technology facilitates and enhances long-distance connections:

**Video Calls and Virtual Visits:** Platforms like Zoom, Skype, and FaceTime have made it easier than ever for seniors to see and interact with their loved ones, even if they are miles apart. These virtual visits provide a sense of closeness and reduce feelings of isolation.

**Social Media and Online Communities:** Seniors can join social media platforms and online communities that cater to their interests and hobbies. This allows them to connect with like-minded individuals, share experiences, and build friendships, fostering a sense of belonging.

**Online Book Clubs and Forums:** Seniors who enjoy reading and discussing literature can participate in online book clubs and discussion forums. These platforms allow them to engage in intellectual conversations and connect with fellow book enthusiasts from around the world.

**Online Gaming:** Gaming isn't just for the younger generation. Many seniors enjoy playing online games that challenge their minds and provide opportunities for social interaction. This can be a fun way to stay mentally active while connecting with others.

**Virtual Support Groups:** Seniors facing specific challenges or health conditions can benefit from virtual support groups. These online gatherings provide a platform for sharing experiences, advice, and emotional support with peers who may be going through similar situations.

**Family Portals and Shared Calendars:** Technology offers tools for families to stay organized and connected. Family portals and shared calendars help seniors and their loved ones coordinate activities, appointments, and important events, ensuring everyone stays in the loop.

## The Health Benefits of Technology for Seniors

In addition to fostering connections, technology offers a range of health benefits for seniors. Let's delve into how these advancements can positively affect their mental health:

**Mental Stimulation:** Apps and games designed to challenge memory, problem-solving, and cognitive skills are readily available. These digital tools provide mental stimulation, helping seniors keep their minds sharp and engaged.

**Telehealth Services:** Telehealth has revolutionized healthcare accessibility for seniors. They can now consult with healthcare professionals and caregivers from the comfort of their homes, reducing the stress associated with travel and wait times. This accessibility promotes better mental health by addressing health concerns promptly.

**Medication Management:** Many seniors rely on medications to manage their health. Technology has introduced medication reminder apps that ensure seniors take their prescriptions on time, reducing anxiety related to missed doses.

**Health Monitoring Devices:** Wearable technology, such as fitness trackers and smartwatches, allows seniors to monitor their health in real time. Tracking vital signs and activity levels provides a sense of control over their well-being, which can positively impact mental health.

**Access to Information:** The internet offers a wealth of information on health and wellness. Seniors can stay informed about their conditions, research treatment options, and find resources to support their mental health.

**Virtual Reality Therapy:** Emerging technologies like virtual reality (VR) are being used to treat conditions like anxiety and PTSD. VR therapy can transport seniors to calming and immersive environments, offering relief from stress and anxiety.

**Lifelong Learning:** Expanding Horizons Through Technology

One of the most remarkable aspects of technology is its capacity to support lifelong learning. Seniors who engage in continuous learning activities often experience improved mental health and a greater sense of purpose. Here's how technology enables seniors to embark on a lifelong learning journey:

**Online Courses and Webinars:** Numerous online platforms offer a vast array of courses and webinars on various subjects, from art and history to technology and science. Seniors can explore their interests and acquire new knowledge from the comfort of their homes, fostering a sense of accomplishment.

**E-books and Audiobooks:** Technology has made reading more accessible than ever. Seniors can access a multitude of e-books and audiobooks, tailoring their reading experience to suit their preferences. This not only enhances their mental agility but also provides hours of enjoyment.

**Virtual Museums and Tours:** Technology allows seniors to virtually explore museums and historical sites from around the world. This immersive experience can spark curiosity and a love for culture and history, contributing to a more enriched life.



**Language Learning Apps:** Learning a new language can be an enjoyable and mentally stimulating experience. Language learning apps make it convenient for seniors to embark on a linguistic journey, opening doors to new connections and cultural insights.

**Online Workshops and Craft Tutorials:** Seniors with a creative flair can access online workshops and craft tutorials. These activities provide a creative outlet and offer a sense of accomplishment as they create beautiful works of art or master new skills.

**Digital Gardening and Horticulture Resources:** For seniors with a green thumb or an interest in gardening, technology provides access to digital gardening resources, including planting guides, garden design apps, and virtual gardening communities. These resources allow seniors to nurture their love for plants and connect with fellow garden enthusiasts.



In an era where physical distances may separate families and friends, technology steps in as a bridge to connect hearts. The health benefits of technology extend far beyond convenience, empowering seniors to take control of their well-being. Engaging in lifelong learning through technology not only keeps the mind sharp but also promotes a positive outlook on life. In this digital era, technology stands as a guardian of mental health, supporting seniors in their pursuit of a fulfilling and vibrant life. Embracing technology can lead to happier, healthier, and more connected senior years. In a world where technology often seems geared towards the younger generation, it's essential to recognize and celebrate the positive impact it has on seniors' mental health and overall quality of life.

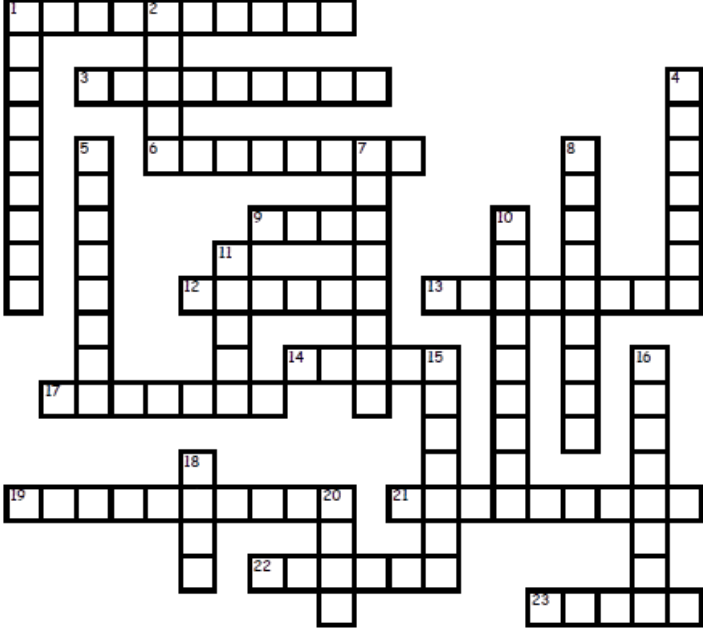
Crossword: Summer Fun at the Beach






**Word Bank**

seashells	sand	sandcastle	ocean	kite	sunburn	sunscreen	umbrella
pail	seagull	crabs	blanket	flipflops	lemonade	suntan	clams
boardwalk	towel	souvenir	surfboard	sailboat	sunglasses	cooler	icecream



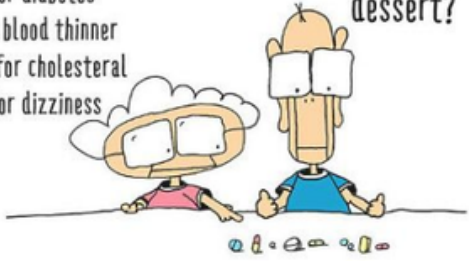
**Across**

1. something you build at the beach
3. wood walkway with rides, games, shops and food
6. something you buy to remember your trip
9. a flying toy that's fun to use at the beach
12. place to keep food and drinks cold
13. something that floats that uses the wind's power
14. small sea creatures with pincher claws
17. a type of bird seen at the beach
19. worn to protect eyes from the sun's glare
21. a lotion that protects your skin from the sun
22. you get this by laying in the sun
23. salty water with waves

**Down**

1. pretty things you find on the beach
2. sea creature, has shell, find by digging for them
4. a cloth you can lay on at the beach
5. a cool drink for a hot day at the beach
7. frozen treat, eat before it melts!
8. large object used to ride the waves
10. beach shoes
11. dries you when you come out of the water
15. what you get if you stay in the sun too long
16. makes shade for you at the beach
18. another name for a bucket
20. very tiny tan grains of rocks on the beach

That pill is for your heart  
that one is for your eyes  
that one is for blood pressure  
That's for diabetes  
that's a blood thinner  
That is for cholesterol  
That's for dizziness



UNDER CARDIAC ARREST  
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Do you have an email address?  
Want to receive your newsletters electronically?  
Please submit your email address to [jferril@thrive-alliance.org](mailto:jferril@thrive-alliance.org) for future correspondence!

If you desire a listing of caregiver support groups, whether live or virtual, please e-mail or call me at 812-399-5854.

We also have a Thrive Alliance Caregiver Resources Facebook group. Please e-mail or call if you would like to be a part of the group. If you want to be removed from the mailings, please let me know as well.

Sincerely,  
Jane



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YOUR SUPPORT INSPIRES US TO GROW,  
CREATE, AND KEEP DELIVERING OUR  
BEST EVERY SINGLE DAY.

# Aging Brain Care (ABC) Community

*Specialized Education and Support  
for Dementia Caregivers*



## WHAT IS THE ABC COMMUNITY?

ABC Community is a caregiver training and support program from Indiana University Geriatrics, led by certified ABC Care Coaches. This proven model helps reduce the stress of caring for a loved one living with dementia by providing caregivers with education, guidance, and access to valuable resources.

## HOW CAN THRIVE ALLIANCE'S ABC CARE COACH HELP CAREGIVERS?

- Caregiver skills training and education
- Assesses caregiver stress by completing Healthy Aging Brain Care (HABC) Monitor on a routine basis
- Completes the evidence-based Caregiver Stress Prevention Bundle (CSPB)
- Provides support for people living with dementia and their caregivers

## INTERESTED IN LEARNING MORE?

**Jane Ferril, ABC Care Coach**



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Participate!*



# ThriveAlliance

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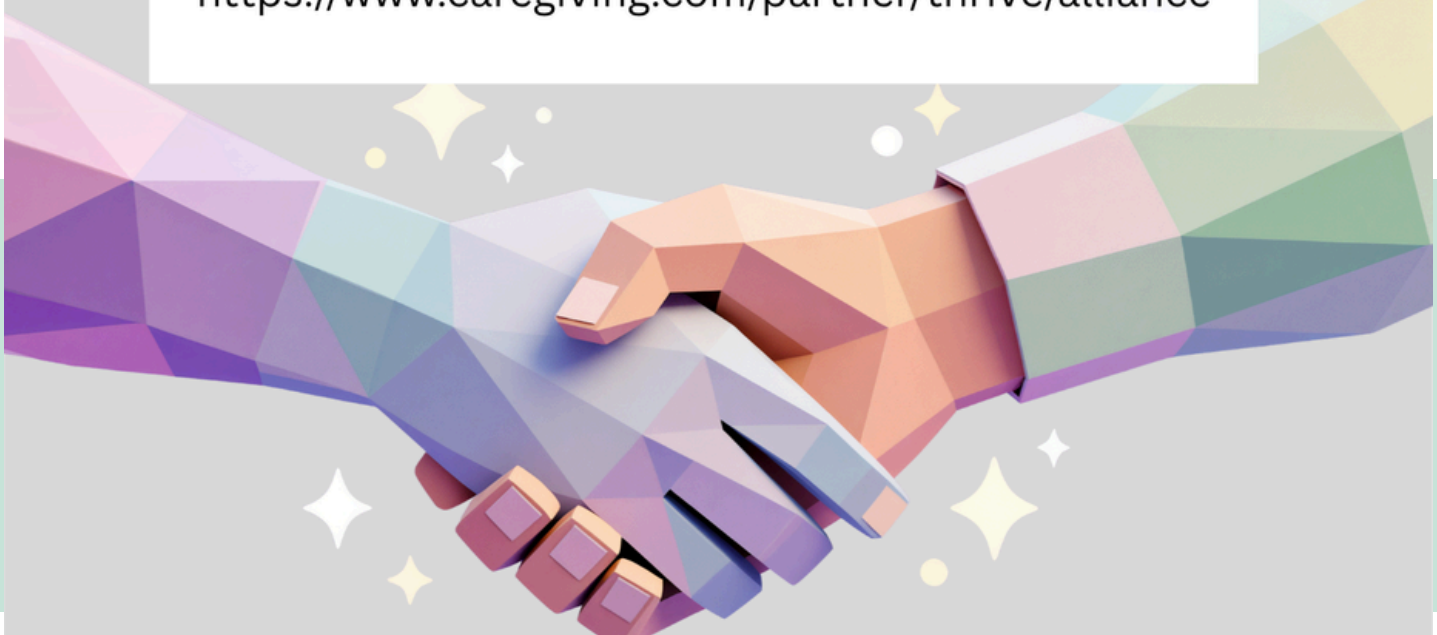
## WE'VE TEAMED UP WITH CAREGIVING.COM

To enhance support for caregivers in our community. From resources to connection and everything in between, we're here for you every step of the way.

Our Direct Link:

*Sign up  
for FREE*

<https://www.caregiving.com/partner/thrive/alliance>





**ThriveAlliance**  
Enhancing lives. Building communities.

# Dementia Awareness for Businesses



## TRAINING SERIES OPPORTUNITY



### Dementia Friends

Individual training in group setting to increase understanding, challenge stigmas, connect to local resources, and engage in community support. Training takes approximately 1 hour.

**INDIANA**



**DEMENTIA FRIENDLY COMMUNITIES**

### Dementia Friendly Communities

Promotes change and education at the community level including specialized dementia friendly business trainings. Training takes approximately 1 hour.



### Virtual Dementia Tour

An evidence-based program simulating changes associated with cognitive decline building sensitivity and awareness. Tours last approximately 30 minutes.

**MAKE A DIFFERENCE DONATE TODAY!**



For More Information Call Us  
or Visit Our Website  
<https://thrive-alliance.org/contact/>

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ext. 2402**