



A LIFE WELL FED
Recipes to Remember

Confessions from a Pantry

Volume 6: August 29, 2024



My Favorite Photo of the Month

Dear Friends,

Yikes! The month of August nearly escaped me without a newsletter. Our first summer in Colorado has been filled with friends, family, and countless hours spent with all 11 grandchildren. If I ever had any doubt, this summer has truly defined what it means to live a life well fed.

Celebrating a Milestone

This week, we celebrate a significant milestone made possible by the unwavering support of friends like YOU. I am thrilled to announce that *A Life Well Fed* has officially been granted 501(c)(3) nonprofit status by the IRS—a major step forward in our mission to fight Alzheimer's. This designation not only affirms our commitment but also opens new doors for partnerships with corporations, many of which require 501(c)(3) status to make contributions.

Here's How You Can Help!

As the saying goes, *"It's not what you know, but who you know."* The best connections often come through personal networks, and that's where you come in. If you, or someone you know, has a connection to a company, large or small, and would be willing to share your connection, I'd love to hear from you. You can reach me at kathy@alifewellfed.org to share your connection.

Recipe of the Month



Flatbreads

Everything you see in this photo is a staple in my pantry, fridge, or freezer. This month I'm sharing must-haves and pantry secrets to make fabulous flatbreads at a moment's notice. Whether neighbors stop in for an impromptu visit, the grandkids want a late-night snack, or I'm just not in the mood to cook, flatbreads are always a hit! The best part....everyone can choose their favorite toppings. [Click here](#) to get my favorite ingredients, along with tips and tricks that will take an ordinary flatbread and turn it into an out-of-this-world treat that will WOW your guests.

Taking a Loved One Out of Their Environment:

Helpful or Harmful?

It's a difficult question and there is no simple answer. Each decision will be unique to the person and the moment. Cognitive stimulation outside of the home can aid in memory recall and help slow the progression. Interacting with others can help to break the monotony and loneliness many people feel when confined to the same four walls. Those feelings can lead to depression and intensify symptoms of dementia. Getting out is good! But a change in environment is not without challenges. At any moment, an unfamiliar circumstance can trigger anxiety or delusions that can turn a lovely outing into a stressful situation for everyone. Recognizing potential triggers, having a backup plan, and exercising patience are essential before taking a loved one out of their familiar surroundings.

My Journey

Unlike my mother, who was relatively easygoing, my dad could be unpredictable. Taking him out of the home had its moments. After living in Arizona for 15 years, it was time to bring him back to Lincoln to be near family. Our first attempt failed. He refused to leave his memory care home. Rather than create a big incident, we left without him and decided to try another time. A few months later my sister Lori and I planned every detail, which included his caregivers planting the seed that living in Lincoln near family would be a wonderful idea. It also included working with his doctor to adjust his medications and reduce the potential of agitation. This time, he was his usual charming self and willing to get on the plane. I also created a business card that I thought might help diffuse any awkward situations while out in public.

The person I am with
suffers from dementia.

*Thank you
for your patience!*
Lu

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The first two cards were given to the TSA agents as a pre-emptive move. Waiting at the gate, my dad struck up a conversation with a girl around 9 or 10 years old. At one point, I noticed the look on her mother's face and thought perhaps his grandfatherly enthusiasm was a bit too much. I sat down next to the girl's mother and handed her the card. Later, he started to chat with a distinguished elderly lady,

I sensed she wasn't in the mood for conversation. So I sat down next to her and discreetly handed her a card.

With each person who received a card, I observed their reaction. There was an immediate change in their body language, eye contact, and a compassionate nod of acknowledgment. We made it home to Lincoln without a single incident and my dad enjoyed his final months surrounded by his children and grandchildren.

The next time you take a loved one who is suffering from dementia out of their familiar surroundings, consider carrying a card or handwritten note similar to this. You'll be glad you did.



Dad and my sister Lori - May 30, 2019

That's all for now! Thank you for taking this journey with me. I hope you'll share this newsletter and our project with someone you know who has been impacted by Alzheimer's or dementia. Together, we can make a difference, one recipe at a time.

Until next time, I wish you health, happiness, and a life well fed.

A purple ribbon logo with the name "Kately" written in a cursive font.

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