

The NSCWL Monthly



September 2026



September is World Alzheimer's Month

Awareness. Connection. Understanding

Welcome to The NSCWL Monthly!

Welcome to the very first issue of *The NSCWL Monthly*!

Navigating senior care can feel overwhelming, whether you're a family caregiver, activity professional, healthcare worker, or simply someone who cares about an older adult.

That's a big part of why *Navigating Senior Care with Leah* exists.

My hope is to make a little piece of that journey easier by sharing practical information, dementia education, meaningful activity ideas, community resources, and things you can actually use.

Because senior care is about so much more than meeting physical needs. It's knowing someone's story, respecting their choices, and helping them continue to feel valued, connected, and seen.

I hope *The NSCWL Monthly* becomes a place where families, caregivers, healthcare professionals, and senior-care advocates can find something useful.

Each issue will bring a mix of dementia education, caregiving tips, activity ideas, community resources, and simple reminders about what matters most in senior care. Above all, I want this newsletter to feel helpful, encouraging, and human.

Senior care isn't always easy, but the right information and support can make the journey feel a little less overwhelming.

I'm so glad you're here for Issue No. 1.

*With Care,
Leah Adkins*

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ACTIVITIES & CONNECTION

Shining Through the Years

National Assisted Living Week
September 13-19, 2026

This year's National Assisted Living Week theme, "Shining Through the Years," is a beautiful reminder that every older adult carries a lifetime of stories, experiences, lessons, and memories worth celebrating.

Assisted living is about more than providing support with daily needs. It is about creating a place where people can continue to connect, laugh, participate, share their wisdom, and be recognized for the lives they have lived and the people they still are today.

It is also a time to recognize the caregivers, staff, volunteers, families, and communities who help make those meaningful moments possible.

This week, celebrate the people behind the care. Ask about their favorite memories. Look through old photographs. Play familiar music. Share stories. Celebrate accomplishments. Most of all, take the time to listen.

Because aging does not erase a person's story.

They are still shining through the years.



Here are five meaningful ways to honor older adults' stories

1

Through the Years Gallery

Invite residents and families to share photos from different stages of life with a short memory beside each one.

2

A Life in Music

Ask residents to name songs tied to childhood, teen years, marriage, work, or family memories, then create a playlist.

3

Words Worth Keeping

Ask things like: What are you most proud of? What advice would you give your younger self? Display the answers.

4

Then & Now

Compare prices, cars, clothing, music, technology, and everyday life from one decade with today.

5

Resident + Staff Spotlight

Pair residents and team members for short interviews and conversation.

Healthy Aging Moment

Curiosity Has No Age Limit

Try something new this month: Ask a question, learn a fact, pick up a hobby, or strike up a conversation. New experiences keep our minds and hearts thriving.



CARE & EDUCATION

Falls Prevention Quick Tip

More than 14 million adults age 65 and older—about 1 in 4 report falling each year in the United States. Falls are common, but they are not an inevitable part of aging. Source: CDC

LOOK • ASK • MOVE



LOOK

Check for clutter, loose rugs, poor lighting, cords, and other tripping hazards.



ASK

Ask about dizziness, balance changes, vision concerns, or medications that may increase fall risk.



MOVE

Safe, regular movement helps support strength, balance, and confidence.

Small changes can help prevent falls.

Small Change Challenge

Take five minutes this week to look at one room through a fall-prevention lens. You may notice something you've walked past a hundred times.

Dementia Corner

Why an Early Diagnosis Matters

Occasional forgetfulness can happen with normal aging, but memory or thinking changes that begin interfering with daily life deserve attention. An evaluation is important because many different conditions can affect memory and cognition.

An earlier diagnosis may allow more time to explore treatment options, connect with support, build a care plan, and include the person in future decisions.

Possible Warning Signs

- Repeatedly forgetting recently learned information
- Difficulty completing familiar tasks
- Confusion about time or place
- Noticeable changes in communication, judgment, mood, or personality



CARE & EDUCATION

The Care Plan Notebook

One simple place for the details that matter

When you're helping manage someone else's care, information can pile up quickly—medications, appointments, phone calls, new symptoms, provider names, questions you meant to ask and things someone told you not to forget.

A simple care plan notebook can help keep those details in one place. It doesn't have to be fancy. A notebook, binder or dedicated note on your phone can work.

A few things worth keeping:

- Current medication list and allergies
- Healthcare provider names and phone numbers
- Diagnoses and important medical history
- Upcoming appointments
- New symptoms or changes you've noticed
- Questions you want to ask at the next visit
- Notes from appointments or care plan meetings
- Important insurance and care contact information

One Extra Tip: Date your notes. A short entry like "Sept. 8 - more tired than usual and skipped lunch" may not seem important at the time, but a dated record can make it much easier to recognize patterns and explain changes later.

You don't need to remember everything. You just need a reliable place to put it.



Connection Matters.
Small moments can make a big
difference

Person-Centered Care Moment

"The diagnosis tells you something about the person. Their story tells you how to care for them."

This month, learn one thing about an older adult that isn't written on their chart.

Prompt ideas:

First job • Favorite song • Nickname • Something they're proud of • Holiday tradition • Something they could teach you



The Senior Spark

A LITTLE FUN. A LOT OF GOOD.



Did You Know?

September is National Good Neighbor Day!

This day reminds us how important it is to look out for one another. A friendly smile, a kind word, or a small gesture can make a big difference in someone's day and in your community.

Fun Fact:

National Good Neighbor Day was first established by presidential proclamation in 1978 and is now celebrated each year on September 28.



Today's Spark

"Small acts of kindness create a ripple effect that lasts a lifetime."



Word Search

Find the words listed below. They can be found across, down, or diagonally (forward or backward).

W	K	X	L	A	U	G	H	W	D	H	L
H	S	P	K	N	X	M	F	M	T	E	C
O	C	F	G	A	U	J	O	Y	K	A	O
P	O	Z	R	T	K	P	S	L	W	L	N
E	F	K	A	U	F	E	E	O	J	T	N
F	F	I	T	R	A	A	N	U	M	H	E
R	E	N	I	E	M	C	I	T	E	B	C
I	E	D	T	W	I	E	O	D	M	L	T
E	K	N	U	Z	L	K	R	O	O	W	I
N	O	E	D	I	Y	V	J	O	R	A	O
D	M	S	E	A	S	F	H	R	Y	L	N
S	X	S	F	U	N	V	I	S	N	K	S

Find these words:

- Gratitude
- Health
- Hope
- Friends
- Walk
- Nature
- Kindness
- Laugh
- Outdoors
- Family
- Peace
- Connections
- Memory
- Coffee
- Fun
- Joy
- Senior

Reminisce & Reflect



Take a moment to chat, share or simply think about...

- 1 What was your neighborhood like when you were growing up? What made it special?
- 2 What are some of your favorite memories of the changing seasons?
- 3 Who was (or is) your good neighbor? What did they do that meant a lot?



Print an extra copy and share The Senior Spark with a senior you love.

Practical guidance. Meaningful connection. Better senior care.



The NSCWL Connection

Resource Spotlight



Brain Sparks for Seniors

Brain Sparks for Seniors is a 54-card “Name Three” activity designed to encourage conversation, recall, creativity, and mental stimulation.

Great for:

- ✓ One-on-one
- ✓ Small groups
- ✓ Families
- ✓ Activity programs
- ✓ Quick low-prep conversation

View More at:

www.navigatingseniorcarewithleah.com



Let's Talk Senior Care

Have a question about senior care, dementia, activity ideas, resident rights, care options, or what to do next? Send your question to NSCWL. Your question may inspire a future issue of The NSCWL Monthly.

Community Connection



Interested in starting a group for your organization or community? Scan the QR code or submit a request through my website.

Enid Walk to End Alzheimer's

NSCWL is proud to be participating in the 2026 Walk to End Alzheimer's in Enid as team [Navigating Steps of Hope](#). I welcome you to join the team!



MARK YOUR CALENDAR

October 16, 2026 • 5:30 pm

Location:

**North Lawn of the Garfield County
Courthouse
114 W Broadway Ave
Enid, OK 73701**

*Every step
represents someone's story*

Stay Connected:

WWW.NAVIGATINGSENIORCAREWITHLEAH.COM

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Thank you for reading!