

Issue Areas:
Seniors



Puzzles to Remember

Jigsaw puzzles can help the brain in more ways than one for seniors with Alzheimer's disease or another form of memory loss. Puzzles stimulate cognitive functioning, can stir pleasant childhood memories and research has shown that puzzle-building can decrease the rate of decline in seniors with Alzheimer's. The activity also provides social opportunities for loved ones, caregivers and volunteer visitors. Help seniors fight Alzheimer's by volunteering to visit and do puzzles or by donating puzzles to organizations that serve seniors.

Contact local organizations that work with seniors – nursing homes, veterans' homes, senior community centers or assisted living facilities – and tell them that you'd like to visit the seniors, do puzzles with them and donate puzzles. You can collect puzzles or decorate and make your own.

You can learn more information about puzzles and Alzheimer's at www.puzzlestoremember.org



What You Need

- Puzzles
- Markers and poster board for sign making if doing a puzzle collection



Before the project

READ ONE OF THESE BOOKS.

Sunshine Home by Eve Bunting

This is a good story for anyone planning to visit a nursing home. Bunting's warm and heart-warming portrayal of a family facing the challenges of aging and discovering how much they need and love one another.

Wilfrid Gordon McDonald Partridge by Mem Fox

This is an amazing book that connects children with seniors and sets the stage for acts of kindness. It is a poignant story of a developmentally appropriate explanation to a young boy about losing one's memory.

Max Wallach
2011 Hasbro Community Action Hero

As a child, Max Wallach spent a lot of time with his great grandmother who was afflicted with Alzheimer's disease. During the last year of her life, she was in and out of several hospital dementia wards where Max noticed that patients who were working on jigsaw puzzles seemed calmer than their frequently agitated peers. He researched Alzheimer's disease, and learned that staying mentally active can help postpone the point at which an Alzheimer's patient is no longer functional in society.

Max's great grandmother passed away in 2007 and in 2008, Max founded Puzzles to Remember, an organization that provides puzzles to nursing homes, veterans facilities, and other facilities that care for Alzheimer's and dementia patients. Max noticed that a lot of the puzzles being donated for the patients were juvenile and in 2010 he partnered with Springbok to produce the Puzzles to Remember line of 36-piece jigsaw puzzles for individuals suffering from Alzheimer's disease. Max has followed his passion to help people through practicing medicine with compassion. He graduated from Boston University and worked as a Research Intern in the Molecular Psychiatry and Aging Laboratory in the Department of Pharmacology and Experimental Therapeutics at Boston University School of Medicine. He is currently a student at Harvard Medical School.

My experiences with this disease have elucidated my lifelong path to tackle this disease on multiple fronts, encompassing compassionate care of those afflicted, support for weary caregivers, and research to find treatments and, perhaps, a cure.
- Max Wallach

Hailey Richman
2016 Hasbro Community Action Hero

Since 2011, Hailey Richman has been the Associate Director for Puzzles to Remember, helping distribute puzzles to nursing facilities around the globe. Hailey also spends time doing the puzzles with nursing home residents. She always brightens their days. Hailey is also the founder of KidCaregivers.com, where she provides advice for children dealing with dementia in their family members.