



Care Partner Support Group Newsletter



Supporting Families. Empowering Caregivers

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The Power of Connection: Why Socializing Matters for People with Dementia

Dementia is a term used to describe a range of cognitive impairments that affect memory, thinking, and daily functioning. While the impact of dementia varies from person to person, many individuals with this condition experience a decline in their ability to communicate, remember, and engage with others. As a result, social isolation becomes a significant risk for people with dementia. However, research has shown that maintaining social interactions is crucial to improving their overall well-being. Socializing offers more than just emotional comfort—it can have profound physical, cognitive, and emotional benefits. In this blog, we will explore the importance of socializing for people with dementia and the positive effects it can have on their health.

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Improved Cognitive Function Engaging in social activities and interactions is one of the most effective ways to keep the brain active. While dementia leads to cognitive decline, staying socially active can slow down the progression of memory loss and cognitive impairment.

Stimulation for the brain:

Conversations, puzzles, games, and group activities challenge the brain and promote mental agility. Even simple interactions, such as chatting with friends or family members, provide cognitive stimulation that can help maintain mental sharpness.

Memory benefits: Socializing can help people with dementia retain memories and improve their ability to recall information. Engaging in conversations or reminiscing about the past with loved ones can trigger memories and provide a sense of familiarity.



Research suggests that people with dementia who participate in regular social activities may experience slower cognitive decline than those who are isolated. Social engagement acts as a mental exercise, which is especially important for those with dementia-related conditions like Alzheimer's disease.

Enhanced Emotional Well-Being One of the most significant effects of dementia is its emotional impact on the individual. People with dementia often experience feelings of confusion, frustration, sadness, and loneliness as their cognitive abilities decline. Socializing provides an opportunity to alleviate some of these emotional challenges.

Reduced anxiety and depression:

Social interaction can help reduce feelings of anxiety, depression, and sadness that are common among people with dementia. Positive social experiences, like spending time with friends or family, can boost mood and improve emotional regulation.

sense of connection and belonging, which is essential for mental health. It provides individuals with dementia with a feeling of being valued and understood, even if they struggle to communicate effectively.

Sense of belonging and purpose:

Engaging with others reinforces a

Increased joy and enjoyment:

Participating in social activities—whether it's having a cup of tea with a friend, singing with a group, or taking



a walk in the park—can bring joy and emotional fulfillment. Enjoyment from these experiences contributes to

Prevention of Social Isolation Social isolation is a significant concern for people with dementia, as the disease can make it harder for individuals to initiate or maintain relationships. Isolation can lead to feelings of loneliness, which in turn can have negative effects on mental and physical health.

Combatting loneliness: People with dementia often withdraw from social activities because of their difficulties with communication or embarrassment about their condition. However, staying socially connected is vital in preventing loneliness. Socialization offers a sense of companionship and comfort, reducing the negative effects of isolation.

A lack of social interaction can exacerbate feelings of helplessness, leading to increased behavioral and emotional challenges. Therefore, fostering an inclusive, engaging social environment can reduce the risk of social withdrawal.

Improved Physical Health

Maintaining social relationships can also contribute to improved physical health for people with dementia. Engaging in social activities often involves physical movement, which provides a variety of health benefits.

Promotes physical activity: Socializing often includes activities such as walking, dancing, or playing group games, which encourage physical movement. Regular physical activity helps to maintain mobility, flexibility, and overall physical health. It also reduces the risk of physical decline, falls, and other health complications that can arise from a sedentary lifestyle.

Better sleep: Engaging with others and maintaining a social schedule can also improve sleep quality. For individuals with dementia, poor sleep is a common [https://dementiafamilysupport.org/the-power-of-connection-why-socializing-matters-for-people-with-dementia/](https://dementiafamilysupport.org/the-power-of-connection-why-socializing-matters-for-people-with-dementia/about-st-patrick's-day-facts) [about st patrick's day facts - Search Images](#)

the overall quality of life for people with dementia.

Better emotional connections: Even if a person with dementia struggles to express themselves, the act of being surrounded by loved ones or engaging in group activities can help strengthen emotional bonds. These connections provide a sense of security and reassurance, especially in the later stages of dementia.



problem, often leading to increased confusion and irritability. Social activities, particularly those that involve mild physical activity or relaxation, can help promote more restful sleep.

Decreased risk of health decline: Chronic loneliness and isolation can increase the risk of developing other health problems, including heart disease, high blood pressure, and weakened immune function. By staying socially connected, people with dementia may have a lower risk of developing these complications.

Preservation of Identity and Self-Esteem

As dementia progresses, individuals may struggle with their sense of self and identity. Socializing plays a vital role in helping individuals with dementia maintain a sense of who they are.

Reinforces personal identity: By interacting with others who know them well, people with dementia are reminded of their past achievements, interests, and values. This reinforces their identity and helps maintain a sense of self-worth.

Promotes positive self-esteem: Feeling accepted and respected by others boosts self-esteem and confidence. Regular social interactions can prevent individuals with dementia from feeling diminished or defined by their condition, instead reinforcing their value as individuals.

Strengthening Relationships with Caregivers and Loved Ones

Socializing doesn't only benefit people with dementia; it also strengthens the relationship between caregivers, family members, and friends. Caregivers can experience stress, burnout, and emotional exhaustion. Encouraging social interaction between a person with dementia and their loved ones can help alleviate some of these challenges.

Quality time together: Socializing allows caregivers and family members to spend meaningful time

with the person with dementia. This fosters stronger emotional connections and helps preserve

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meaningful relationships as the disease progresses.

Relief for caregivers: Encouraging the person with dementia to participate in social activities, whether

at home or in a community setting, provides caregivers with opportunities for respite and self-care. It helps prevent caregiver burnout and ensures that they can continue to provide the best possible care for their loved ones

Community and Group Activities

Community-based activities, such as day programs, senior centers, or support groups, offer people with dementia the opportunity to engage with others in a safe, structured environment. These programs are specifically designed to meet the needs of individuals with dementia, providing tailored activities that stimulate cognitive, emotional, and physical engagement.

Structured activities: Participating in community programs or support groups provides a sense of routine, which is especially important for people with dementia who thrive on familiarity and structure.

Social interactions with peers: Being with others in similar situations can be reassuring for people with dementia. These environments promote peer support, camaraderie, and shared experiences, which can help individuals feel understood and less isolated.

Socializing is essential for maintaining the health and well-being of people with dementia. It provides cognitive, emotional, and physical benefits, helps combat loneliness, and promotes a sense of connection and belonging. Social activities can slow the progression of cognitive decline, improve mood, reduce stress, and even contribute to better physical health. For caregivers, encouraging social interaction is just as important, as it provides respite and strengthens relationships.

Ensuring that people with dementia continue to engage with others, whether through family visits, group activities, or community programs, is crucial to their overall quality of life. Social connections are fundamental to maintaining dignity, self-esteem, and a sense of identity, even as dementia changes the way a person

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communicates and interacts with the world. By fostering a supportive and socially active environment, caregivers can help individuals with dementia lead fulfilling, connected lives.



St. Patrick's Day

St. Patrick's Day has become a holiday synonymous with heavy drinking and wearing the colour green. The holiday is meant to celebrate Saint Patrick, the patron saint of Ireland, who is accredited for converting the Irish pagans to Christianity. March 17 marks the date of his death in 461.

1762



First St. Patrick's Day Parade held in New York.
Held as a way of showing the political organization of Irish immigrants who were treated poorly at the time.

The shamrock is the symbol of St. Patrick. He used its three leaves to help explain the holy trinity to the Irish pagans and convert them to Christianity.



2013

On St. Patrick's Day an estimated 4.2 billion pints of beer were consumed world wide.



1903 - 1970

St. Patrick's Day classified as a religious holiday meaning pubs were closed.
Reclassified as a national holiday in 1970.

Sources
http://voices.nationalgeographic.com/2011/03/17/green_beer_hidden_water_footprint/
<http://www.cnn.com/2013/03/15/living/btn-st-patricks-day/>
<http://www.ibtimes.com/st-patricks-day-2015-fun-facts-about-irelands-patron-saint-irish-holiday-1844356>



March

Care Partner Support Group Meetings

In-Person Meeting

3.6.26 Denham Springs 12pm

3.12.26 Greenwell Springs 11am

3.9.26 First Baptist, Zachary 12pm

3.9.26 Gonzales 1:30 pm

3.16.26 Parkview Baptist 1pm

3.16.26 New Roads 4pm

Virtual Zoom Meeting

3.4.26 Alzheimer's Services 10 AM

3.13.26 In the Beginning 2:30 PM

3.17.26 7 PM



Facilitator:

Shyrell Parker, Program Coordinator
Alzheimer's Services
(225) 408-3101



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SERVICES
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Alzheimer's*
2026 Upcoming Events

Feb 10
MUSIC &
MOVEMENT

April 14
Flower
Arranging
Class

June 9
Music
BINGO

Aug 11
MOVIE

Oct 20
potions
class

Dec 8

for more info & to register, contact Brook at
225-334-7494 or programs3@alzbr.org

Resource of the Month

TLC

A colorful flyer for a Spring Picnic event. The background features a large green tree on the left, a blue sky with white clouds, a red bicycle with a basket of flowers on the right, and a picnic basket on a pink checkered blanket in the foreground. A speech bubble from the tree says "lunch provided!".

Alzheimer's
SERVICES
of the Capital Area

Spring Picnic TLC

Friday, March 13
11am - 1pm
Alzheimer's Services of the Capital Area
3772 North Blvd. Baton Rouge, LA 70806

This event is for those
with dementia and their
care partners.

RSVP required to Ellen,
225-334-7494,
programs@alzbr.org

lunch provided!



Brainteaser

Solve these visual word puzzles by looking for clues in the placement, color, or number of words. Have fun!

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league

BIRDS

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Spring
Summer
Autumn
Winter

Must Get Here
Must Get Here
Must Get Here

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