

STARLAB NEWSLETTER

Resource Spotlight

California Resource Center has many videos and blog posts for caregivers no matter where you live. Some topics include home safety tips and how others can help caregivers.

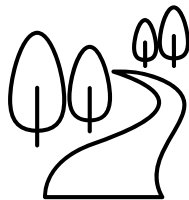
Click [here](#) to learn more!

Also, check out this [video](#) from the National Institute on Aging that explains the benefits of participating in research.

Free Outdoor Activities!

As the weather warms up, here are some ideas for fun in the sun.

- Walking trails at a park
- Trips to the farmer's market
- Bird watching
- Trips to the zoo
- Mini golf



Emergency Preparedness

Emergency situations – such as tornadoes, hurricanes, heat waves, fires and blizzards – can significantly impact safety, especially for individuals with Alzheimer's and dementia, who may find them distressing and confusing. Being prepared is crucial. There are steps and precautions you can take to be as ready as possible. However, if you find yourself in extreme weather or a natural disaster, there are still actions you can take to keep you and the person living with dementia as safe as possible.

Please see article attached to this email for more information.



Share Our Study!

If you know any caregivers who would want to participate in our study, have them scan this QR code.



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