



Hello Paul,

This month's newsletter has some advice on how to interact with someone living with Dementia as well as information about a free CEU for Social Workers and Certified Case Managers. Before that, though, some talk about the change of season.

For Susan and I, the season that follows summer is Walk Season. There are over 600 Walks to End Alzheimer's across the US held in the early fall - *Walk Season*.

The [Westchester Walk is October 1st](#) at Westchester Community College and the [Fairfield County Walk is October 8th](#) at Calf Pasture Beach in Norwalk.

My mom passed away from Alzheimer's disease in 2018 so we walk in her honor. We call our Walk Team "*Joan's Backhand*" because she was an active tennis player well into her 80's, I have very vivid memories of the day I told my mom the name of the team, she quickly quipped, "My forehand's better." That was my mom.

This year we'd love for you to join our team or support it however you can. Here's [a link to our team page](#). Please consider joining our team or donating to it for this year's walk, it would mean the world to us.

Our support of the Alzheimer's Association was never really about my mom. There was never going to be a cure for her. Instead, it was for her kids and grandkids and the families Susan and I work with every day. The Alzheimer's Association supports research as well as resources for families living with dementia. We support that. [Please consider joining us](#).

**Tips on How To Approach
Someone Living with
Dementia**

Dementia is a condition that affects millions of seniors worldwide. It can be a challenging disease for both the person living with it and their loved ones. Communication can become difficult as the disease progresses, and it can be hard to know what to say or how to act around someone with dementia. In this blog, we will provide you with some tips on how to approach someone living with dementia.



[READ MORE](#)

Fresh Pesto Sauce with Basil

This month's

The Downsized
Gourmet™

Ingredients

- 2 cups fresh basil leaves
- ½ c. olive oil
- 3 T. pine nuts (optional)
- 3 medium garlic cloves, peeled
- ¼ tsp pepper and pinch of salt
- ½ c. grated Parmesan or Romano cheese

Instructions

- Remove stems from basil and use salad spinner to dry leaves or place between paper towels to remove the moisture.
- Add basil leaves to a food processor.
- Add oil, garlic, salt, and pepper.
- Blend in food processor until smooth. Add more oil if necessary and process for additional 10 seconds.
- Add grated cheese and mix until fully incorporated.
- Place pesto in plastic container. Top with additional olive oil.
- Cover and refrigerate for up to 1 week or freeze for up to 2 months.

There are so many uses for pesto. Serve as a sauce over pasta, as a topping for shrimp or chicken, as a garnish with cheese, use of pizza topping, etc.

[CLICK HERE TO WATCH THE VIDEO](#)



Free continuing education event

Oasis Senior Advisors is happy to announce that we are sponsoring a live interactive webinar for continuing education credits for Social Workers and Certified Case Managers through Jenerations Health Education.



Scan here to register

Interactive Webinar

Topic: Aging & Diversity in America

Thursday, September 7 | 2pm – 3:15pm EST

Speaker

Stephanie Goldstein, BSW, LBSW
Generations Health Education

Space is limited, so register early!

For more information please email
contact@jenerationshealth.com

REGISTER TODAY!

Oasis Senior Advisors is committed to helping your residents navigate local senior living options. We are a FREE service for seniors and families.

Respectfully yours,
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