

## Open a door to the power of a memory...

Our farm setting, the rustic barn, and our animal companions all contribute to calling back memories for seniors. Memories often return with a full array of sensory information, renewing the mind. Sharing recollections from each person's "inner diary" in a warm and caring environment promotes a sense of well-being and personal identity for each senior.



## Reminiscing on the Farm

### Nature's Edge Therapy Center



**For more information or to schedule a session, contact:**

## Reminiscing on the Farm Nature's Edge Therapy Center

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**A Sensory Social Outing for Seniors  
Conversation & Memories in a Farm Setting  
With Animal Interactions**

***Wednesdays at Nature's Edge***

***June —September***

***10:00 a.m.***

***Call 715-859-6670 to schedule a session.***



## The Power of Reminiscing

*“Did I ever tell you about the time . . .”*

Recalling and sharing memories — does it benefit a person? Recalled memories, which may not have surfaced for years, when prompted may return in sharp definition with an array of vivid details and associated sensory information. Recollections of accompanying sights, sounds and scents are often rolled into the memory. Recounting a memory from the mind’s eye transcends the moment and may evoke feelings of pleasure and reassurance, while promoting a sense of identity and self-worth.



### “Reminiscing on the Farm” at Nature’s Edge

“Reminiscing on the Farm” at Nature’s Edge is a program that invites seniors to enjoy our peaceful farm setting with a variety of animal companions, while sharing memories of life’s experiences — perhaps childhood days, of growing up or working on a farm, of favorite pets or animals, being outdoors and of many other cherished moments. Seniors have opportunity to interact with our animals, to pet and brush them and to learn about them and their care. Our dogs, cats, pot-bellied pigs and sheep roam about, seeking and receiving attention. Our llama, cow, donkey and several horses — a miniature, Icelandic, Norwegian Fjord, Gypsy Vanner and others — are introduced. In the midst of the animal visits, memories are recalled and recounted. Reminiscing sessions may also include a gardening activity. A

memory book is provided to each senior, and a homemade apple dessert is served to groups upon request. Groups may bring a picnic lunch to eat before returning home. Family members and loved ones are invited to attend and participate.

Sessions are characterized by excellent group dynamics and spontaneous social interactions. Sharing memories gives insights into each other’s history, and builds friendships and a sense of community.

The “Reminiscing on the Farm” program is available June through September. A volunteer donation is asked of visiting facilities to help cover our costs.— this typically has been \$150. Call to schedule

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