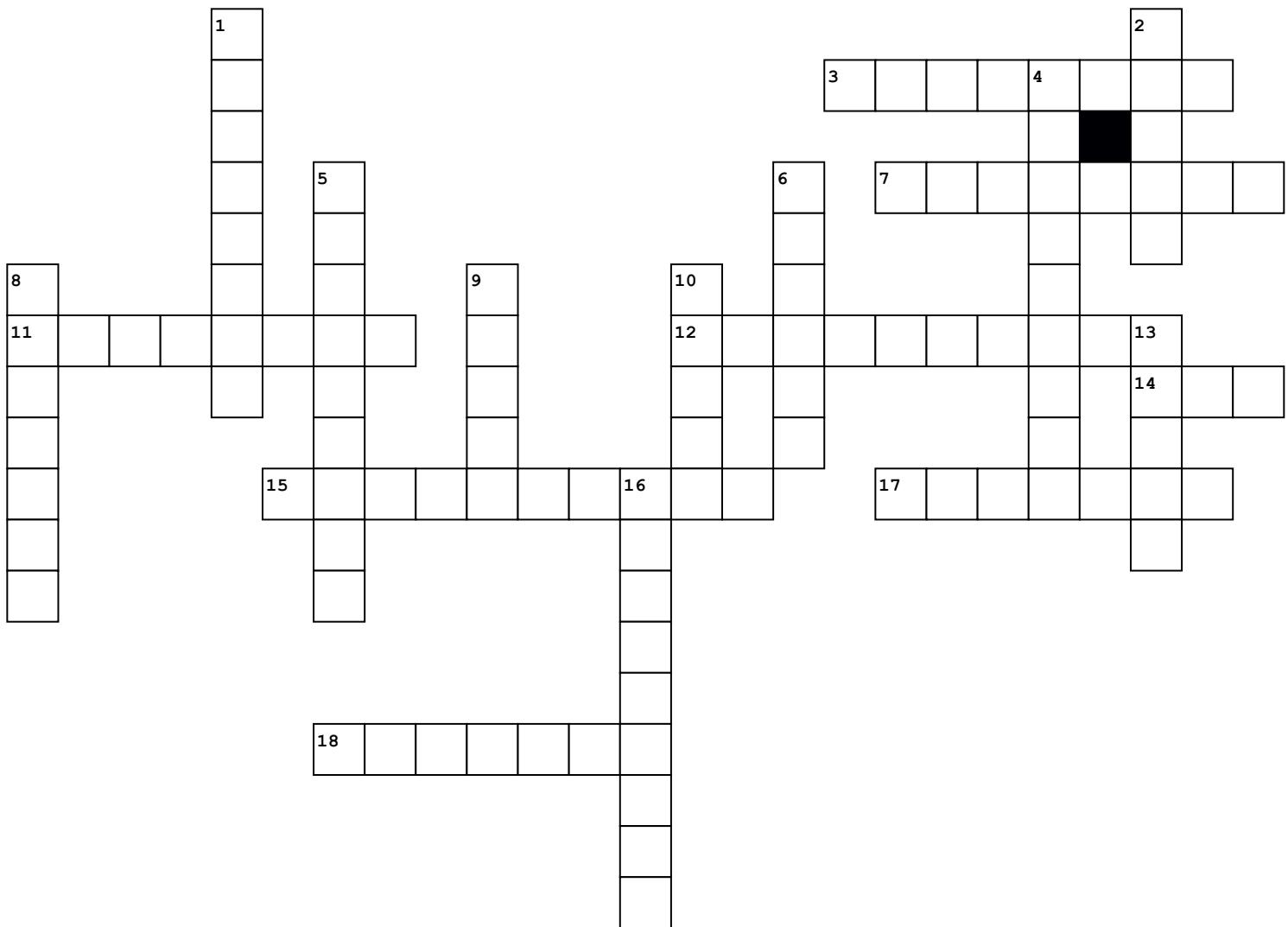


Caregiving Crossword



Across

3. what we give ourselves to stay mentally and physically healthy
7. something we all need to do daily to keep fit
11. what we feel more of than we used to before we were caregivers
12. something we all need to do to keep our brains active
14. acronym for long term care homes
15. memory loss disease with the same name as a Society
17. period of time from beginning to care for a loved one through the last stages
18. what caregivers need to make it through their journey

Down

1. umbrella name for a number of memory loss diseases
2. part of body dementia is related to
4. what you call someone who cares for a loved one
5. Alzheimer staff member who we can talk to privately for guidance
6. person on memory team of who diagnoses
8. time designated as for ourselves to rejuvenate
9. instead of argue, we might do this with those with dementia
10. we all need a certain amount every day
13. we all need enough nightly to keep our bodies ready for action
16. what we get from taking classes at the Alzheimer Society