

Joan's Third Act



Before: Joan had lived a very interesting and exciting life. She met her husband, Evan, when she was in law school and he was in medical school. As soon as graduation was over, they married. Joan stayed home to raise their five children while her Evan became one of the area's leading cardiologists. Once the children left home, the couple traveled, went to museums and concerts and enjoyed each other's company.

Each day was a new adventure that Joan shared with her best friend. That magical life changed suddenly one day when Evan suffered a stroke. After a few days on life support, Joan finally had to say goodbye. What her children hadn't realized was that Joan was already in the beginning stages of dementia. The grief and sadness brought about by the loss of her husband may have made the dementia progress more quickly. Joan was forgetting critical daily tasks and increasing suffering from depression.

Clarendon R_x:

The Clarendon team made the following recommendations for Joan:

- Attend Clarendon two days each week for socialization with peer group
- Co-lead regular reading club groups with fellow club members
- Participate in current event group discussions
- Participate in Clarendon sponsored volunteer projects
- Regular visits to the hair and nail salon

Outcome: After five months, Joan's family is impressed with her progress. On days that she attends sessions at Clarendon, she is calmer, more oriented, and more centered. It is easier for her to complete daily tasks and she is more cooperative with her aide.

Joan also looks forward to the days that she goes to "the club." She enjoys being a part of a larger community and connecting with other people while sharing activities that she enjoys. Whether she is leading a reading group or acting as a participant, Joan enjoys her days again.

