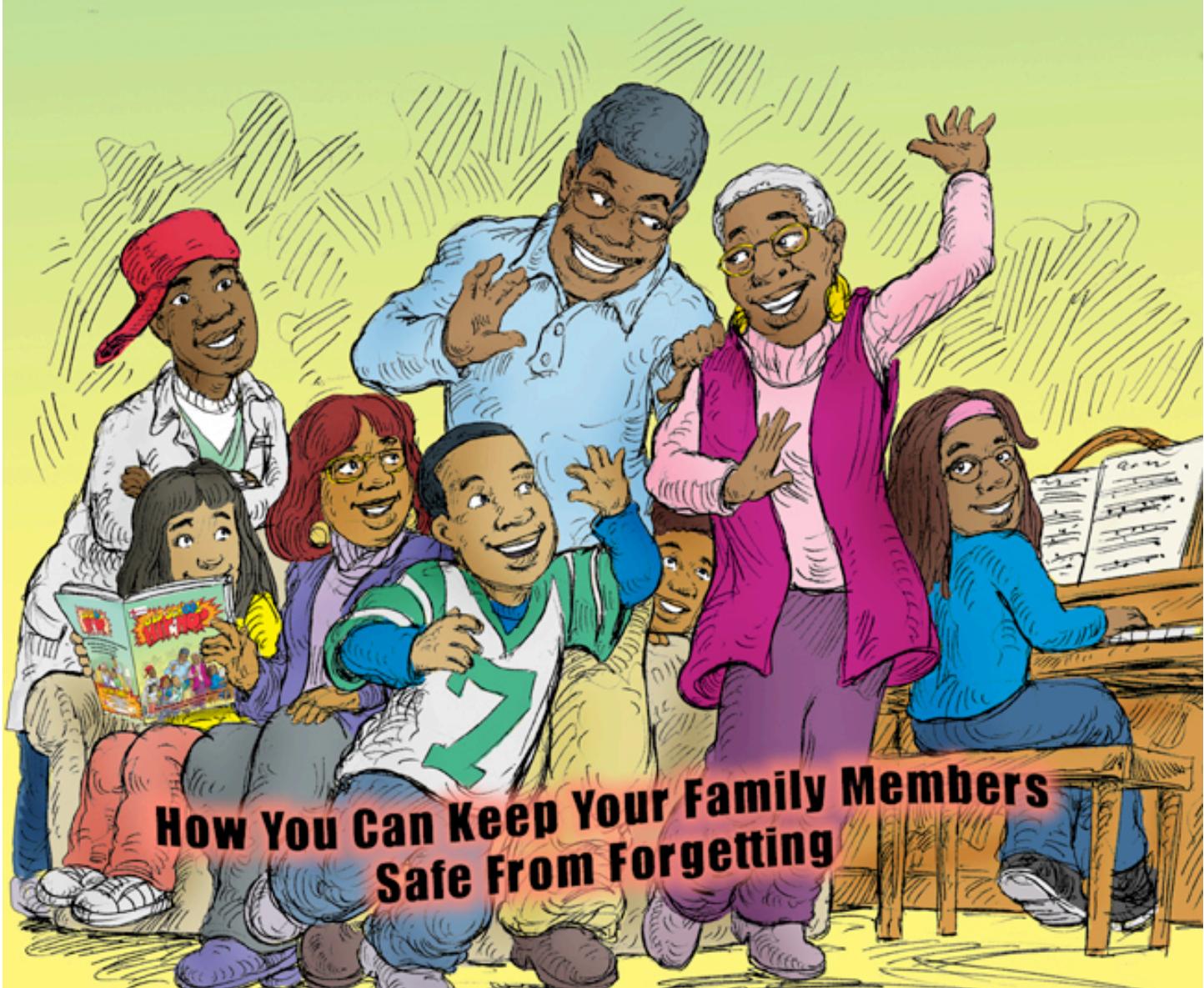




OLD SCHOOL HIP-HOP



**How You Can Keep Your Family Members
Safe From Forgetting**

What is the

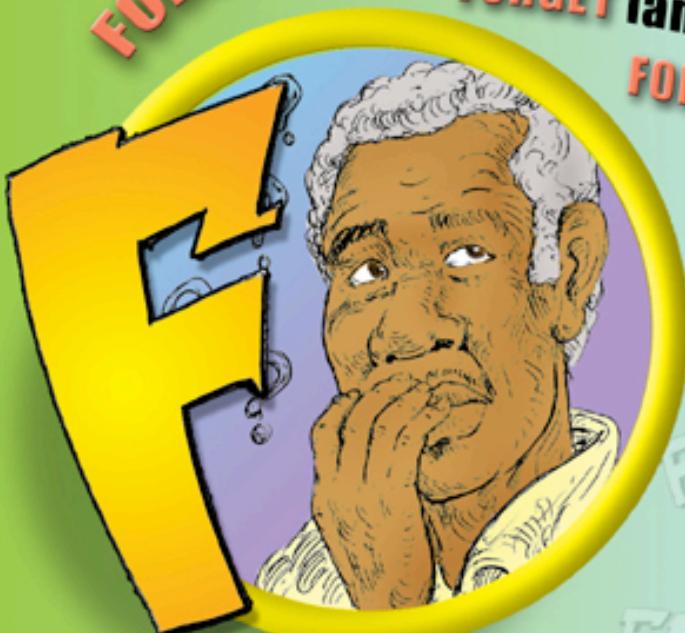
FLOW?

FLOW? FLOW?

FORGET: **FORGET** easy words and conversations.

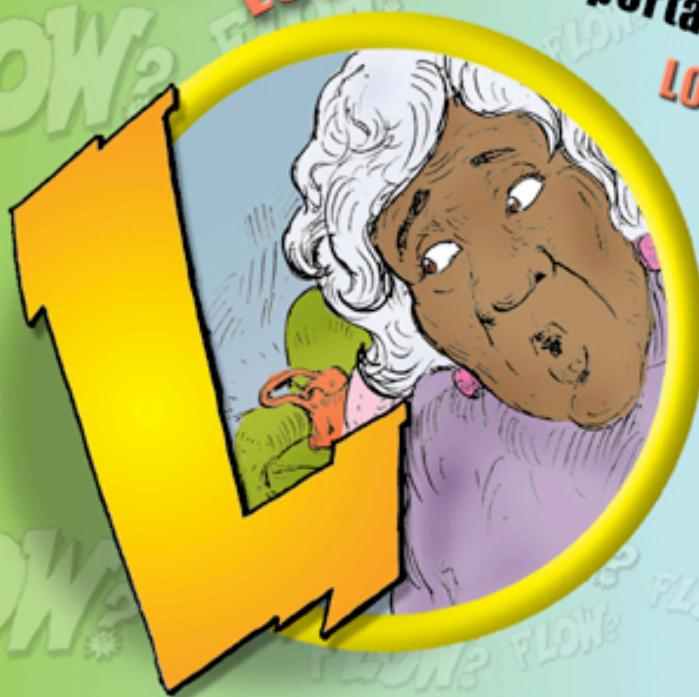
FORGET familiar faces and places.

FORGET that they just said
or asked something.
Repeats themselves



FLOW?

LOSE: **LOSE** important things all the time.
LOSE their way getting
to familiar places.
LOSE interest.



FLOW?



OVERLOOK: **OVERLOOK** regular chores like cleaning up or paying the bills.

OVERLOOK safety-like leaving things burning on the stove or doesn't dress properly for the weather.

OVERLOOK taking meds.



Has to write down lists to remember easy things.

Uses reminder notes or 'to-do' lists all the time.



'W' can also stand for WANDER:

Walks around with no particular place to go.
Gets lost and puts self in danger.



WHAT'S UP WITH GRANDMA?

Grandma 'A'
Ima Good

Grandma 'B'
Anita Help

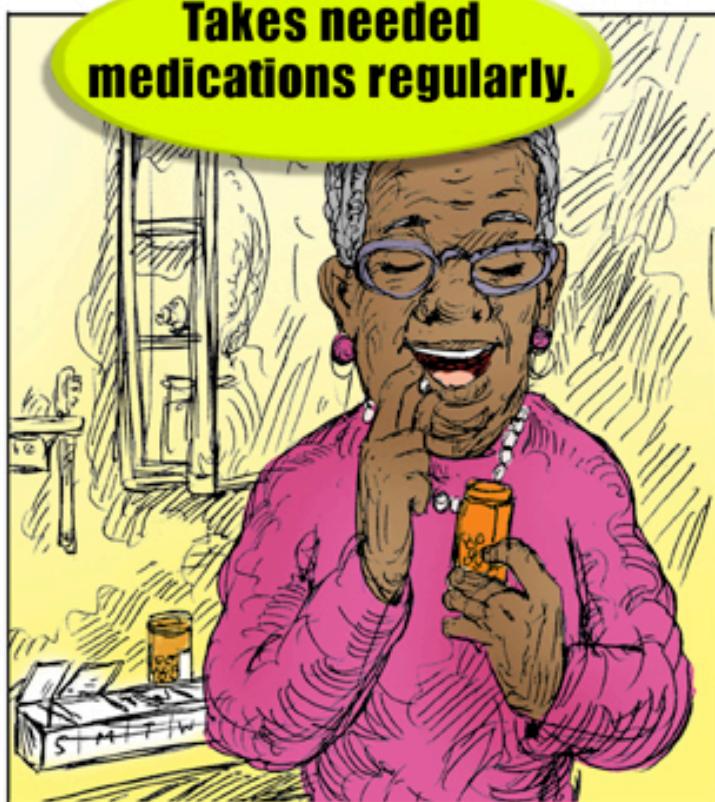
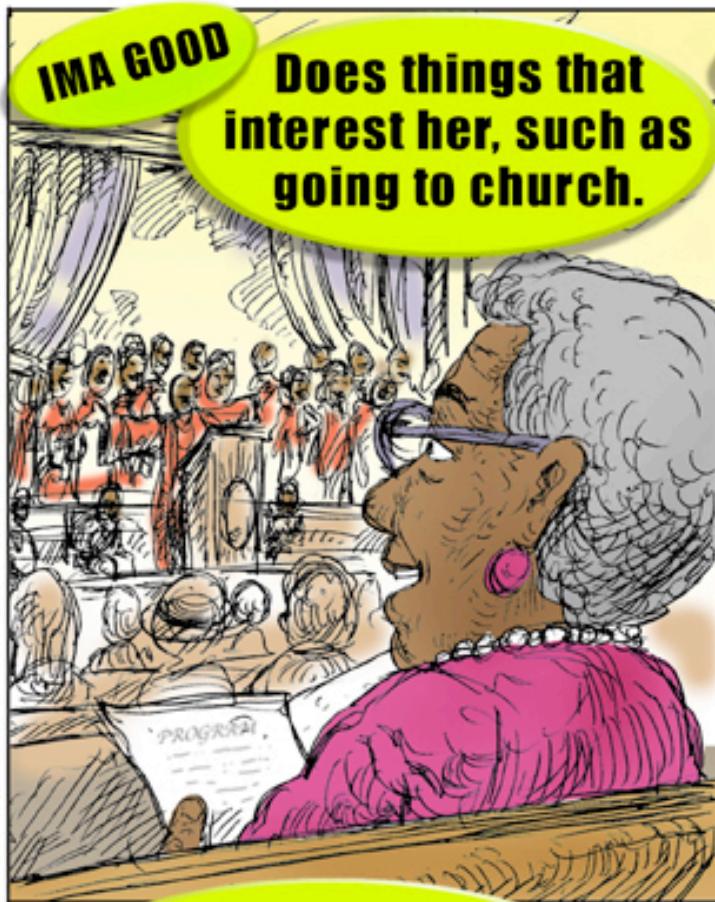


Able to go to
regular places
by herself, like
the store.



Gets lost going
to regular places
by herself, like
the store.





Grandma 'A' is going through normal aging.

Grandma 'B' might have The FLOW!

GO WITH THE FLOW



You can help your Grandparents.



You can make them safe.



You can prevent them
from getting sick.



You can play
thinking games
with them.



You can play music
they like.

OLD SCHOOL HIP-HOP ALZHEIMER'S CROSSWORD PUZZLE

Hey Kids! Do this crossword puzzle with a parent or grandparent!



Use a pencil to fill in - erase - then use again.



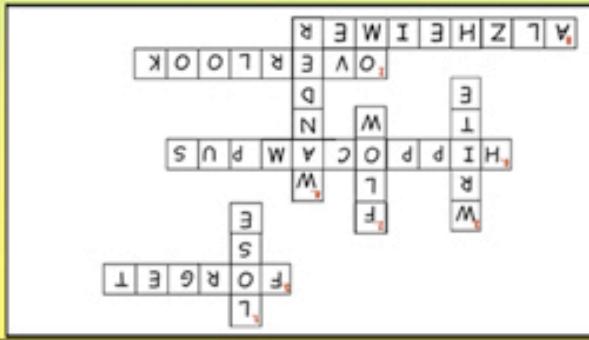
Down

1. Looking for her keys,
her phone, her purse, too...
2. "GO with the ____."
3. Makes lists to get the easy
things right.
4. "Day and Night" - "In the Street".

Across

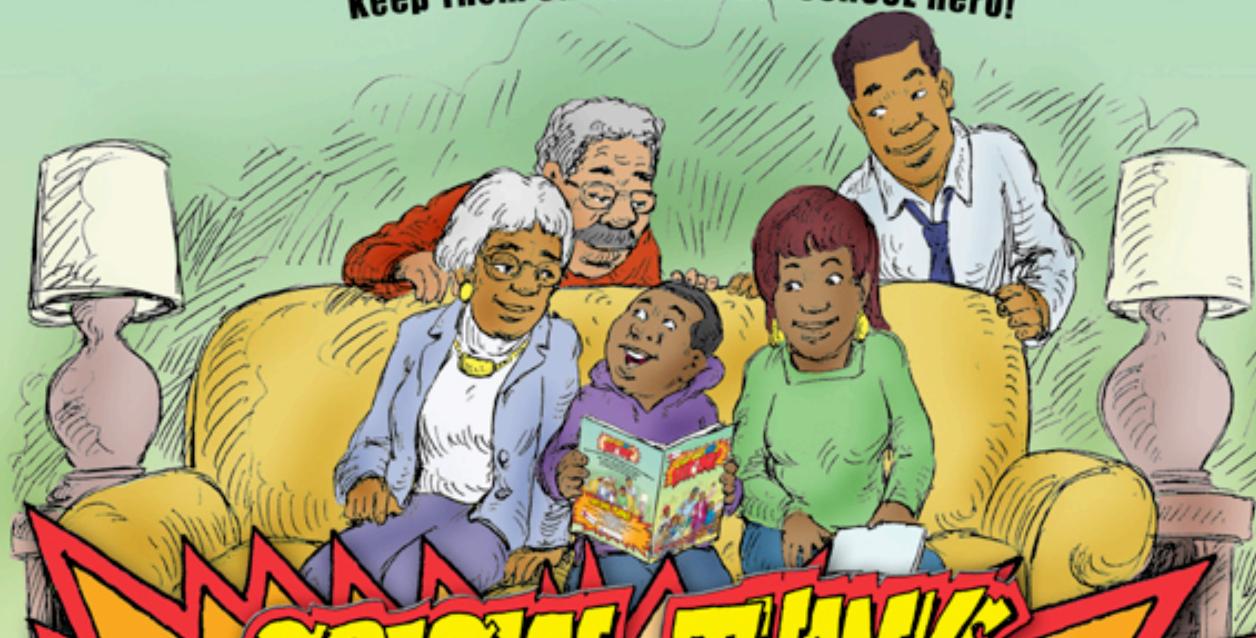
5. "If you tell me today,
yo it might not last..."
6. The Seahorse of Memory.
7. "The bills don't meet" -
"The house ain't neat"
8. The doctor who discovered
"The Flow".

ANSWER KEY! Cover up when you do the puzzle!



OLD SCHOOL HIP-HOP

Discuss the things you've learned in the comic with your parents or grandparents!
FLOW: FORGET, LOSE, OVERLOOK, WRITE/WANDER
Normal vs Not Normal Aging (The FLOW)
Keep Them Safe! Be an Old SCHOOL Hero!



SPECIAL THANKS

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Hip Hop Public Health Staff

www.hiphoppublichealth.org

