

Timeless Triumphs

Reminiscent Kit Outline



This engaging program invites participants to explore cherished artifacts, share personal stories, and relive memorable moments from legendary Alberta athletes and teams.



ALBERTA SPORTS
HALL of FAME



Timeless Triumphs

Reconnect with the past and celebrate Alberta's rich sports history through Timeless Triumphs, a unique reminiscence program from the Alberta Sports Hall of Fame. This engaging session invites participants to explore cherished artifacts, share personal stories, and relive memorable moments from legendary Alberta athletes and teams.

Highlight of the Program:

- Celebrate local heroes like hockey legend Grant Fuhr, rodeo pioneer Tom Three Persons, and football star Johnny Bright.
- Revisit iconic events, from the Edmonton Oilers' Stanley Cup wins (or unique defeats) to the 1988 Calgary Winter Olympics.
- Interact with artifacts like vintage goalie masks, signed gloves, and historic memorabilia.
- Foster connections and spark memories through group discussions and storytelling.

This program is designed to strengthen community bonds, honour Alberta's sports legacy, and offer participants an enriching and nostalgic experience.

Book your session today and bring the legacy of Alberta's sports history to your group!

For more information:



(403) 341-8614



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The Role of Reminiscence in Supporting Individuals with Dementia and Alzheimer's

Reminiscence therapy is a valuable way to help individuals rediscover a sense of purpose and meaning by reconnecting with their personal history, achievements, and significant life events. By sparking memories and stories, this approach provides both comfort and mental stimulation.

Key Benefits of Reminiscence Therapy:

- **Improved Coping Skills:** Reflecting on meaningful memories can enhance resilience and foster a more positive outlook on life.
- **Reduced Symptoms of Depression:** Sharing memories in a group setting encourages affirmation and connection, which can promote feelings of positivity.
- **Support for Physical Health:** Relaxing or joyful memories help reduce stress, a major factor in many health concerns.
- **Relief from Boredom:** For individuals with limited mobility, reminiscing offers an engaging and fulfilling activity.
- **Enhanced Communication:** Discussing past events helps participants maintain and strengthen their communication abilities.

Reminiscence offers participants a chance to reflect, connect, and thrive, making it a meaningful addition to their care and well-being.

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