PRESTIGE SENIOR LIVING



Guide to Memory Care

Prestige Senior Living, L.L.C.

www.PrestigeCare.com

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"I am not afraid of storms, for I am learning how to sail my ship"

~Louisa May Alcott

Navigating the Uncharted Behaviors of Dementia

As we delve into caring for a loved one with Dementia/Alzheimer's, we find that each day brings new, different and sometimes unplanned challenges, much like sailing a boat through uncharted waters. There are days that the water is calm and smooth sailing is ahead, but then there are the days where the wind is whipping through our sails and we are working fiercely to steady the helm, tighten the ropes and hold on till the storm passes. Our loved ones with Dementia may exhibit behaviors like drifting off course with no compass, lost without keeping their eyes on the horizon, similar to the behaviors of forgetting, wandering, sun-downing, and not being aware of their environment or how to remain safe. They can become distracted and frightened by changes in their settings and by faces they no longer recognize, as a boat heading into the fog or when surrounded by unknown vessels. Maybe they are encountering physical changes and trying to get their "sea legs" to keep from falling and maintaining their balance. Do they have an underlying health issue that is causing pain or physical decline, like a "leak in the bow"?

We as their care providers must find ways to steady the boat, batten down the hatches, have a strong hand on the tiller, tie some knots and hand out the life jackets. Instead of being part of the crew taking care of the boat, who are panicking in the midst of crashing waves, (like families dealing with a loved one's behaviors), we may need to take on the role of the boat's Captain. How do we as the Captain shore things up and chart the best (but sometimes difficult) course ahead for all the crew, and maybe find a safe harbor for our worn and sea ravaged boat?

What are some of the approaches and tools we can use to navigate our way though these uncharted changes and behaviors?

First, you must always remember that for someone diagnosed with Dementia, they are not deliberately acting out these behaviors or trying to be difficult, the disease is the culprit, these behaviors are not intentional. You also must ask yourself, "is this behavior really a problem for me to deal with or is it just different to what has been the norm"? Is your loved one putting on clothes that don't match, pouring salad dressing on their dessert, repeating themselves over and over, or not remembering names? The real questions that we need to ask ourselves "Is our loved one safe?" and "Are those around them safe"? Are they wandering into unsafe areas, getting lost, using tools or kitchen appliances that may be dangerous or forgetting to shut them off? Are they being physically aggressive toward others?

Many times, looking at the "5 Ws" What, When, Where, Who, and Why along with How, can help us with answers to assist in navigating the different behaviors.

- **WHAT** – **Identify the behavior. Is it a problem behavior? Can it result in a harmful outcome for them or others? Does it disrupt your day, does it make you uncomfortable, or is it embarrassing?**

  · Try to avoid correcting and unintentionally escalating the behavior.

  · Learn to let some things go, pick your battles. Allow your loved one to have as much independence as possible, while making sure they are safe, this may mean creating a space of safety for them, extra locks on doors or cabinets, but allowing them to still have some freedom of choice. Does mom collect tissues or toilet paper? Limit the amount available (there may have been a time it was hard to come by). Is she walking more? Create a safe space where she can still move about or take her on a walk. Is dad sleeping more? The Dementia brain atrophy's over time, (the normal human brain is approximately 3lbs, a Dementia brain can atrophy to half that size), what may seem like a simple task to us, can become exhausting for your loved one to complete. Maybe dad has become incontinent? Provide incontinent briefs for him, help to preserve his dignity and furniture.

- **WHEN** – **Can you see patterns or predict when a behavior starts? Perhaps it is time to begin a journal or a log to keep track of the different behaviors you are seeing.**

  · Try to recall or look out for what happened just before the problem behavior started, was there a trigger? Was there a person, place or thing that triggered the behavior?

  · Is there a certain time of day that you see this behavior start? A change in morning routine, such as time of getting out of bed, bathing time, having the newspaper or their coffee made the way they like it? Afternoon may be when they take the dog for a walk or take a nap, or when they used to get home from work? Evening may have changed with seeing shadows that look different, is bedtime different if they have lost a spouse?

  · Does a certain time of year exacerbate this behavior? With Winter clouds, rain and snow, shorter hours without daylight may throw off circadian rhythms, as well as the opportunity to go outside. Even those Summer days when it stays light much longer, can disrupt bedtimes. Also, just the change of one hour with Daylight Savings Time, can throw off the day for any of us, as well as those with Dementia.

- **WHERE** – **What is the environment like around your loved one?**

  · What do their surroundings smell like, sound like, or look like? What can they see or not see? Is your loved one finding noise to be upsetting, are they near a train track or airport runway that never bothered them until now? Maybe the neighbor is mowing their lawn and they feel the urgent need to do the same? Do they have a window they can look out or is a window distracting to them? Are they seeing themselves in a mirror and not recognizing the person looking back at them? Are you cooking something they don't like? Maybe a sound like a clock ticking, a dog barking, something on television like the news or a crime show?

  · Has there been new stimuli introduced, like a sound or light? Sometimes repetitive sounds or the flickering of a fluorescent light can cause behaviors.

  · Does changing their environment calm them? Allowing your loved one to assist in the kitchen, taking a walk outside or a ride in the car can be calming.

  · Are there trip hazards like rugs or stairs that they used to be able to navigate, but no longer can and it is making them anxious or unsafe and causing falls?

- **WHO** – **Are certain people causing your loved one to exhibit behaviors? Are family and friends who were once familiar and cherished, now causing anxiety, fear, anger or sadness?**

  · Maybe your loved one has begun to forget your name or who you are? Is your sister now calling you mom, or your dad thinks you are his wife because you look like your mom? This might be a good time to sit and look at family pictures or reminisce about family events. Remember, it is not causing harm and correcting them may cause additional behaviors.

  · Has a care provider changed? Does this new person remind them of someone from their past, an old school friend, an ex-spouse, or someone who has passed away? Consider changing the care providers or waiting 5–10 minutes trying again.

  · A spouse, parent or child of your loved one is deceased and your loved one does not remember. Don't remind them that they have passed, they have already grieved, don't put them through that upsetting process again. If they are looking for someone who has passed, maybe tell them they are at work, school or shopping. Don't try to bring them back to reality, but enter into their reality, place yourself in their shoes to help understand how the loss and loneliness might be making them feel. Redirect them to another activity that brings them joy. With Dementia, it is the long-term memories that are part of their daily life and the short term memories fade more quickly.

- **WHY** – **Many of the areas we have addressed so far can certainly be triggers for behaviors, but we must also consider other areas to look at.**

  · Are all of their basic needs being met? Are they tired, hungry, thirsty or needing to use the bathroom?

  · Are there underlying medical needs? Do they have an infection (UTIs can cause behaviors), illness (diagnosed or un-diagnosed) or are they experiencing pain?

  · Do they have a secondary health issue such as Cancer, Heart Disease or COPD? Have they been diagnosed with a mental health need? Anxiety, Depression, Addictions or other mental health needs?

  · Has there been a change in medications? New medications added or discontinued, side effects, interactions with other medications or are medications being taken consistently?

- **HOW – What do you do now? Continue to journal and practice those things that you have learned so far.**

  · Assure your loved one that you understand their feeling, help them feel validated. The more you try to correct them and tell them "No", the more agitated they will become, try saying "Yes, but lets try it this way."

  · Be aware of how you respond, your actions, facial expressions, body language and how you sound, your tone of voice.

  · Redirection is your most important tool. Try playing your loved one's favorite music and dancing or singing along, serving a favorite snack, looking through photos, taking a walk or watching a favorite television show or movie that brings joy and laughter. Try doing a favorite hobby like painting, drawing, knitting, crocheting or quilting.

  · Give yourself and your loved one a break, sometimes when we know they are in a safe space, we need to walk away, breathe, recharge and then return to try again. It's Ok to give yourself permission for self-care. Practice patience and forgiveness. Don't be afraid or feel guilty about asking for help from other family members or friends and from professionals like your family physician regarding diagnosis, medications, help with taking a driver's license away or setting up home care providers. Remember it is never Ok to allow your loved one to physically or mentally abuse you. There is help available with medications and other caregivers.

As we addressed earlier, just as the Captain needed to find a "safe harbor" for the boat and its crew, so too we at times may need to locate a "safe harbor" for our loved ones that is different for the current harbor that has become unsafe or "turbulent waters" they or we are struggling with. Don't be fearful of reaching out to others for help.

We here at Prestige Senior Living stand ready to help, we hope you find this Guide to Memory Care a resource of information and activities. We would be happy to assist with questions you might have about finding an Assisted Living or Memory Care community, that can be a "safe harbor" for your loved one and a respite for you.

Angie Frantz

Expressions Product Manager
Prestige Senior Living



Maneuvering the Undercurrents of Depression with Dementia

While many of us are in the throws of understanding the symptoms of Dementia with a loved one, and some of us feel like the waves are over our heads and pulling us under, we need to be mindful of the undercurrents that may be pulling us in a different direction. One of those strong undercurrents could be Depression, a result of Dementia and a mental health need that must be dealt with to help our loved one find their footing and to be able to live a more even keeled daily life. In early stages of Dementia, the knowledge of such a diagnosis itself can be upsetting and lead to the evidence of signs and symptoms of Depression in those we care for. It is important that we are an advocate for them and seek answers for their benefit.

It can be difficult to determine if someone with Dementia is suffering from Depression as many of the symptoms of both can be similar to each other. Symptoms that we see with Dementia like impaired thinking and decision making, social withdrawal, isolation, trouble focusing, lack of interest in hobbies and activities and personal hygiene can also be signals that someone is feeling depressed. Also, if Dementia is involved it may be difficult for your loved one to articulate if they are experiencing hopelessness, sadness, embarrassment, guilt, fear or even suicidal thoughts. Signs of Depression can also come and go like the wind in a sail, your loved one may seem to be doing well and then Depressive thoughts can show up again and cause a decline in mood and behavior.

It is important to notify your doctor regarding changes in mood or behaviors so that they can evaluate the symptoms to determine the cause. These types of symptoms can be an alert to us and may not always be mental health related. A change in mood or behavior may be related to "Delirium" (symptoms that come on quickly and may be due to an infection in the body such as a Urinary Tract Infection that can be cured with medications). There is also the possibility that the symptoms are related to a new or change in medication that is causing side effects. It is vitally important that you reach out to a physician to complete an evaluation and provide a possible referral to a geriatric psychiatrist or neurologist to help with planned interventions.

As you share concerns with your physician about the mood and behavior changes in your loved one, it is a good idea to keep a journal of those areas of change that you are seeing. Besides those symptoms we shared earlier, look for changes in sleep patterns, changes in appetite, irritability, agitation, anger, aggression, fatigue and once again suicidal thoughts.

Treatments that are most successful for Depression include a combination of medicine (antidepressants and/or antianxiety medications), personalized activities, establishing a daily routine and sleep schedule, regular exercise, acknowledgement of successes, feeling loved and supported, nurturing spiritual activities and music. It is important that we as advocates take the symptoms seriously and not just say "you will get over it" or "snap out of it", but provide a listening ear, empathy, reassurance that there is help, hope and a safe harbor.

Angie Frantz

Expressions Product Manager
Prestige Senior Living



The Ebb and Flow of Transitioning into Memory Care

As we move forward in our decision to transition a loved one into a memory care setting, many questions and concerns arise regarding the process, timeliness, emotions and what the future looks like. We would like to address a few of those areas and provide some guidance to help you feel more at ease and confident in this journey you are embarking on.

"I've made this decision to move my loved one into a supportive environment, now what"?

▶ Choose the best community.

It is important to choose the best community that meets the needs of your loved one. Perhaps your loved one is "happily confused", but still able to make some decisions about life needs and those things that bring them joy without being unsafe. Many Assisted Living communities may be appropriate to meet their needs and provide help for them in areas like; medication management, incontinence care, meal reminders and life enrichment or social engagement. However, if you are becoming more concerned about your family member's safety regarding getting lost outside, hygiene needs, the inability to make clear and safe decisions or challenging behaviors, a memory care setting may be best. Ask questions about security and safety, levels of care, what services are included and what extra services might be needed in the future. Inquire about types of socialization and engagement and how communication is handled with family members.

▶ Explaining the move to your loved one.

Try not to use terms like, "you need more help", we don't want to challenge their spirit of independence or "I can't take care of you", we don't want them to feel they are a burden. Frame the conversation around a doctor's visit, that the doctor is recommending this stay for a time, ask the physician to be a part of the conversation, prepare with them ahead of the visit. If they are early in their diagnosis, you might consider taking them along on tours of communities but be cautious not to cause them unneeded anxiety. Maybe your family member liked to travel, speak of this time at a community as a mini-vacation or retreat.

▶ As the move-in day approaches.

Try not to alert your family member to the move too far ahead and also don't involve your loved one in the packing and moving process. With Dementia it is difficult for them to make decisions on what to take and can cause increased confusion, anxiety or depression. Be aware of those things that surround them and bring them joy such as favorite pictures (framed and in a special album), knick knacks and books, maybe a favorite blanket to place on their bed, but don't take too much. Try to take pictures of their new living space prior to the move-in so you can plan ahead. Please label everything including clothing, hygiene products and personal items. Provide the community with your loved one's history and life story so they are prepared to engage with them the moment they arrive. You might consider taking your family member to meals and events, or a respite stay at the community prior to moving in, so that you and your loved one can get to know the staff, other residents and their families.

Begin putting together of a file of needed paperwork like copies of insurance, ID/driver's license, POA, family contacts, End of Life/POLST form, pre-planned funeral arrangements, etc.

▶ Move-in day has arrived, now what?

Communicate with the community to coordinate the best time of day for your loved one to make the move, are they a morning person or are their afternoons better? Consider having a family member take them out for breakfast or lunch, or on a drive while you move their furniture and personal items to their new home and don't forget a few of their favorite snacks to help with the transition. The community can also have activities set up to keep them engaged while you are handling the move-in process. Allow the staff to do their job, they are the experts and know how to help with the transition for your family member and for you. Don't forget to bring along any medications they are currently taking and that file of paperwork you have been creating.

▶ What happens now after the initial transition?

You're either exhausted from being a primary caregiver for your family member or still struggling with the decision to make this move to a supportive community, it's OK! Be prepared to allow yourself time to adjust, just as your loved one will need time to adjust. There will be challenges and questions that come up, but allow yourself and your family member time to ease in to this new normal. This move is not a worst-case scenario, it is best-case for you and your loved one, do not feel ashamed or guilty for seeking help. Initially, you may need to consider limiting visits, outings or visits back home for your family member until everyone has found their balance and new routines within this new living journey.

▶ What does the future look like?

While each individual is different, there are some things you may encounter. Persons with Dementia will ebb and flow through this disease, experiencing good days and difficult moments, it is important to listen, but also remain positive in your conversations. They may complain of loneliness or frustration with another resident, they may miss home and certain foods they are used to, they may talk about a spouse who has passed away and they may not remember your name. Talk with the community about your concerns and tools or interventions they have found successful in re-directing your loved one in a positive and validating way. Reminiscing about their life, the joys and adventures you experienced as a family are always helpful. Maybe bring in one of their favorite meals to enjoy together, continue to celebrate life events like birthdays and anniversaries. If a spouse has passed, talk about how they met, their courtship and family life, try not to remind them regularly that they have passed, so as not to cause them daily grief. Keep an album of family pictures nearby to chat about the special times in life and don't forget to laugh!

We at Prestige Senior Living, are here to help navigate you through this process and provide reassurance in your decision to choose memory care for your loved one.

Angie Frantz

Expressions Product Manager
Prestige Senior Living

Memory Muscle Check-up

Two activities that may reflect memory loss or cognitive decline.

ACTIVITY #1

1. Slowly, repeat out loud the 3 words below, three times. Have your loved one write down these words on a separate sheet of paper.



Apple



Pencil



Penny

2. Fold the paper in half.

3. Wait 5 minutes.

4. Ask your loved one to write down the same 3 words on the outside of the folded paper, then check to see if the same words were written.

ACTIVITY #2

"The Alzheimer's Clock-Drawing Test (CDT) is a fast, simple way of spotting warning signs for Alzheimer's disease and other related dementias that can be administered by non-professionals in the comfort of one's home. While a true diagnosis of Alzheimer's or dementia obviously requires more than a few minutes of drawing with a pencil and paper, the CDT is useful for identifying issues in thinking ability that might indicate the presence of these illnesses.

The CDT also provides a powerful visual for families to see that something is wrong with their loved one. Although the test may not seem scientific, it is backed by science and has contributed to earlier diagnoses and improved quality of life for persons with dementia.

It's important to remember that no true diagnosis can be made without further tests from a doctor. If the clock is drawn incorrectly, that is not cause for despair. It simply means you need to make a doctor's appointment, so your loved one can be evaluated by an expert." ~The Alzheimer's Association

On a separate sheet of paper ask your loved one to draw the face of a clock with hands at "2" o'clock.



Thankfulness

List the people, pets or things you are thankful for. **Try to add 5 to the list each day!**

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____
21. _____
22. _____
23. _____
24. _____
25. _____
26. _____
27. _____
28. _____
29. _____
30. _____



Memories of Childhood Toys and Indoor/Outdoor Games

1. What were some of your favorite childhood toys?

2. Tell me about your favorite doll. Did she have a name?

3. Did you have a doll house?

4. Did you have favorite cars or trucks that you played with?

5. Tell me about toys that were handmade for you.

6. Did you have a special Teddy Bear?

7. Did your family like to do puzzles?

8. What was your favorite board game?

9. Did you have a favorite card game you liked to play?

10. Tell me about fun in the sand box?

11. What was you favorite outdoor game to play?

12. Did you have songs that you would sing while you played?

13. Tell me about building a fort.

14. Tell me about some of your neighborhood friends.

15. Did you collect bugs like, fire flies, crickets, praying mantis?

16. Can you tell me about wading or fishing in the creek?

17. Did you like to shoot marbles?

18. Did you like to play Hop Scotch?

19. Were you good at jump rope? Did you have rhymes you said?

20. Where was your favorite place to hide playing Hide & Seek?



Living Space Walkabout

How many items can you identify within your living space? **Write down or say the items in each category.**

1. Can you find something Red?

2. Can you find something with flowers on it?

3. What do you see that is in the shape of a triangle?

4. Do you see an item that has numbers on it?

5. Look out the window, what are 5 things you see?

6. How many pictures do you have with people in them?

7. Can you find an item with gold on it?

8. What is something shiny that you see?

9. Do you see something that makes you happy? Why?

10. Can you find a special memento?

11. How many lightbulbs are in your space?

12. How many pillows do you see?

13. Can you see anything that is the color Purple?

14. What is your most favorite item in your surroundings?

15. Do you have a collection of anything on display?

Memory Tray


ARM & HAMMER
Pure
Baking Soda
Campbell's
Cream of
Mushroom
SOUP
DURACELL
Scotch
BICYCLE
FREE APP
STANDARD

Memory Tray

Can you list 12 things you remember seeing on the tray?

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____



Arm-Chair Travel – Hawaii

- Can you tell me what type of transportation you would use to travel to Hawaii?
- When you arrive in Hawaii, what do the Hawaiians say when they greet you?
- What do Hawaiians place around your neck when you arrive?
- Have you toured a pineapple farm? How did the fresh pineapple taste?
- Describe what it feels like to walk in the sand on the beach.
- Have your ever been to a Luau? What was kind of food did you enjoy?
- Have you ever tried to do the Hula dance?
- What type of clothing do you wear in Hawaii?
- Do you have a favorite tropical drink that you enjoy?
- Have you ever played an ukulele?
- What sight would you like to visit in Hawaii?
- Can you sing the song "Tiny Bubbles" by Don Ho?



Riding Along in My Automobile…

1. Tell me about your first car. Make? Model? Color? Cost?

2. What was it like the first time you sat in it?

3. Tell me about the first time you drove your car. Where did you go?

4. How much did you first car cost? Did you buy it yourself?

5. How old were you when you got your first car?

6. Did you hang anything from the rear-view mirror?

7. Did you give your car a name?

8. How much was a gallon of gas?

9. Who were you with on your first car date?

10. Did you drive your car to the drive-in movies?

11. Tell me about the different cars you have owned. How many?

12. What is your favorite car you have owned?

13. What would be your dream car to own?

14. Have you ever gotten a traffic ticket?

15. What is the fastest you have ever driven?

16. Have you eaten at a drive-in restaurant with car hops?

17. Can you share a fun memory about one of your cars?

18. Were you ever in a car accident?

19. Have you changed a flat tire?

20. What was your favorite road trip? What car did you drive?

21. Who serviced your car?

22. Did you ever help build a car?

23. Do you have a favorite make of car? Ford? Chevrolet? Others?

24. Do you enjoy car racing? Indy? Nascar? Formula 1?

25. Do you have a favorite race-car driver?



1. What was the name of a school you attended?

2. What was your school mascot?

3. What was the name of your favorite teacher?

4. Did you walk to school or take the bus?

5. Tell me about your favorite school lunch.

6. What was your favorite subject?

7. What school supplies did you need?

8. Were you a member of any clubs?

9. What did you do first thing in the morning at school?

10. Can you recite the Pledge of Allegiance?

11. Did you ever make the Honor Roll?

12. How did the teacher punish the school children?

13. Did you have a crush on anyone in your class?

14. Tell me about your best friend in school.

15. Did you play any sports?

16. What did you play outside during recess?

17. Were the any "bullies" in your school?

18. Did you have a dress code?

19. Who was your Homecoming Queen?

20. Tell me about your first school dance.

21. Did you go on any school field trips?

22. Did you graduate from high school?

23. Did you and your friends hang out anywhere after school?

24. What chores did you do when you got home from school?

25. Tell me about some of your favorite school memories.



How does your garden grow?

List tools or supplies that you would need to grow a beautiful vegetable garden.

1. _____ **4.** _____

2. _____ **5.** _____

3. _____ **6.** _____



Coloring and shading with the use of pens, colored pencils or markers is a wonderful activity for relaxing and being creative. The strokes of the pencil with different colors, allows you to exercise the left side of your brain, where creativity is found, as well as exercising those fine motor movements in your fingers and hands. The picture of this dog reminds me of the dogs that have been my companions in life! Let's see what you can create!

Can You Name the Famous Duo?



1. _____



2. _____



3. _____



4. _____



5. _____



6. _____



7. _____



8. _____



9. _____



10. _____



11. _____



12. _____



13. _____



14. _____



15. _____



16. _____

Can You Name the Famous Duo? **Key**

1. Lucy and Desi Arnaz

2. Fred and Ethel Mertz

3. Humphrey Bogart and Lauren Bacall

4. Ginger Rogers and Fred Astaire

5. Laurel and Hardy

6. Popeye and Olive Oyl

7. Roy Rogers and Dale Evans

8. Elvis and Priscilla Presley

9. Gilligan and The Skipper

10. Dean Martin and Jerry Lewis

11. Rhett Butler & Scarlett O'Hara (Clark Gable & Vivian Leigh)

12. Ozzie and Harriett

13. Bob Hope and Bing Crosby

14. Spencer Tracy and Katherine Hepburn

15. The Lone Ranger and Tonto

16. Mickey Mouse and Minnie Mouse

Famous TV Commercials



Match the product with the slogan.

1. Alka Seltzer
2. Morton Salt
3. Chiffon Margarine
4. Listerine Mouthwash
5. Pringles Potato Chips
6. Lucky Charms Cereal
7. Life Cereal
8. Frosted Flakes Cereal
9. Irish Spring Soap
10. Rolaids
11. Coca-Cola
12. 7-Up
13. United Airlines
14. Wendy's
15. Maxwell House
16. Folger's Coffee
17. Starkist Tuna
18. Wheaties Cereal
19. FTD Flowers
20. McDonalds
21. Rice Krispies Cereal
22. Campbell's Soup
23. Bounty Paper Towels
24. Kentucky Fried Chicken
25. Brylcreem

_____ They're Gr-r-r-reat!
_____ Manly yes, but I like it too
_____ Good to the last drop
_____ How do you spell relief?
_____ The real thing
_____ The Un-Cola
_____ Fly the friendly sky
_____ Just a dab'll do ya
_____ Finger Lickin' Good
_____ The quicker picker upper
_____ Mmm Mmm Good
_____ Snap! Crackle! Pop!
_____ Kills germs that cause bad breath
_____ You deserve a break today
_____ Say it with Flowers
_____ Plop, plop, fizz, fizz…
_____ When it rains it pours
_____ Let's get Mikey!
_____ Once you pop, you can't stop
_____ You can't fool Mother Nature
_____ The Breakfast of Champions
_____ They're Magically Delicious
_____ Sorry Charlie!
_____ The best part of waking up
_____ Where's the beef?

Famous TV Commercials

ANSWER KEY



1. Alka Seltzer
2. Morton Salt
3. Chiffon Margarine
4. Listerine Mouthwash
5. Pringles Potato Chips
6. Lucky Charms Cereal
7. Life Cereal
8. Frosted Flakes Cereal
9. Irish Spring Soap
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16. Folger's Coffee
17. Starkist Tuna
18. Wheaties Cereal
19. FTD Flowers
20. McDonalds
21. Rice Krispies Cereal
22. Campbell's Soup
23. Bounty Paper Towels
24. Kentucky Fried Chicken
25. Brylcreem

__8__ They're Gr-r-r-reat!
__9__ Manly yes, but I like it too
__15__ Good to the last drop
__10__ How do you spell relief?
__11__ The real thing
__12__ The Un-Cola
__13__ Fly the friendly sky
__25__ Just a dab'll do ya
__24__ Finger Lickin' Good
__23__ The quicker picker upper
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