



**Memory Care Community Reiki Clinics**  
by Deborah Strafuss  
Reiki Master and Teacher, CDP; Crystal Reiki

*Creating a calm and soothing atmosphere of gentleness, peacefulness and safety, Reiki Clinics offer short sessions of deeply relaxing, connective Reiki for those with Alzheimer's and Dementia, as well as supporting and refreshing the caregivers who work with them. Mid and later stage residents are calmer, more alert, may sleep better and can be easier to care for. (Less calls and more resident participation have been noted in current programs.) Reiki is beneficial for residents and caregivers alike. \**

**Give your residents the Gift of Reiki**

**Offer your residents alternative, drug-free therapy for relaxation and stress relief.**

**Build your offerings and distinguish your Community's care and compassion this year.**



*Fully insured: member: Reiki Healing Association*

*Member: IARP – International Association of Reiki Professionals*

***Call or email Deborah to find out how you can bring Reiki to your facility:***

**508.353.5136**

**email:**

**HealingHands@CrystalReikiEnergy.com**

*Deborah is available for informative Reiki Workshops for your staff and for resident's family members, giving them an opportunity to learn about Reiki as a caregiving tool. As a Master Teacher, Deborah can train individuals and staff members interested in learning Reiki. Ask about CEU's for your staff!*

**Meet Deborah Strafuss, Reiki Master Teacher, CDP, Usui Reiki Ryoho**

Trained under both Libby Barnett, MSW co-author of Reiki Energy Medicine: Bringing Healing Touch into Home, Hospital and Hospice and Frans Stiene, founder of the International House of Reiki, Deborah brought Reiki to her mother throughout her end-stage Alzheimer's journey and continues to give Reiki to memory impaired individuals in both private and residential settings. A Certified Dementia Practitioner through the NCCDP she has provided Reiki at Metro West Alzheimer's Partnership events, Map Through the Maze, been a welcome part of Create a Better Day Café at Pleasantries Adult Day and Consulting Services in Marlboro and works with Memory Care residents at Wingate, Needham. She was a featured panelist on the Reiki Reaches Out Panel at the Celebration of Reiki Conference in 2015, speaking on the benefits of Reiki for Alzheimer's and Caregivers. A team leader of The Longest Day's Alzheimer's fundraiser, Team Reiki for Alzheimer's and Caregivers, she has coordinated efforts and raised and donated funds to help #ENDALZ since 2014. Her book, *On Angels' Wings, A Journey Through Alzheimer's With My Mother* can be found at [www.On-Angels-Wings.net](http://www.On-Angels-Wings.net). See her latest video interview about the benefits of Reiki for those with Alzheimer's on "Frank & Mary" hosted by Arthur Bergeron and Douglas Peck on Southborough Access Media.

*\* " Reiki has been shown to help with sundowning, aid with mild cognitive impairment and reduce caregiver stress and burnout. It also helps with the depression that affects both those with Alzheimer's and those who are caring for them." APA Reference Bier, D. (2012). Reiki's Use in Dementia Patients and For Their Caregivers. Psych Central. Retrieved on April 3, 2014, from <http://psychcentral.com/lib/reikis-use-in-dementia-patients-and-for-their-caregivers/00013108>*