

SUPPORT GROUP

Support Group for persons with Mild Cognitive Impairment, Early stages of Alzheimer's disease and Memory Loss and their families.

Next meeting:

August 17th 9:30 a.m.

Speaker: Doug Zerbarini
Forest Pharmaceuticals

Topic: Memory Meds

Location: Senior Friendship Center-Center for Healthy Aging, 1900 Brother Geenen Way, Sarasota

THE MEMORY DISORDER CLINIC

Medical Director

Bruce E. Robinson, MD, MPH

Clinical Team

Alan Grindal, MD, Neurology

Theodore Probst, MD,

Neurology

Amy Barr, Ph.D.,

Neuropsychology

Program Coordinator

Kathleen Houseweart, MBA

Editors

Amy Sapanero

Lorelei Lindenaux-Balazs MA;

LMHC

Maria C. Niecestro

Sponsored by Sarasota Memorial

Hospital and State of Florida

Department of Elder Affairs

Large or Small – Choosing an Assisted Living Facility

Assisted Living Facilities come in all shapes and sizes and there is much to consider when choosing between a small facility and a large one. The best way to find which type of facility is suitable for you is to take a tour! This is a perfect way to gain knowledge of the services and resources these sites have to offer, and to get a feeling about how you or your loved one will fit in the environment. Understanding the services provided and what is included in the price for each facility is important. Remember, you are choosing a new home for yourself or a loved one.

Larger Assisted Living Facilities generally offer more structure, as well as more scheduled services. These facilities often have an activities director who plans fun activities during the day. If you like socializing or want to make new friends, this could be an asset. Large facilities also often have transportation services to allow for scheduled trips to medical appointments, shopping etc. Many of the larger facilities are pet friendly and have Memory Units specifically designed for those with memory disorders. However, because they serve so many people, larger facilities may have less flexibility in scheduling. This means eating meals at a specified time and using medical transportation only on certain days of the week. Ask questions about these issues when you tour.

Adult Family Care Homes differ greatly from Assisted Living Facilities in that they are much smaller, with most having around 5 beds. These homes tend to have a less structured day. They may not have a scheduled activities calendar, but none the less, encourage activity and exercise. Considering the smaller environment, residents tend to have close interaction with other residents. This promotes a family-like atmosphere. These facilities are also generally staffed with a minimal number of personnel which may include the owner(s) of the home as well as a caregiver to meet the personal care needs of the residents.

Most assisted living facilities and family care homes encourage tours and are happy to have you visit. Don't wait until you need to make a decision to make a visit. Know your options BEFORE you have to move. You can conquer the fear of the unknown by making a simple phone call and scheduling a tour.

Special Thanks to: Libby at Colonial Park Club, Olivia at Cypress Gardens, and Mike & Elizabeth at DeSoto Acres!

Cholesterol

Much has been written about the importance of monitoring your cholesterol numbers. But do you know what those numbers actually mean?

Cholesterol is found in every cell in your body. This fat like substance helps to make hormones and chemicals that aid in digestion. The liver makes cholesterol and combines it with a protein. Any fat, also called lipid, combined with a protein is called a lipoprotein. These carry cholesterol through your body.

Why does high cholesterol matter? When you consume too much extra cholesterol from foods, it builds up on or in your artery walls. Over time the arteries can become so clogged with cholesterol that blood cannot flow freely. You hear this referred to as coronary artery blockage and hence heart disease, which may lead to a heart attack. High blood cholesterol by itself causes no symptoms. This is why routine cholesterol level checks are vital.

What is total Cholesterol? Since there are several types of cholesterol and fat, one can benefit from several measurements.

A total cholesterol check measures all the cholesterol in your blood. The higher the total cholesterol, the higher your risk for heart disease is.

The bad cholesterol, **LDL or low density lipoproteins**, carry most of the cholesterol that clogs arteries. The higher your LDL level, the higher your risk for heart disease.

The good cholesterol or HDL, High density lipoproteins, actually move cholesterol out of your arteries, back to your liver and out of your body. The higher the HDL, the lower your risk for heart disease.

Triglycerides are another type of fat. Higher levels also raise your risk of heart disease.

Keep in mind, treatment will vary by individual depending on your overall health and other risk factors for heart disease. The bottom line is: **take care of your Cholesterol, before it takes care of you!**

What's on your mind?

Q: I'm desperate. I've been caring for my mother for 2 years. She constantly needs more of my attention. I have no time to myself. I don't want to move her anywhere, but where can I get help when finances are tight?

A: There are respite services available to provide temporary relief for caregivers providing 24 hour care. If you live in Sarasota, start with the Elder Helpline (800/963-5337). Programs provide services like adult day care, in-home care, transportation, and other supportive services. Make sure to mention that your mother has an Alzheimer's type dementia; there are special funding sources available to those who have that diagnosis. Additional special funding has recently been awarded from the federal government to assist caregivers. The eligibility criteria for the programs vary. Not all services are tied to financial resources. If you live outside of Sarasota, contact your Area Agency on Aging to find out which local agency administers the funding in your area.

In some cases it may be advisable to contact the Department of Children & Families. They may be able find out if your mom is eligible for Medicaid which can also pay for services or long term care.

Finally, join a support group. This is one way to learn ways to avoid burn-out. Also, support group members are great resources for information regarding community services. The Alzheimer's Association (941/365-8883) can provide a list.

In addition, a good caregiver resource book on Alzheimer's Disease for you to read is The 36-Hour Day. This book gives many helpful tips on caregiving, behavior challenges, and how to care for yourself, as well as many other enlightening topics you may find beneficial.

The Alzheimer's Association is offering this month:

August 11- Maintain Your Brain at MCC Bradenton Campus 2 pm – 4 pm.

August 21- Basic Course for Caregivers MCC Lakewood Ranch 10 am – 12 pm.

August 21- Basic Course for Caregivers MCC Venice Campus 2 pm – 4 pm.

August 25- Basic Course for Caregivers MCC Bradenton Campus 2 pm – 4 pm.

For information on any of the above events, call the Alzheimer's Association at (941) 365-8883.

Inspirational Quotes for the Weary Caregiver:

“I am only one, but still I am one. I cannot do everything, but still I can do something; and because I cannot do everything, I will not refuse to do something I can do.”

-Edward Everett Hale

“Everybody can be great...because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love.”

-Dr. Martin Luther King, Jr.

“Comedy Corner”

Senility Prayer

God grant me the senility to forget the people I never liked, the good fortune to run into the ones I do and the eyesight to tell the difference.



Caregiving as a Team Sport

When: September 29, 2006 8:30am- 3:00pm

Where: MCC Lakewood Ranch

7131 Professional Pkwy.

Sarasota, FL 34240

Cost: FREE! Breakfast and lunch is provided (pre-registration is required to guarantee lunch).

Call 917-1779 to RSVP.

Respite services will be available.

SMH Memory Disorder Clinic Coordinator

Kathleen Housewart, MBA will be

presenting at this free conference!

News Flash!

The Johnnie Byrd Alzheimer's Research Institute is now accepting research candidates

Contact Lorelei Lindenaux-Balazs MA; LMHC for details. 941-917-7197

Free Memory Screenings

The Memory Disorder Clinic offers free memory screenings at The Senior Friendship Centers on the 2nd Monday of every month in Sarasota and on the 1st Wednesday of every month in Venice. Call (941) 917-7197 to schedule an appointment.

Due to increased demand an additional screening location has been added.

Location: 1921 Waldemere Street

When: By appointment only

Please call 917-7197 for details.

Sarasota Memorial Hospital

Memory Disorder Clinic

Administrative Office Location

1700 S. Tamiami Trail

Sarasota, FL 34239

(941) 917-7197

www.sarasotageriatrics.com

Clinic Locations

1921 Waldemere Street

Suite 403, Sarasota

929 S. Tamiami Trail

Suite 203. Osprey