



A decision as important as *life* itself.™

SUPPORT GROUP

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

Next meeting: **Oct. 19th**

Speaker: Missy Trzeciak-Kerr, LMHC. Coastal Behavioral Health

Topic: Mental Health

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

THE MEMORY DISORDER CLINIC

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Sponsored by Sarasota Memorial

Hospital and State of Florida

Department of Elder Affairs

Sexuality and Alzheimer's Disease

All humans need to be touched, caressed and held. For Alzheimer patients this need is especially important. Alzheimer's disease affects people in various ways. One person may have an increased interest in sex while another may have no interest at all. Changes in the sexuality of people with Alzheimer's disease include the following:

- ❖ **Bold Behavior** – The person may forget his or her marital status and begin to make inappropriate advances towards members of the opposite sex.
- ❖ **Exposure**- The person may forget how to dress or take their clothes off at inappropriate times. For example, a woman might remove her blouse because she feels it is too tight or if she feels uncomfortable. The person doesn't understand that clothes should not be removed in public places.
- ❖ **Fondling**- The person may forget social rules or etiquette and fondle himself in public. Although it looks like the person is attempting to harass or embarrass others he may not understand that the behavior is inappropriate.
- ❖ **Paranoia**- The person may become unreasonably jealous or suspicious.

Ways to respond to these behaviors are as follows:

- ❖ Keep in mind that there is generally a reason for the inappropriate behavior.
- ❖ Gently remind the person that the behavior is inappropriate.
- ❖ Respond carefully to threats and accusations.
- ❖ Assist the person with clothing adjustments such as providing pull on pants rather than zip up pants.
- ❖ Increase the level of appropriate physical contact. Give the person plenty of physical contact such as hand holding and hugging.
- ❖ Adjust to changes in sexual desire. As the disease progresses a spouse may choose to sleep apart from the person especially if he or she becomes demanding or jealous.
- ❖ If you seek outside help from an expert about sexual issues, make certain the professional understands the nature of the disease.

How to help yourself Remember

There are ways we can practice improving memory, including making and storing new information, as well as finding that new information when we need it later. Here are two basic steps:

Step One: First monitor your memory. Have your care partner, friend or family member help with this task. Keep track of your memory difficulties for three days. Have your partner keep track as well. This is important because you may notice different things. Note what types of things you tend to forget. Are you having trouble paying **attention**? Do you lose your **concentration**? Do you find it difficult to find **where you put things**, remember **names**, **appointments**, or **words** during conversations?

Step Two: After noting what types of difficulties you tend to have, choose memory enhancement activities aimed at the problem areas. Of these problem areas, choose at least one new skill you would like to develop and find activities that might develop that skill. Practice these activities for a week with your partner. You can have fun with the activities and compare how each of you do and which activities seem to be helpful.

Attention: Losing the ability to maintain attention is a common cause of difficulties with memory. If you want to store something in long term memory, you must pay attention to it and concentrate. This takes time and effort. The antidote is to **pay close conscious attention** to what you need to remember by saying it to yourself as well as saying it out loud. Practice saying things out loud which will help you to remember.

Concentration: At the beginning of a day decide what three things you'd like to do. Make up a rhyme or a jingle when you're in the shower or getting dressed that include the things you need to do. Sing it a few times before leaving then try to remember them at lunch and then at dinner. Concentrate on this task and see how you do.

Name recall activities can be fun. Use of your imagination can improve memory for verbal material. When you meet someone for the first time, match the name up with something. (Barbara works at the bank, Gloria with the golden blond hair, Rhonda with the red hair etc.) Make sure the match makes sense for you.

Routines are important and the routines can work as triggers to remember things. Make up two routines, one for returning home and one for leaving home. If you do things the same way every time, you are less likely to forget or misplace things. Here are some examples:

Leaving Home Pick up your keys where you always place them. When you leave your house, you always check that the doors are locked; the lights and all electrical appliances are off. There is food and water available for any pet and you bring your list of things to do with you.

Returning Home Place your keys in the same place each time you come home. Check on your pet and put away any perishable items you may have purchased. Check your telephone answering system.

The more meaning something has for you, the easier it is to remember. Words are easier to remember than nonsense syllables. Sentences are easier to remember than words in non-grammatical order. Rhymes (and rhythms), can be used to add more meaning to events such as dates. Remember this from School:

“In 1492 Columbus sailed the ocean blue” or “30 days has September, April, June and November”

These rhymes have lasted a lifetime. Make some up for yourself.

Good memory is dependent on **attention**, **storage and retrieval**. If any one of these systems is not working properly, you are likely to have memory difficulties. You can boost your memory powers by increasing meaningfulness of the information, organization, and associations with older memories.

Upcoming Events in the Community:

Marilyn Tate, RN, Nurse Educator, provides positive and rewarding free monthly programs for SENSATIONAL SENIORS wanting to look and feel their best. This month's topic is:

" 3 Easy Steps To Better Health"

October 17, 10-11:30 a.m.

Sarasota Memorial Hospital, Waldemere Auditorium, 1700 S. Tamiami Trail.

For reservations or information, please call our HealthLine at 941-917-777
Complimentary Continental breakfast provided.

Fall Festival

A day of health and wellness

Saturday, November 4th

9am-2pm

Held at Senior Friendship Center

1888 Brother Geenen Way

Sarasota

For more information call

917-7197

14th Annual Candlelight Vigil

The Alzheimer's Association will be hosting the vigil which will be held at the Marie Selby Botanical Gardens

Wednesday November 8th

at 5:30 p.m.

Bring a family member or friend and light a candle for your loved one or someone you know who has been affected by the disease.

Please call the Alzheimer's Association at 365-8883 if you plan to attend.

Alzheimer's Caregiver Online Support provides education, stress management and caregiver support in your home at your convenience. Visit the website at

www.AlzOnline.net

"Comedy Corner"

We know we are getting older when our joints are more accurate than the meteorologists at the national weather service.



NOTICE:

It is time again to update our newsletter mailing list. Please mark the appropriate response on the back page of our newsletter and return it to us by mail. Or if you prefer you may call our office at 917-7197 to advise us whether or not you wish to continue receiving our newsletter.

News Flash!

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

Contact Lorelei Lindenau-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.

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