



A decision as important as *life* itself.™

### **SUPPORT GROUP**

**Mild Cognitive Impairment**  
Education & Support Group for  
Families affected by MCI

**Next Meeting: Dec. 20<sup>th</sup>**

**Time: 9:30am**

**Topic: Financial & Legal  
Issues in Aging**

**Speaker:**  
**Teresa K. Bowman,**  
**Elder Law Attorney**

**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

### **UNDERSTANDING AND PREVENTING STROKE**

**A stroke** is a “**brain attack**”. It occurs when a blood vessel bringing oxygen and nutrients to the brain becomes clogged or bursts. When a stroke occurs, it kills brain cells in the immediate area so the nerve cells in the brain can’t work properly. When brain cells die, the body may lose control of the abilities that area once controlled. This can result in difficulty speaking, the inability to walk, or a loss of memory. The specific abilities affected depend on where the stroke occurs and the size of the stroke.

Remember this **simple stroke test**: **Smile** - is their smile symmetrical or is one side drooping? **Raise both arms** - can they hold both arms up or is one arm weaker?

**Repeat a sentence** - like "The sky is blue." can they form the words?

**If the answer is no to any of these questions, call 911 immediately! Keep track of the time when you started seeing symptoms, which helps establish if person can be started on treatments within the three-hour treatment window.** Immediate treatment and follow up rehabilitation may lessen the long term effects of the stroke and improves survival and successful recovery.

#### **There are other warning signs of stroke.**

- Suddenly feeling weak in one arm, hand or leg
- Cannot feel one side of your face or body
- Suddenly cannot see out of one eye
- Suddenly have a hard time walking
- Cannot understand what someone is saying
- Feeling dizzy or losing your balance
- Having the worst headache you have ever had

**Stroke Risk Factors:** Early detection and effective control of stroke risk factor can greatly reduce the chances of having a stroke. Controllable stroke risk factors include high blood pressure, heart disease, high cholesterol, smoking, excessive alcohol use and being overweight. Uncontrollable stroke risk factors include age, gender, race, family or personal history of stroke or TIA and personal history of diabetes. For information on a stroke support group call (941) 917-7048.

## Helping Caregivers This Holiday Season

This holiday season you can make a difference by helping a caregiver.

Help you might offer:

- Run errands
- Assist with yard work, upkeep on property (cleaning gutters, mowing lawn, gardening)
- Do laundry (you can take it to your home and bring back in a timely fashion)
- Wash car or get car maintenance done (this is very hard to get done in a care giving schedule)
- Do housecleaning (or get support to find and pay someone for this service)
- Provide transportation to appointments
- Visit and sit with the impaired individual as respite for the caregiver (on a one-time basis or a regular time each week)

Helping a caregiver by providing respite allows them to do a number of things they otherwise couldn't do, such as organize medicine for the week/month (uninterrupted time), exercise, nap, do household tasks, keep their own medical or personal appointments, attend worship, or attend a support group.

Practical ways to give to the caregiver this season:

- A gift certificate for a massage for the caregiver
- Gift certificates to a favorite restaurant (with a promise to sit with their loved one while they go out and enjoy!)
- Gift certificates to restaurants with a take out menu
- A home-cooked meal or baked goods
- Prepaid phone cards for staying in with touch with family and friends at a distance

Ways to show concern for caregivers and loved ones with memory impairments:

- Send cards or letters (everyone loves mail, especially elders!)
- E-mails (can include photos)
- Bring or send labeled photographs
- Provide a notebook or a scrapbook in which the above can be assembled
- Call the elder just to say hello
- Send flowers or low maintenance plants

## Is an Independent Living Assessment Needed?

Family caregivers may feel they know when their memory impaired loved one can no longer live alone safely. However, it is often difficult for close family members to make objective decisions regarding care needs.

Use this checklist as your own guide on whether it's time to bring in a professional eldercare expert to make that formal assessment with you and your loved one:

- Does your loved one forget to take medications?
- Forget to turn the stove off after cooking?
- Has your loved one lost weight?
- Do they appear poorly groomed -- unshaven, hair dirty or unkempt, or wearing dirty clothes?
- Is there enough food in cabinets or the refrigerator?
- Are dishes piled in the sink, carpets dirty, furniture dusty?
- Is the house cluttered or the yard a mess?
- Have they lost interest in going out or in activities they once enjoyed?
- Do they seem unsteady or afraid to use stairs?
- Is there unopened mail around the house?
- Have you noticed changes in their normal routine or behavior?
- Does your loved one seem depressed?

A formal assessment by a trained geriatric professional such as a geriatric care manager or in-home care provider can provide advice on service needs as well as information on the community resources available.

## Recognizing Depression

Depression is not just "feeling blue." It can affect your thoughts, feelings, physical health and behaviors on a daily basis. Watch out for some of the most common signs of depression such as: feelings of sadness, fatigue, difficulty in concentrating, loss of interest in usual activities, weight change or feeling worthlessness. If you experience any of these signs consult with your primary care physician to get treatment.

A common effect of depression is a strong belief that nothing can help you get better. This is not true. There are good treatments for depression available. The important thing is to not give up.

## Medicare Rates for 2008

The Centers of Medicare & Medicaid Services has announced the Medicare Part A Hospital Insurance, Part B Supplementary Medical Insurance deductibles and the monthly Part B premiums to be paid by Medicare beneficiaries for the calendar year of 2008.

### The rates are:

Part A- Hospital Insurance deductible is \$1,024.00. Coinsurance - \$256.00 a day for 61<sup>st</sup> -90<sup>th</sup> day \$512.00 a day for the 91-150<sup>th</sup> day.

Skilled Nursing Facility Coinsurance- \$128.00 a day for 21<sup>st</sup> -100<sup>th</sup> day.

Part B- Supplementary Medical Insurance Standard Premium- \$96.40

Deductible- \$135.00/ per year

For further information contact your local Social Security office toll free at 1-800-772-1213 or [www.socialsecurity.gov](http://www.socialsecurity.gov)

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**Oops ! A recent problem with our mail service caused the newsletters to arrive late. We hope that all mail is now back on track and apologize for the problem.**

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**The staff of the Memory Disorder Clinic wish you a Happy Holiday Season!**



## “On Your Mind” goes high-tech!

Now you can receive your monthly newsletter from our clinic via email. Simply complete and return the questionnaire on the back page to our office. We will email your newsletter to you every month. The past and present newsletters will also be posted on our website. Please visit our website at [www.sarasotageriatrics.com](http://www.sarasotageriatrics.com)

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## Back by Popular Demand 2<sup>nd</sup> Photo Memory Workshop



Since the last Photo Memory Workshop was such a success Lorelei is hosting it again. The next session is to begin in February. It will be held at the Institute for Advanced Medicine at 5880 Rand Blvd. on the first floor in classroom B. Information will be available at the MCI Support group or by calling Lorelei Lindenaux-Balazs at (941)-917-4269.



Sarasota Memorial Hospital  
Memory Disorder Clinic  
Institute for Advanced Medicine  
5880 Rand Blvd., # 205  
Sarasota, FL 34238  
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Located just ½ mile from I-75 on the south side of Clark Road.

[www.sarasotageriatrics.com](http://www.sarasotageriatrics.com)

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