



A decision as important as *life* itself.™

SUPPORT GROUP

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

Next Meeting: March 20th

Time: 9:30 am

**Topic: Community
Pharmacy of Sarasota**

**Speaker: Kimberly
Chmielewski**

**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

Editor

Amy Sapanero

Sponsored by Sarasota Memorial
Hospital and State of Florida
Department of Elder Affairs

Florida Brain Bank Provides Keys to Finding Treatment/Cure of Alzheimer's Disease and Related Disorders

For individuals and families interested in participating in finding a cure for Alzheimer's disease, the Florida Brain Bank provides a unique opportunity to be part of the cure. The brain bank provides brain tissue to scientists who are working on finding treatments for diseases like Alzheimer's. Many individuals express a desire to do something to help others even as they become impaired. Still, choosing to participate in this type of research may be a difficult decision even if your family member is already an organ donor.

Participants must be pre-registered so it is important to plan ahead as a comprehensive application must be completed and medical records must be collected, especially from the neurologist and/or other specialists who made the initial diagnosis. This process takes time, but the information is necessary for the neuropathologist to determine the final diagnoses in each case and also to provide supporting information for research. Each family will receive a final brain autopsy free of charge as part of their participation in the Brain Bank Program.

In the Sarasota area, upon the death of the patient, the Brain Bank is contacted and a local pathologist is dispatched to harvest the brain and package it for transport. The brain donation should not interfere with the family's funeral or viewing arrangements. A final pathology report will be provided to the family and the patient's physicians, and the brain tissue will become available to researchers worldwide.

The diagnoses are a critical piece of your family's medical history and will become important to your children and grandchildren as new treatments become available.

We will be glad to answer any questions you may have to help you feel right about your decision. Contact the SMH Memory Clinic for further information on the Florida Brain Bank 941-917-7197 or visit

www.elderaffairs.state.fl.us/english/BrainBank

Mild Cognitive Impairment (MCI)

Mild Cognitive Impairment has been identified and is diagnosed as an illness separate from illnesses like Alzheimer's Disease. MCI is generally characterized by isolated trouble with memory, generally first recognized by the patients themselves, or close family members. Specific tests for memory loss, such as neuropsychological testing can identify deficits abnormal for age. In most cases (though not all), other cognitive functions such as language skills, visual spatial skills and executive functions, remain in tact. Generally, individuals with MCI still function independently. Patients with MCI do not meet criteria for dementia, therefore pinpointing a cause can be difficult.

What is in the Future? MCI patients therefore have an increased risk of developing dementia. These statistics suggest that approximately one-half of the patients with MCI will convert to a dementia diagnosis within 5 years.

What can I do? Persons with MCI should be made aware of their diagnosis and do everything possible to stay healthy and preserve brain function. First, a thorough review of medications to assess the necessity of those that might have cognitive side effects is indicated. Treatment of depressive symptoms that often accompany the realization that memory is failing can often improve symptoms. Reduction of risk factors associated with the common causes of dementia such as vascular and heart disease could also help maintain cognitive function. The regulation of blood pressure, control of cholesterol, and stopping smoking are all good suggestions.

Finally, make healthy life style choices, such as eating right, exercising regularly, staying mentally active and involved with activities you enjoy. If you have a diagnosis of MCI, don't stop living, **START LIVING RIGHT**. Get prepared for your future, whatever it may bring.

Getting Started

Get information about long term care planning. Join a MCI Support Group if one exists in your area. If none exist – start one! Stay active and involved in your own care. Educate those around you so that you can continue to live independently!

10 Quick Tips For Caregivers with Memory Impaired Loved Ones

1. Be flexible and patient
2. Encourage involvement in daily life
3. Avoid correcting too much
4. Help maintain some independence
5. Offer opportunities for choice
6. Simplify instructions
7. Establish familiar routines
8. Respond to your loved one's feelings
9. Simplify, structure and supervise
10. Provide encouragement and praise

Share Florida Food Network

Food Pantries have become increasingly more popular in tough financial times. When the price of a gallon of gas is over \$3.00 many are forced to cut costs elsewhere. Often those cuts end up being in groceries. **SHARE** Florida Food Network is a program to supplement groceries you would normally purchase at the local supermarket. But **SHARE** offers groceries at huge savings. You simply order the discounted packages offered, pay for your selections. Two weeks later pick up your order. There are no applications or income requirements. Everyone and anyone is welcome to participate in **SHARE**. **Share** encourages their members to donate time to a worthy cause within the community but this is not a requirement. **SHARE** is a non-profit organization that builds and strengthens communities through services while offering savings on high-quality food. For more information call 1-800-536-3379 Or visit www.shareflorida.org



2008 Memory Walk

April 5, 2008

Downtown Gazebo, Venice

**SUPPORT THE MOVE
TO END ALZHEIMER'S!**

Pre-Walk Activities: 8AM

Walk Step Off: 9AM

For More Information:

1-800-772-8672 or

www.alz.org

Free Risk Screenings for Driving



The Memory Clinic is offering in-office screenings for driving risk factors. Scholarships for full drivers' evaluations are also available on a limited basis. Contact Maria Niecestro at 941-917-7197 for further information or an appointment.

The staff of The Memory Clinic wish you a

Happy 
St. Patrick's Day



FREE Memory Screenings

1st Wednesday of the month, 1-3PM Senior Friendship Center, 2350 Scenic Drive, Venice

2nd Monday of the month, 2-4PM Senior Friendship Center, Caregiver Resource Center 1820 Brother Geenen Way, Sarasota

For appointments call 941/917-7197

“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



**Sarasota Memorial Hospital
Memory Disorder Clinic
Institute for Advanced Medicine
5880 Rand Blvd., # 205
Sarasota, FL 34238
(941) 917-7197**

Located just 1/2 mile from I-75 on the south side of Clark Road.

www.sarasotageriatrics.com