



A decision as important as *life* itself.™

### **SUPPORT GROUP**

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

**Next Meeting: May 15<sup>th</sup>**

**Time: 9:30 am**

**Topic: Mind Your Mind  
Brain Exercise Class**

**Speaker: Victoria Recio, BA**  
Senior Friendship Center  
Manager

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

### **THE MEMORY DISORDER CLINIC**

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#### **Editor**

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

## **Local Class Provides Brain Exercise**

For most of us, aging leads to inevitable changes in many of our abilities, including changes in memory and thinking. Unfortunately, we must expect that just as other parts of our bodies are changing (have you looked in the mirror lately?) our brains are changing as well.

There are certain changes in brain function that are considered normal. These include having more difficulty learning new things, trouble finding words, slower recall and problems with complex attention or the ability to multi-task. For most of us, these are just occasional annoyances that we get used to as we age. They do not foreshadow increasing problems or predict future illness. For others where symptoms seem to progress or interfere with normal activities, it is important to discuss these issues with your family physician. In most cases however, we just need to learn to live with these changes.

Studies have shown that keeping your mind active and finding activities to challenge you brain can help preserve brain function.

The **Mind Your Mind** class offered by the Senior Friendship Center provides a regular schedule of interesting brain activities designed specifically for older adults. The program uses simple mental activities and brain stimulation exercises to exercise the brain and help maintain brain function. The class, facilitated by Harriet Pearson, is appropriate for all levels and can provide useful information and activities to keep your mind active. Though there is no sure way to avoid the diseases that affect brain function - keeping your brain functioning as well as possible, can help preserve independence and ultimately improve quality of life.

**Mind Your Mind** is offered every Wednesday from 11:00 AM to 12:00 PM at the Senior Friendship Center, 1888 Brother Geenen Way, Sarasota. For information call Victoria Recio at 556-3214

## Advice from an Alzheimer's Patient

- Don't hurry me. Hurrying tends to make me forget and I tend to get confused.
- If I forget something, remind me gently. If I seem forget company is coming over or that we are due to be somewhere, realize that it is okay if we are a little late.
- Don't keep asking me questions. This frustrates me feel like I'm flunking a test.
- When I forget, laugh with me or hug me, but please don't make excuses for me. This makes me angry and I feel you do not understand what I am feeling inside.
- When I say, "I don't know how to do something," just come and help me. No words are needed and chances are, later I may be able to do it on my own.
- When I tell you something "dumb" that I did, please listen and try to understand that what I am really trying to tell you is that I am scared and hurting. I need to be loved and given time to talk about what is happening to me.
- When I am silent and unable to sleep, chances are that I am struggling with my own fears about how this is going to hurt us as time goes on. I am asking myself what is going to happen to me and how we, as a family, are going to cope and survive.

Try to understand that some days I can't see that there is anything wrong with me...and then there are days when I know things are not working normally. These latter days are the ones when you are most apt to find my spirits low.

Try to understand that I find it difficult to believe that this is really happening to me and that I don't want to be a burden to you.

**Please be patient with me.**

**“Exercise your brain:**

**Keep on top of things...”**

**Free Event at Senior Friendship Center**

Do you find yourself experiencing more of those “senior moments?” You're not alone, and help is available. Local experts on memory and the aging brain will discuss ways to keep your mind active and healthy at a free community forum on Wednesday, May 7 from 10:30 a.m. to noon at Senior Friendship Centers, Inc. 1888 Brother Geenen Way in Sarasota.

As people are faced with difficult decisions about complex aging issues, take increasing numbers of medications, and live in a faster paced world, the mind must process a lot of information. The front page article notes – brain function changes for all of us as we age. Research shows that when older adults read, stay abreast of current events, and challenge their mind on a daily basis, the brain performs better.

This forum which includes a panel of local experts will help older adults understand how the mind works and ways to exercise their brain to maintain function.

Dr. Alan B. Grindal is a board certified Neurologist and Fellow of the American Academy of Neurology and currently works with the Memory Disorder Clinic at Sarasota Memorial Hospital. He will speak on the aging brain. Amy Weinberger, of the Thinking Center, will speak on verbal memory, inductive reasoning and processing speed. Kathleen Houseweart, from the Memory Disorder Clinic at Sarasota Memorial Hospital and will share information on diagnosing memory problems and other Memory Clinic services. Harriet Pearson teaches the "Mind your Mind" class at the Senior Friendship Center and will conduct brain exercises with the audience. For more information call Senior Friendship Center 941-955-2122.

**Announcing !!!  
Boomers Plus CHAT  
A New Community Health Action  
Team!**

**Inaugural Meeting: Friday May 23, 2008  
9:15am- gathering and light refreshments  
9:30-10:30 am Meeting  
Selby Library 1331 First St. Sarasota**

**Join Sarasota residents as we explore health  
interests and aging issues of adults of all  
ages. Your ideas and action can make a  
difference in your health and in the health of  
our community. For more information call  
941-650-4856 or**

**E-mail: [boomers@chip4health.org](mailto:boomers@chip4health.org)**

**Website: [www.chip4health.org](http://www.chip4health.org)**

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**Free Risk Screenings for Driving**



The Memory Clinic is offering in-office  
**Driving Health Screenings**. 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.

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**FREE Memory Screenings**

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

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

**For appointments call 941/917-7197**

**Free CarFit Event**

Older drivers are often the safest drivers. They are more likely to wear their seatbelts, and less likely to speed or drink and drive. However, older drivers are more likely to be killed or seriously injured when a crash does occur.

CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles "fit" them. This Free event will come to Sarasota **Thursday May 29, 9 AM - Noon at the Bahia Vista Mennonite Church, 4041 Bahia Vista St. Sarasota.**

A team of trained technicians will work with each participant to ensure they "fit" their vehicle properly for maximum comfort and safety. A CarFit check takes approximately 20 minutes. Each participant will receive educational material and other give-aways. Appointments are necessary. **For information call 917-7197.**

**Newsletter goes high-tech!**

You can receive your monthly newsletter via email. Simply complete and return the questionnaire on the back page to our office. We will email your newsletter every month. Current and past newsletters are also posted on our website listed below.

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