



A decision as important as *life* itself.™

### **SUPPORT GROUP**

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

**Next Meeting: June 19<sup>th</sup>**

**Time: 9:30 am**

**Topic: Exercise Your Brain**

**Speaker: Alan Grindal M.D.**  
**of the Memory Clinic**

**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

## **Car Fit Program a Local Success**

The SMH Memory Disorder Clinic sponsored the first ever *Car Fit* Event in Sarasota County. *Car Fit* was created by the American Society on Aging, the AAA (American Automobile Association), AARP and the American Occupational Therapy Association. Volunteers completed 6 hours of training the day before the event to be able to check and advise older drivers' on the *fit* of their vehicles.

Participants arrived at the Bahia Vista Mennonite Church on May 29 to take part in the event. Trained volunteers completed a 12-point checklist with each driver. Among the items checked: Is the person positioned correctly in the driver's seat? Can the person reach the pedals easily? Does the person know how to adjust the mirrors to minimize blind spots?

After visiting with a trained volunteer, drivers consulted with an occupational therapist who discussed recommendations and resources. "As we age, changes in our vision, flexibility, strength, range of motion and even size and height may make us less comfortable and reduce our control behind the wheel," said Fran Carlin-Rogers, the Event Trainer. The Car Fit event allows older drivers the opportunity to learn how fitting the car to their needs can keep them driving safely longer.

Each participant received a 'goodie bag' of information relating to driving and local community resources. One lucky driver won a \$50.00 gas card. Take time to congratulate the newly trained Car Fit Evaluators in our community:

Kathleen Houseweart, SMH Memory Disorder Clinic

Maria Niecestro, SMH Memory Disorder Clinic

Terry Mishos, SMH Rehabilitation Services

Laura Magnusson, SMH Rehabilitation Services

Saloni Patel, SMH Rehabilitation Services

Carolyn Stoll, Bahia Vista Mennonite Church

Teresah Arthur, Home Instead Senior Care

Rhoda Goldberg, We Care Elder Services

Mary Harris, AAA Auto Club Sarasota

Christine Melton, Area Agency on Aging of Southwest Florida

Dennis McCarthy, University of Florida

## Loss of Sense of Time

A person with dementia may experience the inability to judge the passing of time. They may repeatedly ask what time it is or may feel that they have been deserted since they can no longer sense how long you have been gone. In order to know how much time has past, one must be able to remember what was done in the immediate past. Since short-term memory is generally impaired, the person with dementia has no way to measure the passing of time.

Not being able to keep track of time can cause a person with dementia to worry about things such as being late for an appointment and will repeatedly ask what time it is. It appears that dementia can affect the internal clock that keeps us on a somewhat regular schedule of sleeping, walking and eating.

It may be helpful when leaving, even for a short time, to leave a written note with them telling them where you are and what time you will be back. Calendars that mark the passing can also be helpful.

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## Games to Keep Your Brain Active

1. "Math Dice" The fun game of Mental Math. This one can be purchased at Target for under \$10.00.
2. "Magnetic Brain Teaser Puzzles". This one can be purchased at CVS pharmacy for under \$10.00. There are over 500 puzzles that can be constructed with the magnetic pieces placed on a magnetic board. There are a variety of patterns displayed that you construct the puzzle with by using the magnetic pieces. This one is manufactured by Paragon Books. CVS carries several other Brain Teasing types of magnetic puzzles.



## Stock Up on Hurricane Supplies

**Water** - 1 gallon daily per person for 3 to 7 days

**Food** - Enough for 3 to 7 days  
non-perishable packaged or canned food  
non-electric can opener  
cooking tools, fuel, matches, charcoal  
paper plates, plastic utensils

**Blankets & Pillows, Clothing** - seasonal rain gear, sturdy shoes

**Medications**, Prescription Drugs & over the counter medicine

**First Aid Kit** – pre made kits are available

**Toiletries**, Hand Sanitizer, Moisture wipes

**Flashlight, Radio** (Battery operated and NOAA weather radio)

**Batteries** –various sizes; cell phone batteries

**Cash** (including small bills) - Banks and ATMs may not be available for extended time

**Games:** Deck of cards, dice, books or other Activities to keep busy

**Important documents** - Insurance, medical records, bank account numbers, Social Security card, Medicare and insurance cards, etc.

**Fuel** for your vehicles

Though having supplies on hand is a good precaution, having a PLAN is even more important. A shelter is not the best place for anyone who is ill or memory impaired. Listen to your local officials and evacuate if ordered. Have a plan regarding where you can go outside the area. Keep in contact with friends or family if you leave your home. Most importantly, don't panic and remember that the season is only a few months long. Enjoy the summer and remember why you live in Florida. Have a safe hurricane season.



## Community Events

**When:** Tuesday June 24, 2008 9am to 3pm

**What:** An Insider's Guide To Choices & Options In Senior Health Care

Choosing the Right Placement  
Alzheimer's Care  
Safety Tools & Medical Supplies  
Emergency Management  
Financial Help  
Hospice  
Professional Care Manager  
Elder Law Issues

**Where:** Cullers Hall at Pines of Sarasota  
1501 N. Orange Ave, Sarasota

**Cost \$25** Lunch and Resource Book provided.

**Registration by June 20<sup>th</sup> is a must!**

**To Register call Jo Ann Westbrook Pines of Sarasota 365-0250 x 1114 or email:**  
[jwest@pinesofsarasota.org](mailto:jwest@pinesofsarasota.org)

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**When:** Wednesday June 25, 2008  
12:45pm-2:30pm

**What:** Health Implications of Caregiving  
Satellite Broadcast

**Where:** Rubin Center for Healthy Aging at the Senior Friendship Center  
1900 Brother Geenen Way, Sarasota

**Seating is limited. For reservations, please call 365-9900.**

This program will provide viewers information on how caregiving impacts the health and well being of caregivers themselves. It will provide tips on caregiver self-care, approaches taken by several organizations to support family caregivers.

## 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**

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### "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. Past issues of the newsletters are also posted at [www.sarasotageriatrics.com](http://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](http://www.sarasotageriatrics.com)