

**MCI Education &
Support Groups**

For families affected by
Mild Cognitive Impairment

SARASOTA

Next Meeting: **Nov.19th**

Time: **9:30am**

Speaker: Pam Baron, MSW

Topic: Senior Services at
Jewish Children and
Families Services

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

VENICE

**Don't forget the November
Meeting: Nov. 3rd 9:30am**

Dec Meeting: Dec. 1st

Time: **9:30am**

Speaker: Cheryl Luiz, PhD.

Roskamp Research Institute

Topic: Research

Location: Our Lady of
Lourdes Catholic Church –
1301 Center Road, Venice

**SMH MEMORY
DISORDER CLINIC
941/917-7197**

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UNDERSTANDING AND PREVENTING STROKE

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

Stroke: Know the symptoms:

A brain attack demands immediate emergency medical care. It's important to learn the symptoms of a stroke, which appear suddenly and include:

- Sudden numbness, weakness or paralysis in the face, arm or leg- especially on one side of the body
- Sudden severe headache
- Sudden blurred or impaired vision in one or both eyes
- Sudden confusion, unable to speak clearly, difficulty in understanding simple statements
- Sudden trouble walking, dizziness, loss of balance or coordination

Stroke warning signs may be temporary, lasting from a few minutes to almost 24 hours. If any of these symptoms occur, get immediate medical attention. Immediate treatment and follow up rehabilitation may lessen the long-term effects of a stroke and improves the chance of survival and successful recovery.

Stroke Risk Factors: Early detection and effective control of stroke risk factors can greatly reduce the chances of having a stroke. Controllable stroke risk factors include high blood pressure, heart disease, high cholesterol, uncontrolled diabetes, smoking, excessive alcohol use and being overweight. These risk factors also correlate to increased risk of memory problems. Making sure that you reduce your risk of stroke can also help to reduce your risk of memory problems and dementia. Talk to your doctor about ways you can reduce your stroke risk factors and protect your brain.

Observe the Warning Signs of Driving and Dementia

Caregivers must determine when their loved one's attention span, distance perception or the ability to process information makes it difficult for them to respond safely in driving situations. Their driving behaviors must be frequently observed.

Caregivers can easily miss the early warning signs of driving problems:

- Incorrect signaling
- Trouble navigating turns
- Moving into a wrong lane
- Confusion at exits
- Parking inappropriately
- Hitting curbs
- Driving at inappropriate speeds
- Delayed responses to unexpected situations
- Not anticipating dangerous situations
- Increased agitation or irritation when driving
- Scrapes or dents on car, garage or mailbox
- Getting lost in familiar places
- Near misses
- Ticketed moving violations or warnings
- Car accident
- Confusing brake and gas pedals
- Stopping in traffic for no apparent reason

Families need to be prepared. Recognize that adjustments in driving practices such as driving at low traffic times or only in familiar areas can reduce risk, but that many adults will have to give up driving at some point. Plan ahead. Know the transportation options in your area. Driving Evaluations are available, for further information call 941/ 917- 2183.



The Visit

Written by Janice Simpson

He gave me my name, he knows it no more.
My hands, his hands once strong held me
secure, now tremble and shake as they hold his
cups. His mouth won't cooperate as he sups.

His hair of gold and his freckled tan
Gone, like his mind, once a brilliant man.
The greens he took with his irons and woods,
he'd take them today, if he only could.

Not a sentence he finished, no thought
complete. His appearance now not as crisp and
neat as in day when he took the courts by
storm.

Now at night he lays his head in a dorm.

I hug and kiss him as his baby blues
Look in query at my I love yous.
Yet his gestures told me somewhere inside
Was he who rocked me when I cried.

As fast as I can I flee through the door
So my tears can't be seen as they fall to the
floor. My Daddy, Oh Daddy where have you
gone! All I have now are memories so strong.

Oh the love with which he looks at my mom
Tells me he is still that special man, Tom.

Janice Simpson wrote this poem while visiting her father. Her father is a 76 year old former lawyer who has been diagnosed with Alzheimer's. She said she just wanted something to help her remember everything about that day and writing it was an outlet for the unbearable feelings she was having.

With the holiday season approaching, I remind myself that even though this is a joyful time of the year, it can be filled with many emotions and may even present some problems.

Today's Tip: Keep your routine as normal as possible during the holiday season. Make this decision now before you are caught in the holiday frenzy!

Taken from Coping with Caring by Lyn Roche

Upcoming Events



Candlelight Vigil

Come and light a candle to remember your loved one who has died or is presently suffering from Alzheimer's or a related disease.

Thursday November 12, 2009 at 5:00pm
Selby Botanical Gardens (community room)
811 Palm Ave
RSVP by Monday Nov 9th to 365-8883

9th Annual Community Caregiving Forum How Do We Care For Ourselves and Those We Love

Friday, November 6, 2009
9:30 a.m. – 3:00 p.m.

Sarasota Memorial Hospital
1st Floor Auditorium
1700 South Tamiami Trail
Sarasota, FL 34239
**FREE Reservations required for lunch
Lunch Provided /Respite Available
Call for reservations 917-1779**

This Thanksgiving give thanks for the people you have in your life and for what you have. There are plenty of people out there without anyone or anything. It is a wonderful time to help someone not so fortunate, if you can.

*Happy Thanksgiving from
the staff at the Memory
Disorder Clinic*

Weekly Evening Support Group

The Caregiver Resource Center now offers an evening weekly support group for caregivers.

Tuesdays, 6-7pm at Sarasota Senior Friendship Center -Caregiver Resource Center Facilitated by Paula Falk, Director of Senior Friendship Center and Jane Johnson, MSW. **Call 556-3268 for further information.**

FREE Memory Screenings

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

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

For appointments call 941/917-7197

Sarasota Memorial Hospital Memory Disorder Clinic

**Institute for Advanced Medicine
5880 Rand Blvd., # 211
Sarasota, FL 34238**

(941) 917-7197

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

www.sarasotageriatrics.com