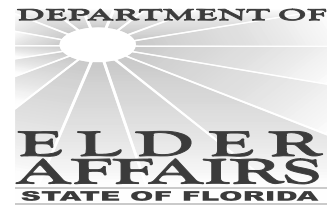


**ON YOUR MIND**  
**SARASOTA MEMORIAL**  
**MEMORY CLINIC**



**MCI EDUCATION & SUPPORT GROUPS**  
**for Families affected by Mild Cognitive Impairment**

**SARASOTA –**  
**NEXT MEETING: FEB 19**  
**TIME: 9:30AM**  
**SPEAKER: PAUL GREENE,**  
**SOCIAL SECURITY ADMIN.**  
**TOPIC: NAVIGATING SOCIAL SECURITY**

**LOCATION: SENIOR FRIENDSHIP CENTER FOR HEALTHY AGING-1900 BROTHER GEENEN WAY, SARASOTA**

**VENICE-**  
**NEXT MEETING: MARCH 3**  
**TIME: 9:30AM**  
**SPEAKER: DR. RICHARD DIAMOND**  
**TOPIC: COGNITIVE ISSUES**

**LOCATION: OUR LADY OF LOURDES CATHOLIC CHURCH**  
**1301 CENTER ROAD- VENICE**

**Sexual Behavior and Alzheimer's**

All humans need to be touched, caressed and held. For Alzheimer patients this need is especially important. Alzheimer's disease affects people in various ways. One example is bold behavior – The person may forget his or her marital status and begin to make inappropriate advances towards members of the opposite sex. Another example might be lewd behavior- the person may forget how to dress or take their clothes off at inappropriate times. For example, a woman might remove her blouse because she feels it is too tight or if she feels uncomfortable. The person doesn't understand that clothes should not be removed in public places. Fondling is another inappropriate behavior when the person may forget social rules or etiquette and fondle himself (or others) in public. Although it looks like the person is attempting to harass or embarrass others he may not understand that the behavior is inappropriate. Lastly, the person may become unreasonably jealous or suspicious.

**Ways to respond to these behaviors are as follows:**

- Keep in mind that there is generally a reason for the inappropriate behavior.
- Gently remind the person that the behavior is inappropriate.
- Respond carefully to threats and accusations.
- Assist the person with clothing adjustments such as providing pull on pants rather than zip up pants.
- Increase the level of appropriate physical contact. Give the person plenty of physical contact such as hand holding and hugging.
- Protect yourself. Being a caregiver does not mean you should tolerate abusive behavior. Try to anticipate problems before they arise and seek help, as needed. If you seek outside help from an expert about sexual issues, make certain the professional understands the nature of the disease.

## Emotional Aspects of Alzheimer's

Alzheimer's disease affects a person's ability to think, communicate and perform basic activities of daily living. But like people of all ages, the person with Alzheimer's disease experiences feelings of joy, sadness, fear, anger and jealousy. As a caregiver, you need to recognize and respond to these feelings.

The caregiver can learn to help the person with Alzheimer's deal with their emotions by understanding the person's reaction to the effects of the disease. Caregivers should exercise patience, sensitivity and a sense of humor. The following suggestions may help.

- Appreciate and acknowledge them as a person
- Communicate slowly and calmly-give them time to hear your words and prepare a response
- Be positive and reassuring-try to identify feelings rather than argue about facts
- Tell the person what to expect-provide suggestions and structure
- Match your actions and words-use the same words when repeating a message
- Help them to remain independent as long as possible- instead of assuming they can't perform certain tasks. Focus on what they can do
- Acknowledge an emotion and giving it a label may encourage them to discuss their feelings further
- Repeat enjoyable activities-remember the value of repetitive activities and exercise

*Source: Alzheimer's Association*

### Memory Tip

Chunk Information. Most people have the ability to remember short lists, such as in a phone number, if they group- or chunk- the list of items. Example: Chunking will aid working memory. A 10-digit number 3013661755 can be remembered easily as 301 366 1755. Three (3) chunks not ten numbers.

## The Importance of Activity

Activity adds purpose and meaning to each day. For people with Alzheimer's disease it decreases boredom, agitation and feelings of uselessness. Planning activities for the person with memory impairment involves continual exploration, experimentation and adjustment.

An activity can be anything that engages a person. It can be active or passive, recreational or practical. It can be fun or serious. Consider the person's strengths and abilities and their past interests. The nature of the activity is not as important as the pleasure and sense of accomplishment the person derives from it.

You can help your loved one to identify which activities are appropriate and meaningful. Here are a few guidelines:

- Choose activities that build on current abilities and skills
- Focus on activities that are enjoyable
- Offer praise and encouragement
- Adapt the activity to your loved one's limitations. Simplify if necessary
- Look for signs of frustration or stress that may indicate a task is too difficult

### Providing Good Care

Good care is more than just looking after a person's physical needs for safety, nutrition and good health. It involves caring for a full range of human needs, including the need:

- for stimulation and companionship
- to feel secure
- to feel self- esteem and feel valued
- to be treated with dignity and respect

The needs of people with Alzheimer's are no different than others of the same age. What's different is how these needs are met. As a caregiver, learning as much about the disease and its progress can help you better meet their needs.

## February Events

**“Lunch and Learn Series at Horizon Bay”**  
(formerly Merrill Gardens) will focus on memory care which will be hosted by local memory care specialists. RSVP now, space is limited.

February 5<sup>th</sup> – “Medications and Aging” by  
Dr. Ron Lucchino

February 12<sup>th</sup> - “Understanding Dementia” by  
Kathleen Houseweart, MBA

February 19<sup>th</sup> - “VA Benefits Check Up” by  
Terry Acton

February 26<sup>th</sup> - “Alzheimer’s Update” by  
Dr. Andrew Keegan

For more information or to RSVP call Horizon Bay at 955-4646. Horizon Bay is located at 730 S. Osprey Ave. Sarasota

\*\*\*\*\*

### “The Leading Edge of Memory Care”

Featuring: National Alzheimer’s and Dementia  
Expert- Teepa Snow

Monday, February 23, 2009

9:00 AM – 5:00 PM

Cost is \$45 (includes lunch)

At Pines of Sarasota Cullers Hall

1501 N. Orange Ave.

Sarasota, FL 34236

For information and to register call

941-365-0250x 1114 or

email: [jwest@pinesofsarasota.org](mailto:jwest@pinesofsarasota.org)

\*\*\*\*\*

### Memory Exercise

Group the following words in a way that will make memorizing easy for you. Invent a story linking them together and visualize the scene.

**HORSE...TRAIN...BUTTERFLY...ROSES**

**YELLOW...WATER...GINGER...WALK**

## Companion Cards

Companion cards are now available through the Alzheimer’s Association. The card is a discreet way to let people you are with, know about the difficulties your loved one may have with communication or behavior. These cards are provided at no cost to you. Contact the Alzheimer’s Association at 941/365-8883 for details.

\*\*\*\*\*

### FREE Memory Screenings

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

2<sup>nd</sup> 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 ½ mile from I-75 on the south side of Clark Road.**

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

**THE MEMORY DISORDER CLINIC  
(941) 917-7197**

**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