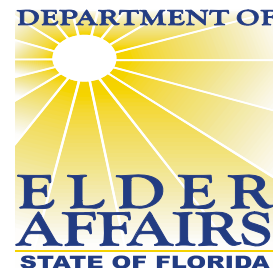


Sarasota Memorial Hospital
Memory Disorder Clinic
On Your Mind
MARCH 2009



MCI Education & Support Groups

For families affected by Mild Cognitive Impairment

SARASOTA

Next Meeting: **March 19th**

Time: **9:30am**

Speaker: **Steve Rhodes**

Topic: **Understanding the Different Medicare Supplements**

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

VENICE

Next Meeting: **April 7th**

Time: **9:30am**

Speaker: **Dr. Juliette Coleman, M.D. of Gulf Coast Neurology**

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

SMH MEMORY DISORDER CLINIC

941/917-7197

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Senior Service Dollars in Jeopardy
Legislature to decide fate of Alzheimer's Disease Funding

Our Legislators have some tough decisions to make. Shortfalls in revenue and an expanding need for services have left those providing services to older adults concerned about funding cuts. Funding for the Memory Disorder Clinics and other services designed to assist caregivers and families affected by Alzheimer's disease is truly in jeopardy in this legislative session.

The SMH Memory Disorder Clinic is supported with funds through the Florida Department of Elder Affairs. This funding allows the clinic to assemble a multi-disciplinary team, provide help to families to understand the diagnosis, develop care plans and find community resources. It funds our support groups and educational programs to over 2000 people per year.

There is growing concern that the Memory Clinics could be cut out of the budget all together. Legislators need to hear from families affected by potential cuts. If you feel that the SMH Memory Disorder Clinic is an important resource to you or someone you love, feel free to contact your local representative:

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New Memory Disorder Program Gives in-home Help to Caregivers

Sarasota Memorial's Memory Disorder Clinic has recently partnered with that Area Agency on Aging, the Senior Friendship Center, Alzheimer's Association, USF and Jewish Family & Children Services to create the "***Informed Choices***" project. The program will offer free in-home assessments to families providing care to an older adult in the community. The assessment will include assistance with setting up a plan of care, referral to local resources and caregiver education.

The goal of the grant is to help caregivers get connected to the resources already available in Sarasota, reduce caregiver stress and allow older adults with memory problems to be cared for at home when possible. Kathleen Houseweart from the Memory Disorder Clinic notes "Many families just need information. They are willing to provide care, but just don't know how or where to find basic supports."

During the home visit, staff will also be able to offer basic caregiver training and offer tips on behavioral management in caring for someone with memory loss. The new program is free and open to anyone over age 18 providing care to individuals older than 60 who have memory problems. It is hoped that by supporting caregivers, we can assist individuals with memory problems age in place.

If you or someone you know could benefit from the **Informed Choices Program**, please call 917-7197.

Being a great caregiver means taking care of your loved one and yourself. Set limits and allow time for yourself.

The Florida Brain Bank

The Florida Brain Bank was established at Mount Sinai Hospital to provide scientists with access to brain tissue of persons clinically diagnosed with dementia for research. It is now supported through a series of regional Brain Banks throughout the state.

Why are brain autopsies so important?

There is a particular need for autopsy tissue from patients who have been closely followed during their lifetime because they will have thorough clinical records. Matching the symptoms to what is later seen under the microscope can provide important information to scientists working on diagnosis and treatment.

How does this work?

Families must be pre-registered to participate in the Brain Bank. Once someone decides to participate, an application is completed. The application includes a medical history and the collection of certain medical records. If the patient was seen at a Memory Disorder Clinic, the staff can assist with the paperwork. Once accepted the family is given a phone number to call upon death of the patient and instructions on how the brain will be harvested.

In Sarasota County, once the death has occurred, a local pathologist is dispatched to where the body is and the brain is harvested for transport. This does not interfere with the family's plans for viewing or other ceremony.

What is the benefit to the family?

The family will be provided a full brain autopsy report. This information will confirm diagnosis or provide additional information. It is hoped that this information will be beneficial not only to the scientific community – but also to children and grandchildren who might benefit from knowing the full story of the illness. For more information about the Brain Bank call 941-917-7197.

March Events

Free Caregiver Seminar at Arden Courts “Dementia Medications and Management”

Dr. Ron Lucchio, Professor Emeritus of Physiology and Director of the Institute of Gerontology at Utica College of Syracuse for 30 years will be presenting the seminar. The seminar objective is to explain how the aging process increases medication levels in older adults resulting in possible adverse drug reactions that mimic, mask, and complicate other diseases.

Date: **Tuesday March 31, 2009**

Registration: **11:00a.m. with Lunch at 11:30a.m. The seminar will begin at noon. Daycare is available during the seminar. Arden Courts is located at 5509 Swift Road, Sarasota.**

For more information or to RSVP call 925-3900.

Benefits of Adult Day Care

Adult day care is one of the most important resources for families. It provides needed respite for the caregiver and often benefits the person with dementia. Day care centers offer an excellent way to balance the often conflicting demands of caregiving. Caregivers can run errands, keep appointments, work or simply get a break for a few hours. Day care offers several hours a day of structured recreation and activities in a group setting in a safe secure environment. People with dementia often retain their ability to enjoy music, laughter, friends, and the pleasures of doing some simple activity.

For more information about adult day cares in the area call 917-7197.

April Events

National Healthcare Decision Making Day

Date: April 16, 2009

Time: 2-4 pm

**Where: USF Selby Auditorium
8350 N Tamiami Trail**

Contact: 941/359-4602

Featured speakers include among others -Dr Robinson and Kathleen Houseweart from the SMH Memory Disorder Clinic

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

**THE MEMORY DISORDER CLINIC
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