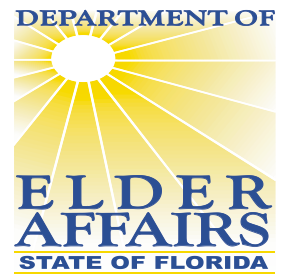




Sarasota Memorial Hospital
 Memory Disorder Clinic
On Your Mind
 JULY 2009



MCI Education & Support Groups

For families affected by Mild Cognitive Impairment

SARASOTA

Next Meeting: **JULY 16TH**

Time: **9:30am**

Speaker: Tom Harlow, Falls
 Preventions Specialist;
 Senior Personal Trainer

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

VENICE

Don't forget the July Meeting: July 7th 9:30am

August Meeting: **Aug 4th**

Time: **9:30am**

Speaker: Sarasota County
 Sherriff Sgt. Neil Scully
 Topic: Crime Prevention

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

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

Medical Director
 Bruce Robinson MD MPH
Program Manager
 Kathleen Houseweart MBA
Editor: Amy Sapanero

Adopt a Brain Healthy Diet

Research has suggested that reducing the intake of foods that are high in fat and cholesterol could reduce your risk for Alzheimer's disease. Several studies suggest that medical conditions in midlife may predispose to Alzheimer's later on. Baby boomers should pay attention. Controlling weight, cholesterol, and blood pressure can have long term affects on your health. Addressing medical risk factors today could play a role in your brain health for years to come.

A brain healthy diet is one that reduces risk of heart disease and diabetes. It should be low in fat and cholesterol to encourage good blood flow to the brain. Good cholesterol, the HDL type may protect your brain cells. Cold water fish containing beneficial omega 3 fatty acids, such as halibut, mackerel, salmon, trout and tuna are healthy alternatives to red meat which contains higher cholesterol. For those who choose meats, trimming the fat off the edges will reduce fat and cholesterol intake.

All of these have been implicated in lowering the risk of developing memory problems. Laura McLeroy, Registered Dietician of Sarasota Memorial Hospital explains that the heart and brain need the right balance of nutrients. Brightly colored fruits such as prunes, blueberries, strawberries and vegetables such as spinach, brussel sprouts, broccoli, beets, and eggplant have the highest levels of naturally occurring antioxidant levels. Some nuts, such as almonds, pecans and walnuts are also good source of vitamin E, an antioxidant.

Start the brain healthy diet by keeping track of what you eat and drink so you can identify the eating habits you would like to change. Read labels and choose low fat items when you can. Lower fat ingredients can be substituted in many recipes without being noticed. For those who eat out regularly, request sauces and dressing be placed on the side. Remember, every little bit helps. Controlling weight, cholesterol and blood pressure can have long term positive affects on your health.

How Adult Day Centers Help Caregivers

Adult day centers provide respite for families caring for seniors (primarily 60+ years) who need supervision and assistance during the day while family members work or just need a break. Adult day centers offer loved ones a safe and secure setting to participate in structured activities that help keep them engaged and active. Individuals who might benefit from an Adult Day Care include; those with physical impairments, Alzheimer's and other dementias, stroke, parkinson's, diabetes, those with special diets, incontinency problems, or who suffer from isolation or loneliness. Most adult day centers' provide a home like atmosphere and offer a nutritious lunch and snacks during the day. Centers with nursing staff can often administer prescribed medications.

Day Care programs offer a schedule of daily activities designed to match the skill levels of participants to address social, emotional, physical and spiritual needs. Activities include arts/crafts, music, and reminiscence, electronic games (Wii) etc. Some centers offer additional services such as Occupational, Physical and Speech Therapies; Podiatry; exercise/therapy, hair salon, bathing assistance, incontinence support and social workers. Transportation is also available for many programs.

To find a licensed Adult Day Care in your area go to: <http://facilitylocator.floridahealthstat.com/>
Use drop down box to look up Adult Day Care.

Article courtesy of Don Gursky COTA/L and
Tammie Gursky MS/OTR/L
SarahCare Adult Day Center of Sarasota
(941) 487-7893

Did you know?

Six out of 10 people with Alzheimer's disease will wander or become lost. Alzheimer's Association Safe Return can help. For more information call 941-365-8883 or 1-888-572-8566.

Safety at Home

Depending on the stage of the disease, individuals with dementia can live in the comfort of their own home or with a caregiver's provided that safety measures are in place.

As the disease progresses the person's abilities will change, but homes can be adapted to support these changes with some creativity, flexibility and problem solving.

Evaluate your environment- A person with dementia may be at risk in certain areas of the home or outdoors. Pay special attention to garages, work rooms, basements and outside areas. Be sure to always have working fire extinguishers, smoke alarms and carbon monoxide detectors in the house. Test them regularly to make sure they will operate in an emergency.

Beware of dangerous objects and substances- Even the most basic appliance or household object can become dangerous. Be sure to take precautions that will ensure these items do not become safety hazards.

- Use appliances that have an auto shut-off feature. Keep them away from water sources. (e.g. kitchen/bathroom sinks)
- Install a hidden gas valve or circuit breaker on the stove so a person with dementia cannot turn it on. Or consider removing the knobs from the burners.
- Store grills, lawn mowers, power tools, knives, firearms and cleaning products in a secure place.
- Discard toxic plants and decorative fruits that may be mistaken for real food.
- Remove vitamins, prescription drugs, sugar substitutes and seasonings from the kitchen table and counters. Medications should be kept in a locked area at all times.
- Supervise the use of tobacco and alcohol. Both may have harmful side effects and may interact dangerously with some medications.

Your Emotional Health

You may be so busy caring for the person with AD that you don't have time to think about your emotional health. But, you need to. Caring for a person with AD takes a lot of time and effort. Your job as caregiver can become even harder when the person you're caring for gets angry with you, hurts your feelings, or forgets who you are. Sometimes, you may feel really discouraged, sad, lonely, frustrated, confused, or angry. These feelings are normal.

Here are some things you can say to yourself that might help you feel better:

- I'm doing the best I can.
- What I'm doing would be hard for anyone.
- I'm not perfect, and that's okay.
- I can't control some things that happen.
- Sometimes, I just need to do what works for right now.
- Even when I do everything I can think of, the person with AD will still have problem behaviors because of the illness, not because of what I do.
- I will enjoy the moments when we can be together in peace.
- I will try to get help from a counselor if caregiving becomes too much for me.

Courtesy of www.nia.nih.gov/Alzheimers/Publications/CaringAD

"I feel good knowing I am a caregiver, not a caretaker. I give care lovingly and freely. I don't take away from my loved one. I won't do for him something he can still do for himself. That would be taking, not giving. It is my aim to respect his dignity at all times. I offer support sometimes with just a smile-sometimes with a hand- always with love."

Today's Tip: In the early stages do as much as you can together. Take trips. Visit family and friends.

*This is a passage from **Coping with Caring** by Lyn Roche. Coping with Caring is a wonderful daily caregiver companion containing daily practical tips and uplifting reflections. Lyn passed away earlier this year and she is greatly missed.*

NEW! Weekly Evening Support Group

The Caregiver Resource Center & the Informed Choices Caregiver Support Project now offer 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 ½ mile from I-75 on the south side of Clark Road.

www.sarasotageriatrics.com

THE MEMORY DISORDER CLINIC
(941) 917-7197