

**MCI Education &
Support Groups**

For families affected by
Mild Cognitive Impairment

SARASOTA

Next Meeting: Dec. 17th

Time: 9:30am

Speaker: Martha Bond

Topic: Project Lifesaver-

Sarasota Police Department

Location: Senior Friendship

Center- 1900 Brother

Geenen Way, Sarasota

VENICE

**Don't forget the December
Meeting: Dec. 1st 9:30am**

Jan Meeting: Jan. 5th

Time: 9:30am

Speakers: Don Gursky,

Sarahcare; Kathleen

Simonds, Senior Friendship

Center

Topic: Daycares

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

Alzheimer's and the Holidays

Holidays can be bittersweet for families affected by Alzheimer's. Caregivers often feel they must maintain traditions and activities that may be overwhelming for someone with cognitive impairment. Focus on making the holidays as enjoyable as possible. Pick those activities that are the most important, be flexible, and don't forget to take care of yourself.

At Home:

Make preparations together. If you bake, your loved one may be able to participate by measuring flour, stirring batter, rolling dough or whatever tasks match their current skills. In the end, an award-winning pie may not be the outcome, but a pleasurable activity nonetheless is very possible.

Tone down your decorations. Blinking lights and large decorative displays can cause disorientation. Avoid lighted candles and decorations such as artificial fruits that could be mistaken for edible treats.

Host quiet, slow-paced gatherings. Television, conversation and meal preparation all add to the noise and stimulation of an event. A calm quiet environment usually is best. Keep daily routines in place as much as possible and, as needed, provide your loved one a place to rest during family get-togethers.

Nursing Home or Assisted Living Facility:

Celebrate in the most familiar setting. For many with Alzheimer's, a change of environment, even a visit home, causes anxiety. Instead of creating that disruption, consider holding a small family celebration at the facility or find out what holiday activities are planned for the residents, and consider participating with your loved one there.

Keep the visitor traffic to a minimum. Arrange for a few family members to drop in on different days. Even if your loved one isn't sure who's who, two or three familiar faces are likely to be welcome, while nine or 10 may be overwhelming.

Schedule visits at your loved one's best time of day. People with Alzheimer's tire easily, particularly as they approach the late stage of the disease. Morning and lunchtime visitors may work better than those in the afternoon or evening.

Courtesy of the Mayo Clinic

Holiday Gift Guide for people with Alzheimer's

Holiday gift ideas If you have a caregiver or a person with Alzheimer's on your gift-giving list, we've got some suggestions to make your shopping a bit easier.

Gifts for people with Alzheimer's

EARLY STAGE

Items to help remember things

- magnetic reminder refrigerator pads
- Steno pads
- baskets or trays that can be labeled within cabinets or drawers
- small pocket-sized diary or notebook
- erasable white boards for key rooms in the house
- a memorable calendar featuring family photos – write special family occasions such as birthdays and anniversaries

Items to help with everyday tasks

- a memory phone that can store up to eight pictures with the names and contact information of family and friends
- automatic medication dispenser that can help the person living with Alzheimer's remember to take medicine
- nightlights that come on automatically when it gets dark
- a clock with the date and time in large type

Items to help keep the person engaged

- an outing to a movie, play or concert, sporting event, museum or possibly an organized holiday shopping trip with friends and family
- favorite musical CDs or CD with compilation of favorite tunes
- VHS/DVD collection of favorite movies



MIDDLE TO LATE STAGE

Sensory stimulation gifts. Stimulating the five senses may bring back pleasant memories.

Give gifts such as:

- scented lotions
- a fluffy bathrobe in a favorite color
- a soft blanket or afghan to keep warm
- Clothing that is comfortable and easy to get on and off such as elastic waistband pants, shoes with Velcro straps
- Music – find items that match the personality of the individual, hymns, holiday music, soundtracks from classic shows, music from the era of the individual's youth
- Framed photographs or a photo collage. Copy photos of family members and friends at photo centers, insert the names of the people in the photo and put in frames or in a photo album created specifically for that person.
- MedicAlert® + Alzheimer's Association Safe Return®. Enroll the person in [MedicAlert + Safe Return](#), a 24-hour nationwide emergency response service for wandering and medical emergencies.

Emergency Home Energy Assistance for the Elderly Program (EHEAP)

The Emergency Home Energy Assistance for the Elderly Program (EHEAP) households, with at least one person age 60 and older, when the households are experiencing a home energy emergency. Payments are for home heating or cooling and other emergency energy-related costs during the heating (October - March) and cooling (April - September) seasons. A home energy emergency may result from a delinquent utility bill, or the receipt of a shut off notice.

Contact your local [area agency on aging](#) or call the [Elder Helpline](#) at 1-800-96-ELDER (1-800-963-5337) for more information on additional eligibility requirements..

Upcoming Events

The CARE Program

December 1st, 3rd, 8th and 10th

Attend all four sessions!

Many different educational topics for caregivers will be discussed at each!

12:30 p.m. - 4:00p.m.

Hosted by:

Senior Friendship Centers

Caregiver Resource Center

Sessions will be conducted at

The Caregiver Resource Center

1820 Brother Geenen Way

The CARE Program is designed to provide caregiving individuals and family members FREE comprehensive education. This series will enable caregivers to provide enhanced care for their loved ones while better maintaining their own emotional and physical health and well-being. **To register, or for more information, call 1-941-556-3268**

The CARE Program

Self-care for Caregivers

Reducing Stress

Friday, December 11th, 2009

10:00 – 2:30 p.m.

Hosted by: The Caregiver Resource Center

Senior Friendship Center - Sarasota

Program Location: 1900 Brother Geenen

Way Carkener Terrace

Lunch sponsored by: Bahia Oaks, Horizon Bay, Harmony Pavilion, and Palmer Ranch & Rehabilitation

R.S.V.P. 556-3268 by 12/09/09

*To the world you may be one person
but to one person you may be the
world.*

*Happy Holidays 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