

**MCI Education &
Support Groups**

For families affected by
Mild Cognitive Impairment

SARASOTA

Next Meeting: **MAR 18th**

Time: **9:30am**

Speaker: Kari Ellingstad
Community Health

Improvement Partnership

Topic: CHIP

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

VENICE

**Don't forget the March
Meeting: March 2nd
9:30am**

April Meeting: April 6th

Time: **9:30am**

Speaker: Betsy Wagner,
Harpist

Topic: Music Therapy

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

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

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Repetitive Behavior and Dementia

The term dementia refers to a severe loss of cognitive (thinking) abilities - especially memory. The most common symptom of dementia is short term memory loss, or forgetting what has happened minutes or days before. Poor judgment, difficulty with language and a change of personality are other symptoms that may also be present.

Since short term memory loss is often noticed first and long term memory remains, the individual may repeat questions or stories and may appear to be living in the past. They will often repeat a word, statement, question or activity over and over. While this type of behavior is usually harmless for the person with dementia, it can be stressful to their caregivers. Sometimes the behavior is triggered by anxiety, boredom, fear or environmental factors.

Repetitive questions may be a sign that the person with dementia can no longer make sense out of their surroundings. It could indicate anxiety or fear. Provide plenty of reassurance and comfort, both in words and in touch. Touch is an excellent way to get messages to the brain when words fail.

An individual with dementia may not have any recollection of having asked the question before. Avoid reminding them that they just asked the same question. Using a calm voice, respond to the questions with a brief simple statement. Use direct eye contact and touch when you respond. Try to respond to the emotional content of the statements. They often just need some extra reassurance.

As the dementia progresses, it can become difficult for the person to remember the past, or anticipate the future. Repetitive motions and asking the same question over and over may begin as a way to fill the emptiness. Provide them with activities such as going for a walk, having a snack or looking through old pictures. Simple repetitive tasks are often calming and provide the caregiver time when their loved one is content and calm. Give them simple tasks, for example: separating or rolling coins, sweeping, or folding towels.

Planning Ahead for Funerals

Every family must deal with death at some point. Sometimes it is expected and sometimes it comes too soon. This makes it all the more important to learn the wishes of your loved ones when it comes to funeral, burial or cremation.

As a caregiver, having arrangements made for both you and your impaired loved one is equally important. If you make pre-need arrangements, make sure family members know where the information is kept to be sure your wishes are carried out.

The funeral ceremony helps us acknowledge the death, allows us to say goodbye, and provides a social support system for us and others friends and family members. Another way to think of the funeral is a final tribute to the person who died.

While each faith may have its own variation of the ceremony, here are some basic elements.

- Burial, entombment or cremation? How the body is cared for after death is an important decision. This is a crucial decision that should be discussed with your loved one.
- Viewing- A personal choice. Viewing and spending time with the body is one way of honoring the transition from life to death and saying our last goodbyes. Embalming is the process preserves the body temporarily so family and friends have more time to gather and say their goodbyes.
- Eulogy- Also called the “remembrance” or the “homily”. The eulogy acknowledges the unique life of the person who died and affirms the significance of that life for all who shared it.
- Funerals can be personalized many ways to represent the life of the decedent such as music, poems, photos, flowers, etc.

Having a meaningful funeral can make a significant difference in how you channel your grief toward healing.

Funeral homes have licensed professionals skilled in helping you navigate through this difficult time. Keep in mind preplanning funeral arrangements allows for a thoughtful plan and eases the burden on family members during the traumatic time.

Preplanning can be cost effective by freezing costs at current rates which is guaranteed by the state of Florida.

For further assistance with this topic, contact funeral homes in your area.

Bank Account

A 92-year-old, petite, well-poised and proud man, who is fully dressed each morning by eight o'clock, with his hair fashionably combed and shaved perfectly, even though he is legally blind, moved to a nursing home today. His wife of 70 years recently passed away, making the move necessary. After many hours of waiting patiently in the lobby of the nursing home, he smiled sweetly when told his room was ready. As he maneuvered his walker to the elevator, I provided a visual description of his tiny room, including the eyelet sheets that had been hung on his window. I love it,' he stated with the enthusiasm of an eight-year-old. Mr. Jones, you haven't seen the room; just wait.' 'That doesn't have anything to do with it,' he replied. Happiness is something you decide on ahead of time. Whether I like my room or not doesn't depend on how the furniture is arranged ... it's how I arrange my mind. I already decided to love it. 'It's a decision I make every morning when I wake up. I have a choice; I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do. Each day is a gift, and as long as my eyes open, I'll focus on the new day and all the happy memories I've stored away. Just for this time in my life. Old age is like a bank account. You withdraw from what you've put in. So, my advice to you would be to deposit a lot of happiness in the bank account of memories!

Upcoming Events

Everyone Welcome....Free Lecture:

Understanding Memory Loss:
What's normal – What's not?



When: **March 18, 2010 2-3pm**

Where: **Institute for Advanced Medicine**
5880 Rand Blvd 1st floor classroom

Speaker: **Kathleen Houseweart, M.B.A.**
Clinical Coordinator
Memory Clinic

Seating is limited.

Please register by calling 917-7197

Caregiver Luncheon at Arden Courts

When: **March 30, 2010 11:30**

Where: **Arden Courts Sarasota**

Speaker: **Dr. Cheryl Luis,**
Roskamp Institute

R.S.V.P. to 925-3900

Daycare is available by request. Lunch will
be served at 11:30am

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, and Jane Johnson,**
MSW. Call 556-3268 for further information.

Happy St. Patrick's Day from the
Staff of the Memory Disorder Clinic



The CARE Program

Caregiver Assistance Regional Education Program

March 16th, 18th, 23rd and 25th

Attend all four sessions!

Many different topics will be discussed!

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 caregivers and family members **FREE** comprehensive education. This series will provide caregivers specific information resources and techniques to enhance skills including information on stress relieve and community support options. To register, or for more information, call **941/556-3268**.

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

www.sarasotageriatrics.com