

Alzheimer's Aid Society's **FORGET-ME-NOT**

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www.AlzAid.org

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Alzheimer's Aid Society of Northern California

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Toll Free 800-540-3340

A Non-Profit, 501 (c)(3), Tax-Deductible Corporation Tax ID# 94-2721961



PRESIDENT'S MESSAGE

By Sheryl Ashby, CEO



Dear Friends:

I don't wish to sound like a broken record; however, I can't impress on you enough just how much we at the Alzheimer's Aid Society need your help. Your donations make it possible for us to do many things for the Alzheimer's / Dementia community. Every aspect of what we do at the Alzheimer's Aid Society is of importance to those dealing with Alzheimer's / Dementia. First and probably most well known is our Support Groups. These groups are in place not only to help those who are caregivers of someone with some form of dementia, they are also in place (in a few areas) to help those with a form of dementia.

Those with dementia get to socialize with others in their similar situation. That socialization is very important to successfully navigating and living with the dementia that they have. We also do reminiscence and brain exercise in these groups. I can honestly say that almost all the time the members of this group go home feeling better.

The support groups that are in place for the caregivers performs a different purpose. The people who are caring for an afflicted loved one are under stresses of many kinds. They come to our groups initially at their wits end, not knowing where to get help and hoping that these groups will be the answer. Typically, these groups are the answer. They find people there who are going through the same or similar issues. It is encouraging to find out that they are not in this alone. That there are many others who are facing the same challenges. Caregivers are able to share their successes and

their care-giving stories.

Those shared stories may be of help to someone else in the group, or to someone who is new in the group. Additionally, a new person gets to share what is going on in their life as a caregiver and get some suggestion that will aid them with their overwhelming task as caregiver.

We also put out our "Blue Book". The official title of which is "A Practical Guide for the Alzheimer's Caregiver". These booklets are helpful to any family who is new to the calling of Caregiver. It is also useful for professional caregivers, and can give the useful information about the care and behaviors inherent in Alzheimer's / Dementia and provide him or her with the tools that they need to be a compassionate caregiver. This booklet helps anyone who is in a caregiver's role learn how to deal with the behaviors that typically arise with a dementia patient. It will teach them how best to communicate with a person who has dementia. It will also help caregivers to learn how best to get a patient with dementia to perform their ADL's and make the caregiver's life much less stressful as a result.

For these reasons and many others, I am pleading for your support to the Alzheimer's Aid Society of Northern California. Please know that your money stays here in Northern California.

We at the Alzheimer's Aid Society are here to support you on your journey through Alzheimer's / Dementia. You can reach us at the following numbers... (800) 540-3340 or (916) 483-2002. Please call with your questions and concerns.

Sheryl

Finding Serenity in a Topsy Turvey World

Jeanne Hess RN, CGN

The definition of the word, “Serenity” is “to achieve a state of being peaceful and calm”; a meaning that outwardly has no bearing or relationship to a full time caregiver whose days are defined by a careful rationing of precious time and energy. We seem to slip into the role of caregiver gradually, as our spouses or parents become less and less able to care for themselves, and we continue because we want to do as much as we can for them out of love and respect. However, as we strive to handle the physical, emotional and financial needs that caregiving entails, we find ourselves losing more and more of our own identity. Our lives seem to become simply an extension of the one we care for and our boundaries of personal identity and sense of personal space become blurred.

In the late 1930’s an American Theologian, Reinhold Niebuhr wrote a simple prayer, later called the Serenity Prayer, for one of his personal sermons. In 1937 it was adopted by the Federal Council of Churches, included in the prayer book for army chaplains, and circulated to soldiers on printed cards during World War Two. In its best known form:



Serenity Prayer:

God grant me the serenity to accept the things I cannot change,
Courage to change the things I can,
And wisdom to know the Difference.

One of the keys to finding and maintaining serenity in your home and in your mind is to grasp a few moments of solitude during your day, and try to focus on these few words. By practicing an attitude of relaxation and acceptance you may find the strength you need to meet the challenges just for that day,

whether it is physical stamina, mental agility or simply tolerance and forbearance.

Jeanne Hess CGN

Did you know that Pauline Phillips (Better known as) “Dear Abby” had Alzheimer’s Disease?

At one point in time TV anchorwoman Diane Sawyer called her the “pioneering queen of salty advice”.

She died on January 16, 2013 at the age of 94 after years of battling Alzheimer’s disease.

8 Thing I Learned on the Path to Caregiver Excellence

By Bob DeMarco
Alzheimer's Reading Room

One of the most important things we need to do as caregivers is develop not only a **positive mindset; but also, the right mind set.**

I learned that in order to do this I had to **rewire my brain.** I say this because many of the things we do naturally when we become a caregiver **don't work well with dementia patients.** Our task becomes more difficult because while we are trying to **learn how to care effectively** - our brain is being bombarded with an enormous amount of **negative feelings and thoughts.**

As I think about this, I am also reminded of the enormous amount of negative feelings and thoughts I had before I found the path to caregiver excellence.

As caregivers we experience feelings of hopelessness, grief, denial, confusion, the list goes on. All of a sudden, and almost out of nowhere, our loved one **starts to engage in new, different, often bizarre behaviors that are unsettling to us.** Its all new and very difficult to deal with and understand.

My mom Dotty did all kinds of things in the beginning **that were hurtful, unsettling, and made me feel angry.**

She told me to **Get Out,** she told others **I wasn't feeding her** (starving her actually), and she thought that people **were stealing from her.** You know the list, you have or are experiencing this yourself.

My mom did not smile or laugh for almost 2 years - this hurt.

My personal breakthrough came at 1AM in the morning when I wrote these words on my da Vinci pad,

Something Has to Change
and then shortly thereafter,

That Something is Me.
Those words changed my life.

I didn't really know at first what I was

going to do. I just knew **I was going to change my entire approach to caring for my mom.**

Instead of making it about me, I finally realized it was about Dotty.

I finally started listening to her and watching her. Instead of obsessing over her strange, bizarre, and often confusing behavior, I started wondering, **what is she feeling? why is she doing this? How does she feel right now?**

Then one day I made the one big giant step to the left. I entered what I first called Dotty's world. The same words, the same actions, and the same behaviors that were making me feel bad all of a sudden seemed natural. Normal. Eventually I started calling this new place **Alzheimer's World.**

My point here, instead of trying to correct my mom, instead of trying to intervene every time she was doing something, I started leaning up against the wall and watched and listened. I was trying to understand her.

So, the process of re-wiring my brain began when I decided **I had to change.**

When Dotty would start doing something nutty, instead of stopping her, I let her do it. I often stood there fascinated. I wondered why is she doing this? I found myself laughing, and chuckling, at the same exact behaviors that were driving me crazy.

I learned one important thing. Dotty would often start doing something, or start going to do something and then forget what she was doing. By watching instead of intervening it finally became apparent that her memory and her ability to remember had changed. This should have been obvious but it wasn't at first.

So Dotty would often become confused. **When Dotty became confused she most**

often became mean. This is where a lot of the meanness comes from - confusion. As caregivers we have a tendency to jump in and try to explain to our loved one how to do something, what they can't do, why they should be doing what we want, and on and on- this doesn't work.

Once I started to understand what was happening and why, **I was then able to change the way things were.** Slowly but surely, one day at a time. One by one, **I substituted new and better behaviors for each of those unsettling behaviors.**

In a nutshell.

1. Dotty first taught me there was **more there** when she jumped on an exercise machine in the gym - all by herself. She could do more than I thought.
2. Next, I decided we would start living our lives. Dotty and me. This means we start going out and doing things.
3. I continually reminded myself that something had to change. **That something was me.**
4. I learned that when I changed, so did Dotty. **Instead of being the boss, I became her guide.**
5. I learned that by **accepting** these new, often bizarre behaviors, **they became the normal.** They stopped bothering me because I expected them to happen.
6. I learned that by **substituting new patterns of behavior**, developing a **set routine** to our life, that many of the bad things went away. We were too busy living our life, we were not sitting around doing nothing.
7. I stopped thinking that Dotty "Suffered" from Alzheimer's disease; and instead, started thinking of her as "deeply forgetful," and a real person.
8. I finally learned **how to understand, cope and communicate with a person**



living with dementia.

I learned how to think positive (relearned actually). I chose care-giving excellence, over care-giving complaining. **Of course, none of this happened over night.**

I would encourage you to read other articles available at www.alzheimersreadingroom.com. The Alzheimer's Reading Room a blog by Bob DeMarco.

Bob DeMarco was a care-giver for his mother and his articles are written from a caregiver's perspective and the subject matter is always pertinent to you as a care-giver.



Did you know Joyce Chen had Alzheimer's ?

- * Joyce Chen was a Chinese chef, restaurateur, and entrepreneur.
- * She was born in Beijing, China on Sept. 14, 1917
- * She opened her first restaurant in 1958 in Cambridge Mass.
- * She published her cookbook '*The Joyce Chen Cookbook*' in 1962.
- * In 1968 she had her own cooking show.
- * She died of Alzheimer's in 1994.

Guilt vs. Regret

Barbara Gillogly, Ph.D., M.F.T. CPG

“Guilt is the gift that keeps on giving...and giving.”... (Erma Bombeck)...

Guilt is that feeling of not measuring up to our own or others’ expectations — that feeling of having violated an “assumed” rule that a *better* person would have done better.

Guilt is “gifted” to us by others, but more often gifted to ourselves. We have an internal standard of what a “good daughter/son, wife/husband, sister/brother” would do or say, and this internal standard was developed early in life when things were clearly “good” or “bad” and the rules broad and general: “do unto others...”, “honor thy mother and father”, “others first, me last.” These *generic rules* worked when things were simpler and predictable, but life doesn’t stay that way. Things get more complicated, and we are faced with situations we never anticipated, and for which there are no clear road maps.

These “simple rules” cannot cover the complexity of what we are facing, and we feel guilty for what we cannot change.

Guilt is a very useful and appropriate feeling when you have actually done something you clearly know is wrong, and you do it anyway. Then you *should* feel guilty. But when things happen over which you have no control (serious illness, loved ones on drugs, overwhelming expectations of someone in your life), then the appropriate feeling is regret — You *regret* that things are this way, but you cannot change them. Guilt over what you cannot change is inappropriate.

If you were a robot with these simple generic rules programmed in, they would work every time! -because they would not be clouded with personal emotions. But...if something is beyond your control, feel ‘regret’ that things are as they are, but let go of the guilt.

This is not permission to be unkind and hurtful, but a recognition that sometimes

unmanageable stress pushes us beyond our capacities. We need to apologize (i.e., I’m sorry I can’t fix this situation), forgive ourselves, and get on with the tasks of life.

When someone is handing you guilt, you do not have to reach out and take it. Put your hands in your pockets and refuse to accept someone else’s judgment. And if you find that you’re imposing guilt upon yourself, ask...”is this situation actually regret over something I can’t control?” Guilt saps the energy we need to accomplish the tasks in front of us. Give yourself the gift of self acceptance of your being totally human, and not an unfeeling robot.

Gene Wilder

A favorite actor of many people recently passed away, Mr. Gene Wilder. He is well known for his character the candy maker in ‘Willy Wonka and the Chocolate Factory’, a movie well loved by children and adults as well. He was also Dr. Frankenstein in ‘Young Frankenstein’, as well as being a major character in ‘Blazing Saddles’. When the family was asked why they didn’t disclose the fact that Mr. Wilder had Alzheimer’s they told reporters that it had been Mr. Wilder’s decision. He wanted children to remember him as he was in ‘Willy Wonka and the Chocolate Factory.’ He didn’t want children to have any negative memories of him. He wanted them to always think of him as the Candy Maker in the movie. What a sweet reason. You will be missed, Gene.



Caregiver Depression: Prevention Counts

Mayo Clinic Staff

Caregiver depression can take a toll on you and your ability to care for your loved one. Understand the signs of caregiver depression - and how to prevent it.

Caregiving can be physically and emotionally stressful. To provide the best care possible, you might put your loved one's needs before your own. In turn, you could develop feelings of sadness, anger and loneliness, as well as guilt. Sometimes, these emotions trigger caregiver depression.

What are the symptoms of caregiver depression?

Everyone has a bad day sometimes. However, depression is more than just a bout of the blues. It is a mood disorder that causes a persistent feeling of sadness and loss of interest. During an episode of depression, symptoms occur most of the day, nearly every day and might include:

- Feelings of sadness, tearfulness, emptiness or hopelessness
- Angry outbursts, irritability or frustration, even over small matters.
- Loss of interest or pleasure in most or all normal activities, such as sex, hobbies or sports.
- Sleep disturbances, including insomnia or sleeping too much.
- Tiredness and a lack of energy, so even small tasks take extra effort.
- Changes in appetite - often reduced appetite and weight loss, but increased cravings for food and weight gain in some people.
- Anxiety, agitation or restlessness.
- Slowed thinking, speaking or body movements.
- Feelings of worthlessness or guilt, fixating on past failures or blaming yourself for things that aren't your responsibility.
- Trouble thinking, concentrating, making decisions and remembering things.
- Frequent or recurrent thoughts of death, suicidal thoughts, suicide attempts or suicide.
- Unexplained physical problems, such as back pain or headaches.

What can I do if I develop caregiver depression?

If you're experiencing signs or symptoms of caregiver depression, consult your doctor or a mental health provider. Depression isn't a weakness and you can't simply "snap out" of it. It can also affect the quality of care you're able to provide for your loved one. However, most people who have depression feel better with the help of medication, psychological counseling or other treatment.

What can I do to prevent caregiver depression?

You can take steps to prevent caregiver depression. For example:

- **Reach out for help.** Don't wait until you feel overwhelmed to ask for help caring for a loved one. If possible, get your whole family and close friends involved in planning and providing care. Seek out respite services and a caregiver support group. A support network can keep you from feeling isolated, depleted and depressed.
- **Keep up other relationships.** Caregiving can take time away from replenishing personal relationships - but showing loved ones and friends you care about them can give you strength and hope.
- **Start a journal.** Journaling can improve your mood by allowing you to express pain, anger, fear or other emotions.
- **Take time for yourself.** Participate in activities that allow you to relax and have fun. Go to a movie, watch a ballgame, or attend a birthday party or religious gathering. Regular physical activity and meditation also can help reduce stress. Aim to get plenty of sleep and eat a healthy diet.
- **Stay positive.** Care-giving allows you to give something back and make a difference in your loved one's life. Care-giving might also have spiritual meaning for you. Focus on these positive aspects of care-giving to help prevent depression.

Remember, if you think you're depressed, seek help. Proper treatment can help you feel your best.

SUPPORT GROUPS

Caring and Sharing since 1981

Auburn

1st and 3rd Friday
Noon - 1:30 pm
Auburn Presbyterian Church
13025 Bel Air Drive
Facilitator: Sue Galvez
530-878-2428

Auburn

2nd and 4th Friday
Noon - 1:30 pm
Sierra Ridge Memory Care
3265 Blue Oaks Drive
Facilitator : Colleen Magda
(530) 887-8600

Cameron Park

3rd Tuesday, 6:00-7:30pm
Ponte Palmero
3081 Ponte Morino Dr.
Facilitator: Leah Grundhoffer
530-677-9100

Carmichael

Every Wed. 7:00 – 8:30 pm
Aegis of Carmichael
4050 Walnut Avenue
Facilitator: Julie Sweickicki
MA
916-359-2672

El Dorado Hills

4th Thursday 10:30 am
El Dorado Hills Senior Center
990 Lassen Lane
Facilitator: Jillien Smith
(916) 358-3565

Elk Grove

Every Tuesday 9:30 am
Brookdale Elk Grove
6727 Laguna Park Drive
Facilitator: Fay Peterson
916-681-2982

Elk Grove

2nd & 4th Thursdays 6:00pm
The Commons at Elk Grove
9564 Sabrina Lane
Facilitator: Deanne Helton
916-683-6833

Folsom

3rd Wednesday
6:30 – 7:30 pm
Brookdale Folsom
780 Harrington Way
Facilitator: Jessica Beck
916-983-9300

Lake County

Call Caroline Denny
707-263-9481
For information regarding
Days, times and location

Placerville

3rd Monday 10:00 am
Elder Options
82 Main Street
Facilitator: Carol Heape
530-626-6939

Placerville

1st Tuesday 5:30 pm
Gold Country
6041 Golden Center Court
*Main Library, Independent
Living Suite*
Facilitator: Lalanea Escobar
530-676-1000

Rancho Murieta

1st & 3rd Wednesday
3:00—4:00 PM
RMA Building
Rancho Murieta
Facilitator: Nan Parquette
916-354-2281

Roseville

1st Thursday 9:30 am
Sommerford Place
110 Sterling Court
Facilitator: Facility staff
916-772-6500

WE NEED YOUR DONATIONS!

The Alzheimer's Aid Society is in need of your donations. Our survival depends on private donations. We do not get Federal, State or Local Government Funding. Please know that we depend on you for our survival. We depend on you so that we can provide services to the Northern California Community.

**THANK YOU FOR
YOUR HELP.**



FORGET-ME -NOT

Sacramento

1st & 3rd Thursday
11:30AM –1:30PM
Gray Matters/DEARS
7604 Bellini Way
Facilitator: Esther Thompson
(916) 203-8385

Sacramento

Every Tuesday
10:30 am – 12:00 noon
Alzheimer's Aid Society
2641 Cottage Way #4
Facilitator Ruth Harris
916-483-2002

Sacramento

Every Tuesday
2:00 pm—3:30 pm
Alzheimer's Aid Society
2641 Cottage Way, #4
Facilitator: Doug Souvignier
916-483-2002

Sacramento

Every Wednesday: 10:00 am
Revere Court
7707 Rush River Drive
Facilitated by attendees
916-392-3510

Sacramento

Last Tue. Month 10:00am
Golden Pond Senior Living
3415 Mayhew Road
Facilitator: Ajna Glisic MS
(916) 369-8967

Stockton

Every Thursday
10:00—11:30 am
Villa Marche Assisted Living
1119 Rosemarie Lane
Facilitator Karen Juncker and
Carla Little
209-477-4858

Stockton

Every Second Tuesday
10:30– Noon
Sommerford Place
3530 Deer Park Drive
Stockton, CA 95219
209-951-6500
(Also Adult Day Care / call
and inquire)

Tracy

3rd Tuesday 6:00pm
Brookdale Tracy
355 Grantline Road
Facilitator: Christina Wyatt
209-835-1000

Tracy

4th Thursday 6:00 pm
Astoria Gardens
1960 W. Lowell (at Coral
Hollow)
Facilitator: Rebecca Langdon
209-833-2200

Turlock

Every Thursday
2:00—3:00 pm
Covenant Village Community
2125 North Olive Avenue
Facilitator: Max Perry PHONE:
800-540-3340

Vacaville

2nd Tuesday 1:00pm
Brookdale Vacaville
1111 Ulatis Drive
Facilitator: Natalie Martin
707-447-7100

Woodland

Every Friday 1:30 -2:30 pm
St. John's Retirement Village
135 Woodland Avenue
Facilitator - Varies
(530) 662-1290

Yreka

1st and 3rd Tuesday 10:00am
Oakridge Senior Park Club-
house
400 Hiram Page Road
Facilitator: Ronda Moser
530-459-3501

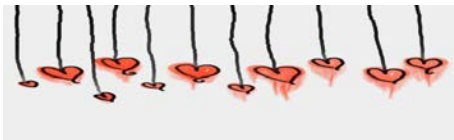
Yuba City

4th Saturday 10:00 am
Summerfield Senior Care
Center
1224 Plumas
Facilitator: Norma Karwal
800-540-3340

NOTE:

Caregiver Support
Groups listed in
RED
Offer a Patient's
Support Group
simultaneously.

Please see page 10



SPECIAL INTEREST GROUPS

For the Patient

PLACERVILLE

Support Group for Early Stages

Call Carol Heape if interested
530-626-6939

SACRAMENTO

There are two meeting times:

Every Tuesday, 10:30—Noon
or Every Tuesday, 2:00—3:30

Alzheimer's Aid Society
2641 Cottage Way, #4
Facilitator: Sheryl Ashby
(916) 483-2002

STOCKTON

Support for memory impaired
Every Thursday, 10:00—11:30 am

Villa Marche Assisted Living
1119 Rosemarie Lane
Facilitators:
Carla Little & Karen Juncker
209-477-4858

Our patient groups offer :
traditional support group
brain exercise
reminiscence programs
and art therapy.

There are no fees for these groups

Turlock Area

The Alzheimer's
Aid Society needs
you:

We need a Care-
giver Support
Group Facilitator

**Please Call
(800) 540-3340**

HOW CAN I MAKE DONATIONS To the Alzheimer's Aid Society?

You can make a straight donation using one of our donation envelopes or by phone using a credit card. You can donate in memory of a loved one. Or you can leave a bequest through your will or trust.

What ever way you choose to donate to us, helps someone who is struggling with their own personal journey through Alzheimer's / dementia.

FORGET-ME -NOT

DONATIONS RECEIVED *In Memory of:*
June 3 - Aug. 22, 2016

Frances J. Arnold
Barney Cinnamon
Carol Donovan
Jack Gall
Virginia Gibson
Zetta Green
William Hambricht
John Henry
Elsie Hess
Michael Horon
Jeanne Huber
George Johnson
Deno Katsules
LeRoy J. Koch
Pauline Lacer

Joseph A. Leiting
Richard Maier
John Diego Moniz
Pam Munro
Bill Myatt
Rudolph & Emily Nobriga
Dorothy Ohm
Minnie Popoff
Ira S. Potter
Eugene C. Reel
Jane Schuder
Palma (Polly) Steinhäuser
Olga F. Viglienzone
Judy Wolfe

Famous People with Alzheimer's / Dementia Born in September & October

Sept. 10	Edmond O'Brien	American Actor
Sept. 14	Joyce Chen	Chinese Chef & restaurateur
Sept. 16	Peter Falk	American Actor
Sept. 21	Simon Scott	American Character Actor
Sept. 22	Michael Faraday	English Scientist
Sept. 25	Adolfo Suarez	Spanish Lawyer & Politician
Sept. 27	Raul Silva Henriquez	Chilean Cardinal of the Catholic Church
Sept. 29	M. J. Frankovich	American Film Producer
Oct. 2	Blanchette Ferry Rockefeller	Socialite
Oct. 4	Charlton Heston	American Actor / Activist
Oct. 15	Mervyn LeRoy	American Film Director
Oct. 18	James Brooks	American muralist
Oct. 20	Arlene Francis	American Actress
Oct. 30	Joe Adcock	American First Baseman



ARTISANMIND

Artfully connecting the heart and minds of individuals living with Alzheimer's and other forms of dementia.

Because we can accomplish more together than individually, Artisan Mind is thrilled to announce our new partnership with Sage Eldercare Solutions and the launch of The Hummingbird Project Sacramento. The Hummingbird Program was born out of the firm belief that quality of life is as important as quality of care. Just as hummingbirds pass from flower to flower, drinking nectar, we all must relish the sweetness that life brings every day.

So we created a unique group of trained professionals solely dedicated to our clients' quality of life- the emotional, intellectual, creative and spiritual needs we all share as human beings.



The Hummingbird Project™

Cultivating joy, engaging creativity, and fostering personal expression

As part of our programming, we collect *Gems of Information* during the session. We believe these "gems" give insight to important elements of participants' lives. Below are quotes the group made in response to the painting called "Portrait of Dolly" by Kees Van Dongen. This can be displayed in the activity room and referenced by team members and printed for individual families.

Clint: "She looks strong, constantly looking at you."

Judy: "I see anger. Angry and lonely."

Poe: "Because of the hat, she should have more shadows. I know because I am an artist. When you are a painter you can do what you darn well please!"

Elaine: "I think she is elegant. High class. The artist is from Paris? That would explain the elegance".

Dick: "I loved in Paris. I taught mathematics."

Laura: "My husband and I went to Paris. Did you see how good looking he is?"



Please join us every fourth Tuesday of the month at 10:30am and 2:00pm for a variety of art-centered Hummingbird Project programs for our support groups at the Alzheimer's Aid Society.

For more information about The Hummingbird Project and our group and one-on-one activity plans, please call (916) 760-7305 and visit www.hummingbirdproject.net

For more information about Artisan Mind and our museum tours, please visit www.ArtisanMind.org

Alzheimer's and Depression

MaryLee Moritz, RN

Alzheimer's disease and depression are among the most common disorders of the elderly and both can have a major impact on quality of life for patients and caregivers alike. In fact, experts believe that two out of every five people with Alzheimer's will eventually suffer from depression.

We all feel low or down from time to time but this isn't the same as being depressed. Depression is a more persistent condition in which a number of feelings, such as sadness and hopelessness, dominate a person's life and make it difficult for the person to cope.

However, many people with moderate to severe Alzheimer's don't have the insight or the words to express how they feel and they may have trouble realizing where their sadness comes from. Older people with depression may also experience physical symptoms, such as loss of energy and appetite changes.

People with both Alzheimer's and depression will be struggling with two sets of difficulties, and they may find it even harder to remember things and may be more confused or withdrawn. Depression may also worsen behavioral symptoms in people with Alzheimer's, causing aggression, problems sleeping or refusal to eat. These upsetting behaviors can lead to earlier placement in care facilities if not properly treated.

Similar Symptoms

Some of the symptoms common to both Alzheimer's and depression include:

- * Depressed mood (sad, hopeless, discouraged, feelings of guilt)
- * Social withdrawal and isolation.

- * Memory problems and impaired thinking, inability to concentrate.

- * Loss of interest and pleasure in hobbies or activities once enjoyed.

- * Sleeping too little or too much, tiredness or loss of energy.

- * Irritability, mood changes.

Diagnosis and Treatment

The most common treatment for depression in Alzheimer's involves a combination of medicine, counseling, support at home and gradual reconnection to activities and people that bring happiness. Simply telling the person "cheer up" is seldom helpful. Depressed persons with or without Alzheimer's are rarely able to make themselves feel better just because they want to, or without professional help, lots of support and reassurance, proper treatment relies on the education and patience of caregivers and physicians and can greatly improve a person's quality of life.

Many of the depressive symptoms shared by Alzheimer's and depressed persons are so similar that even doctors may have trouble deciding which one it is. Because these symptoms often overlap when depression and Alzheimer's occur together, thorough physical, mental and psychological exams are helpful in diagnosing the two disorders.

Much of the diagnoses may rely on the observations of caregivers since they have daily contact with their loved ones. Fortunately, symptoms and behaviors are often treatable with medications and changes. Successful treatment requires easing anxiety through a combination of treatments, including medications and improving

(continued on page 15)



DATES AND LOCATIONS FOR OUR ALZHEIMER'S CAFÉS

WOODLAND:

Location:

St. John's Retirement Village
135 Woodland Avenue, Woodland
(530) 662-1290

3rd Thursday each Month
2:00pm to 3:30 pm

SACRAMENTO (Rosemont)

Location:

Golden Pond
3415 Mayhew Road, Sacramento
(916) 265-2005

3rd Friday each Month
10:30am to 12:30pm

SOUTH SACRAMENTO (Pocket area)

Location:

Revere Court
7707 Rush River Drive, Sacramento
(916) 392-3510

On Hold until further notice

The Alzheimer's Aid Society would like to invite you to attend one of our Alzheimer's Cafés. They are great fun and excellent for socialization. At the present time, we have two operational Cafés and there are a couple more that will soon be up and running.

Woodland hosts our largest Café. We always have from 30 to 50 people in attendance. A great time is always had by all.

We would love to invite not only those with memory impairment and their caregivers/family members, but we would love to invite the community to come and see what the Cafés are all about.

We want to be here to help all those who are traveling the road of Alzheimer's or any other dementia. Getting out and socializing is one of the things that is helpful to those with memory impairment. It also helps the caregivers to get out and socialize as well. That is often a part of our lives that we put on hold when we become a caregiver.

We would also like to have the community understand more about those who are afflicted.

SUPPORT GROUPS: Sacramento area

If you live near our Sacramento office, we provide these groups twice every Tuesday. The morning group is currently full, but we have room for new people in our afternoon support groups. These groups meet at our office at 2641 Cottage Way #4 from 2:00pm to 3:30pm.

We would like to welcome you to come and participate in our support groups.

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situations at home. Support groups and counseling may help persons with depression in the early stages of Alzheimer's, before their ability to communicate deteriorates.

Caregivers can help ease anxiety by:

* Creating a calm environment. Try to get rid of the triggers that could set off anxiety, such as machines that make loud or unusual noises, bright lights and other distractions.

* Simplifying frustrating tasks and routines. Take over some chores that the person may have trouble with, such as bathing and dressing.

* Making sure the person is comfortable. Is your loved one feeling any pain, hunger or thirst? Is the home at a comfortable temperature and is the bathroom easy to find and use when needed.

* Giving the person chances to burn off excess energy, especially in the morning. Take daily walks with your loved one and encourage them in other forms of exercises, such as gardening or taking care of pets.

Anti-anxiety medications are also available. SSRIs (Selective Serotonin Reuptake Inhibitors) such as citalopran (Celexa) and Sertraline (Zoloft) are antidepressants used for people who have depression and Alzheimer's because of the low risk of side effects and drug interactions. Making the right diagnosis and getting treatment can help make life easier and more enjoyable for the person with Alzheimer's and depression as well as his or her caregiver.

If you are caring for a person who is suffering from depression or anxiety related to Alzheimer's, don't let them endure the pain any longer than necessary. Remember that everyone is unique and depression symptoms can vary greatly among people. Always contact your loved one's doctor to

answer your questions about any unusual symptoms or concerns. Try the tips mentioned here and take steps to handle situations in positive ways. Proper treatment of both diseases can greatly improve quality of life for patients as well as those who care for them.

REFERENCES

1. Dennis Thompson, Jr., "Helping Someone with Alzheimer's Cope with Depression and Anxiety." <http://www.everydayhealth.com/alzheimer/s/alzheimer-s-depression-and-anxiety.aspx>
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2. Smith, G. "Behavioral Problems in Dementia, Strategies for Pharmacological and Non-pharmacological Management." *Postgraduate Medicine*, 2004, June, 1156. 47-52, 55-56
3. <http://www.healthcentral.com/alzheimers/c/84292/146529/depression/2http://5.www>

Do you have Legal Questions???

Are you looking to qualify for Medi-Cal or V.A.?

We have answers for you.

We offer free legal consultations with a licensed Attorney.

To avail yourself of these services, please call the Alzheimer's Aid Society

at

(916) 483-2002

or

(800) 540-3340

We will set you up with an appointment

Foright Mc-Nay



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