



DEAF AWARENESS AND FAMILY HEALTH

I haven't forgot...
I just can't remember



DEMENTIA

I picked the wrong topic to limit my newsletter to four pages. To be honest a book would not even cover this topic. The good news is there are several books out there with a wide range of topics from Art Therapy/Activities, Cooking, Caregiving and a lot more. I stumbled on some very good starting points for resources such as the Alzheimer's Association to the Mayo Clinic.

What I did learn; Dementia is not a specific disease but an over all term describing a wide range of symptoms. The most common are decline in memory, change in thinking, poor judgement and reasoning, decrease in focusing and attention along with changes in communication.

Did you ever stop to think, and forget to start again?

Dementia is a broad term of which the disease Alzheimer's falls under. Along with Alzheimer's you will find Frontotemporal Dementia, Vascular Dementia, Parkinson's Disease Dementia, Huntington's Disease and a host of other diseases that fall under the umbrella of Dementia.

It's like breaking your leg. You have the femur, fibula, tibia, and then they can refer to the upper and lower and so on when diagnosing the issue at hand.

There are many organizations that study, offer advice, help with understanding and living with dementia. Exploring every existing resource would be a daunting task and require more than the limited resources available for this publication. Therefore, we will explore a few known resources that readily pops up such as the Alzheimer's Association and the Mayo Clinic along with a few other organizations that offer a well designed website.

There will be times however, that an individual will need emotional and mental support & that my friend is far from encouraging--

Senator Brian Boquist in the Oregon State Legislature Daily Digest Bulletin recently addressed suicide along with the dire situation the elderly face being locked up in nursing homes, his comments are far from encouraging. I know firsthand the helplessness and isolation a family is thrown into when an elderly family member gets sick and lands in the hospital then a skilled nursing facility. Our family got extremely lucky in that the family member was able to come home 3 weeks later and after the family refused to allow them to transfer her to a nursing home.

The sad truth, however, is not everyone is so lucky. There are countless individuals who face being locked up and isolated, whether inside a nursing home or their own resident for fear of going outside. Add to the helplessness is the barriers to seeking help. It wasn't that long ago Washington County proudly opened up a walk-in clinic:

Hawthorn Walk-in Center
5240 NE Elam Young Parkway, Suite 100
Hillsboro, OR 97124
Phone: (503) 846-4555
24 Hour Crisis (503) 291-9111

However, with the "COVID-19" the clinic has office hours
Monday – Friday 9am – 6pm
Saturday & Sunday 12noon – 4pm

The Alzheimer's Association website also has a link to support groups and chat.





GARDENING

Gardening with dementia poses challenges but can be rewarding. Gardening is a physical activity that stimulates the senses, requires muscle movement and can generate memories.

I found most agree on a round or figure eight style garden is preferred as there is no end to cause confusion. Do not plant anything that is poisonous, make sure everything is edible and raised flowerbeds are highly recommended. Walkways should be level and even, wide enough for walking or mobile devices and clear of any obstruction, you do not want any falls.

Fountains and other garden art add to the visual effects. Planting herbs and touching something scented plus getting your hands dirty may help with anxiety and memory.

My grandma always said "a little bit of dirt never hurt no one."



HOME SAFETY

With dementia comes the loss of judgment and a host of other things that can lead to getting hurt in your own home. Understanding those threats and making the living environment a safer place is in the best interest of everyone involved. Here are a few things to consider:

You can trip over loose rugs and slippery floors. Shiny floors are fun to skate on as a child, not so much as an adult.

Make sure fire alarms are in good working order should something get left on and cause a fire hazard.

Turn the hot water heater down so as not to burn when coming out of the water faucet.

Install grab bars for support going up and down stairs, showering or toileting.

Keep walkways well lit and free of any obstruction.

Hide ladders from people who think they are Santa Claus...

The Alzheimer's Association has some very helpful hints to make the home a safer place for people living with dementia

FOOD FOR THOUGHT

Like everything in life "diet" plays a big part in your overall health. Studies have found that a "mindful diet" is limiting red meat to less than four times a week, try to cut out processed foods, cut down on saturated fat and sweets. Eat more whole

grains, vegetables, chicken, fish, beans and nuts. Cut down on salt, butter and try to cook with olive oil. The good news is, there are a host of cookbooks designed with dementia and Alzheimer's in mind.

In the early stages of dementia cooking with the individual makes for a healthy activity that uses cognitive skills, muscle movement and could offer emotional benefits. If they have not lost their taste and sense of smell trying out new recipes could be fun. But some do lose their sense of smell and taste. In that case try to substitute with color like carrots, cauliflower and broccoli. Always keep safety

first when cooking with the individual. Keep in mind that as the thought process deteriorates and things that once were good no longer appeals to them you will be constantly looking for something they will eat.

At my age "Getting lucky" Means walking into a room and remembering what I came in for.





EXERCISE VS DANCING

Exercise is good no matter your ability to move about.

Studies show that exercise can reduce the risk of developing dementia and related diseases.

Aerobic exercise may protect aging brains from dementia. However, you may want to check with your doctor first if you are thinking about starting aerobic exercise later in life. You don't want any broken bones. --Continue on page 4

Art Therapy

Developing an artist? A great place to start is with "DailyCaring" <https://dailycaring.com/the-benefits-of-art-therapy-for-dementia/>

You can also find activity books galore at your local bookstore or on line.



**My mind says I'm in
my Twenties.. My
body says yeah,
YOU WISH!**



CARING FOR LOVE ONES WITH DEMENTIA
Rule #1 - Keep your car keys in your pocket. I made the mistake of placing them by the phone as I walked in my parents house one day. After a 2 day search and sleeping on the couch my son found them tucked neatly in the drawer with the sandwich bags. It was like Easter everyday before they placed my mother on medication for dementia. She is doing quite well and has not locked anyone out of the house lately.

Cheers to modern medicine!



SUGGESTED MUSIC FOR THE DAY:

BEAUTIFUL INSTRUMENTAL MUSIC – 24/7 | Stress Relief Relaxing Piano, Guitar, Cello, Violin & Flute

Hit the skip commercial button & listen

See: <https://www.youtube.com/watch?v=NuIAYHVeFYs>

HELPFUL ORGANIZATIONS TO START YOUR JOURNEY TO UNDERSTANDING DEMENTIA

Alzheimer's Association:
<https://www.alz.org/>

The Mayo Clinic: <https://www.mayoclinic.org/diseases-conditions/dementia/symptoms-causes/syc-20352013>

This is a good place to start exploring the possibilities for living with dementia and as a caregiver

AT MY AGE I'VE

-Seen it all
-done it all
-heard it all



I Just can't
REMEMBER it all!!

DEAF AWARENESS AND FAMILY HEALTH

Dementia

The umbrella for specific diseases

Today's challenge:

Best looking Umbrella

Send photo to:

tthorud@hotmail.com



ANYONE CAN MAKE YOU SMILE. MANY PEOPLE CAN MAKE YOU CRY. BUT IT TAKES SOMEONE REALLY SPECIAL TO MAKE YOU SMILE WITH TEARS IN YOUR EYES



UNTIL NEXT TIME BEAR HUG



Exercise vs Dancing - Continue from page 3

Dancing is a good form of exercise and is a social activity.

Walking is a good form of exercise and gets you out of the house. By joining a walking group, you can also socialize which helps the brain function and reduces stress. See if your insurance will cover "SilverSneakers" & get moving!

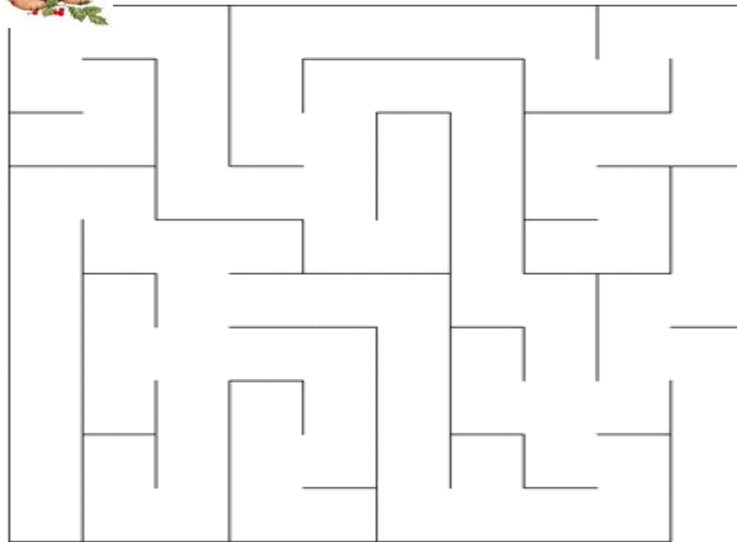
Unsteady on your feet – chair exercise is a good alternative. For a free 9 minute video see: <https://dailycaring.com/head-to-toe-gentle-seated-chair-exercises-for-seniors-improves-range-of-motion-video/>

Home Page: <https://dailycaring.com/>

"DailyCaring" has a very informative website along with links to other chair exercises and balance exercises for people who use a walker. The exercises can be done at home in front of a computer.

Another good exercise reference is on the Alzheimer's Society webpage: <https://www.alzheimers.org.uk/get-support/daily-living/exercise/early-middle-dementia>

Home page: <https://www.alzheimers.org.uk/>



© www.BigActivities.com



