



Alzheimer's Network News

Memory Screenings Available to Everyone

A memory screening can be an important first step for someone who is concerned about unusual forgetfulness, or even just a routine screening for individuals to keep track of how their memory is doing.

Alzheimer's Network offers memory screening days out in the community, however, AlzNet also offers memory screenings in their office by appointment.

AlzNet uses the S.L.U.M.S. test from the St. Luis University, which is comprised of a series of questions that take only 10–15 minutes to complete. Memory screenings are performed by trained screeners,

are free and completely confidential. Each AlzNet staff member is trained to perform memory screenings, and therefore scheduling a screening in office is easier than before.

Memory screenings are open to anyone interested in learning about how their memory is doing or if they are concerned about unusual forgetfulness or having more trouble than normal concentrating.

Participants receive their screening results right away, and AlzNet does not attach names and scores, making your screening completely confidential.



How to Sign Up for a Screening:

- Visit ALZNET.org to see if you would rather attend a memory screening day in the community.
- Or Call the Office at 503-364-8100 to set up your free confidential screening.

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Quote of the Month:

"Caregiving often leads us to lean into love we didn't know possible." - Tia Walker

Sleep Disorders & Alzheimer's disease

According to an article found on Alzheimers.net, sleep disorders and particularly rapid eye movement sleep behavior disorder (RBD) indicates potential cognitive disorders, such as Alzheimer's disease or Parkinson's.

"80% of people with RBD go on to develop Parkinson's, multiple system atrophy or dementia with Lewy bodies."

A study done by David Holtzman of Washington University School of Medicine in St. Louis, examines the relation-

ship between sleep and Alzheimer's disease finding that levels of beta amyloid plaques increased during awake hours in rats genetically engineered to have the disease, they also increased when the mice were deprived of sleep.



Affair to Remember with Speaker Ann McQueen, Ph.D.

A few changes are on the horizon for our 7th annual Affair to Remember gala event. The most notable change is bringing in speaker Ann McQueen, Ph. D. She worked as a policy analyst, as a college instructor, and in long term care communities. She is especially interested in the experiences of people living with dementia and helping to create a system of care that affords them the respect, dignity, and companionship that all human beings deserve.

Other changes to the event include add-

ing some fun aspects such as art auction filled with art created by our art class participants and a heads & tails raffle. You can purchase your tickets now by texting “ATR” to 41444 or by visiting our website, ALZNET.org. \$50 individuals, \$80 couples.

When: April 28, 2017, 5:30pm–9pm

Where: Willamette Heritage Center

1313 Mill St. SE Salem, OR

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5 Caregiver Tips for those Caring for Someone with Dementia

- Dementia is more than memory loss.** It includes challenges in planning & problem solving, changes in mood & personality, and issues with words in speaking or writing, among others.
- Set Realistic Caregiving Expectations.** You are not perfect, don't try to be. Try your best each day and keep the person you are caring for safe, and as happy as they can be.
- Educate Yourself.** Knowledge is power. And in this journey you are powerless to stop, find some power in information. AlzNet provides information and referral services.
- Get Help.** You will not be able to do this alone. Get help from your community, friends, family and other resources such as in home care providers.

“Knowledge is power. And in this journey you are powerless to stop, find some power in information.”

- Visit an Elder Law Attorney.** You need to help the person you are caring for get their affairs in order, an elder law attorney can help with the legal side of things.

Coming Up in March at Alzheimer’s Network

- Art Classes—** March 16th, 10:30am—12pm
Wednesday March 1st & 15th, 10:30am—12pm
- Memory Screening—** March 8th, 9am—1pm, Woodburn Senior Center
- Caregiver Support Group—**Thursday



Brain Healthy Recipe of the Month—Lebanese Turmeric Cake

Turmeric is a super spice and has great brain boosting power, boosting Brain-Derived Neurotrophic Factor, linked to improved brain function and a lower risk of brain diseases. Other benefits of turmeric include—powerful medicinal properties and it increases antioxidant capacity.

Lebanese Turmeric Cake

Ingredients:

- 1 1/2 cups semolina flour
- 1/2 cup all-purpose flour
- 1 teaspoon baking powder

- 1 teaspoon ground turmeric
- 1 1/8 cups white sugar
- 1 cup milk
- 1/2 cup melted butter
- 1/2 cup slivered or blanched almonds

Directions:

Preheat oven to 350 degrees.

Mix semolina, flour, baking powder, and turmeric and set aside.

In a separate bowl, mix milk and sugar until sugar is dissolved. Add flour mixture and melted butter and beat together.



Pour the batter into a greased, 9-inch round pan. Add almonds to the top.

Bake at 350 degrees for 25-30 minutes or until golden brown.

Recipe Found at: brainhq.com

10 Warning Signs of Alzheimer's disease

Knowing the 10 warning signs of Alzheimer's disease can help you spot problems early on, for yourself or for someone you know. While having 1 or 2 of these symptoms is not necessarily cause for concern and may be normal aging, if you find you have 3 or more signs, consult your primary care physician or contact AlzNet for a memory screening.

1. Memory loss that disrupts daily life.
2. Challenges in planning or solving problems.
3. Difficulty completing familiar tasks at home, work or at leisure.
4. Confusion with time or place.
5. Trouble understanding visual images and spatial relationships.
6. New problems with words in speaking or writing.
7. Misplacing things and losing the ability to retrace steps.
8. Decreased or poor judgment.
9. Withdrawal from work or social activities.
10. Changes in mood and personality.

What's Ahead for Senior Care in 2017

A great article found on OurParents.com lists quotes from experts on what they foresee 2017 will bring about in the senior care industry. Here are a few great quotes, for all of them check out their blog at OurParents.com.

"In 2017, options for assisted living and memory care are going to explode. Each new entry brings opportunity, but can

also bring confusion. Consumers need to be more deliberate in defining what will make their loved one happy, and the way adult children will do that is through digital 'shopping.'"

—Kimberly Hulett, executive vice president of Creating Results, a strategic marketing agency geared toward Baby Boomers and seniors.

"I believe the prices for different levels of senior living options will stabilize and even go down slightly due to the growing number of facilities available, and more creative, cost-effective options coming on the market. The rising number of Baby Boomers will increase the competition and lower prices for assisted and independent living."

—Teri Dreher, owner and CEO of North Shore Patient Advocates

Alzheimer's Network



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You'll Never Walk Alone

Check us out on
Facebook & Twitter!

The mission of the Alzheimer's Network is to provide compassionate support, education and outreach to meet the individual needs of those impacted by Alzheimer's disease and other dementias.

Our vision is an enlightened and empowered community where no one walks alone.

Alzheimer's Network is completely privately funded, we receive no United Way or government funding. 100% of donations & funds stay in our local community.

Meet the Alzheimer's Network Staff

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