



# Alzheimer's Network News

## Walk 4 Alzheimer's—September 9th

Alzheimer's Network is gearing up for our biggest event of the year—Walk 4 Alzheimer's! Taking place on Saturday September 9th at the Salem Riverfront Park. It is not too early to start your Walk Team, so sign up today!

Our Walk 4 Alzheimer's event is a family fun day at the Riverfront Park with:

- 2 Walk Routes: 2K & 5K
- Live Music by Virtual Ground
- Lunch
- Family Wellness Fair with community resources

Also be sure to visit our Snap-

shots to Remember, a memorial to those we love. If you would like your own Snapshot to Remember, just visit our website [alznet.org](http://alznet.org) or call our office at 503-364-8100.

To start a Walk Team just visit our website at [alznet.org/walk-4-alzheimers/](http://alznet.org/walk-4-alzheimers/) and click to register your team.

For all inquiries such as sponsorship, vendor tables, and more contact:

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### Quote of the Month:

"Self-care is not selfish. You cannot serve from an empty vessel." - Eleanor Brown

## SuperAgers & Alzheimer's disease

"A new study has concluded that "SuperAgers" lose brain volume slower than their peers and are protected from Alzheimer's disease and other forms of dementia."

SuperAgers are defined as "people older than 80 with an episodic memory at least

as good as that of the average middle-aged adult."

The study looked at SuperAgers and normal agers and studied their cognitive ability over time. The aim was to figure out if SuperAgers were born with bigger brains or if they had a slower cognitive

decline. What became clear is the SuperAgers lost less brain mass during the aging process than their peers, at a rate of nearly half the same loss.

"Researchers hope that by evaluating the brains of healthy seniors, they can identify the biological factors and processes that

protect people from developing dementia, rather than looking at the brains of people with the disease.

Story Found on:  
[Alzheimers.net](http://Alzheimers.net)

## Benefits of Being Online for Seniors

Only 42% of Americans age 65 and older are occasionally using the internet or email. "Aging often involves decreased memory, attention, cognitive speed, visual acuity, and fine motor control — the same capacities needed to use a computer. So it's no surprise that senior citizens typically take twice as long to learn digital skills, and are more prone to errors when they do get online," Neil Charness of Florida State University tells Live Science. "Consequently, they may decide that the results are just not worth the effort."

There is a list of benefits that seniors can experience from getting online, with the most notable reason being social interaction.

### Benefits for Being Online

- **Boost in Happiness**

A study found that "email and shopping online were linked to increased happiness, but using social media and playing games did not increase happiness."

- **Lower Rates of Depression**

"A study by the Phoenix Center for Advanced Legal & Economic Public Policy "indicates that spending time online cuts the incidence of depression among senior citizens by at least 20 percent."

- **Social Inclusion**

The internet can help seniors feel close to friends and family.

Story Found at:  
APlaceforMom.com

## Tips to Keep Seniors Safe Online

Department of Human Services gives this list of Common Sense Safety Tips for Seniors when going Online:

- **Don't Share Personal Information** - such as birth date, address, etc.
- **Talk to Strangers with Caution** - be wary of people who approach you.
- **Be Wary of Enticing Scams** - don't fall into the trap of Win a Prize if you enter in your personal info.

- **Check Your Credit Card Statements** - look for unusual activity, especially if you shop online.
- **Do Your Important Business at Home** - things like banking shouldn't be done over public WiFi.

Story Found at:  
APlaceforMom.com



## Top 5 Smartphones for Seniors

### 1. iBall Aasaan 2

Has a 7.36 cm display, huge fonts, big numeric keys, dedicated SOS button.

### 2. Philips Xenium X2566

Has large font size, SOS button, and lots of space between buttons, so no accidental keys are pressed.

### 3. Swingtel SW50 Plus Senior Citizen

SOS Button, Raised buttons with Braille Letters

### 4. Mitashi Play Senior Friend

Simple & user friendly interface, Bright Screen and Colors, SOS Button

### 5. Magicon Senior Duo

FM Radio, Magnifying Glass that folds out, SOS Button, 1 touch Lock/Unlock,

"Slippery", "sensitive touchscreens", "puny fonts" and "too complex" were some of the adjectives which they (seniors) used to describe mobile phones.

Short Cut Dialing, High Contrast Display

Article Found at:

Mobikart.com

## Brain Healthy Recipe of the Month—Potato Salad with Yogurt Vinaigrette

This recipe contains the brain healthy ingredients: Eggs, Olive Oil, Onions & Yogurt

### Ingredients

2 pounds red potatoes, cleaned but unpeeled, chopped into bite-size pieces

1 medium red onion, diced

1/3 cup red or white wine vinegar

1 garlic clove, minced finely

2 teaspoons Dijon mustard

1/4 cup olive oil

1/2 cup plain yogurt

3-4 stalks of celery, diced

2 Tablespoons fresh flat-leaf parsley, chopped finely

2 hard-boiled eggs, diced

salt and pepper

### Preparation

Boil or steam the potatoes for about 15 minutes, until tender and cooked through. Remove from heat and drain. Let cool to room temperature.

Meanwhile, place onion in a bowl. Pour on boiling water to cover. Immediately drain and rinse with cold water. Transfer to a large bowl.



Add vinegar, garlic, mustard, olive oil, and yogurt to the onion and whisk to combine.

Add potatoes, celery, parsley, and eggs to the large bowl with the dressing. Season with salt and pepper. Toss gently until well coated.

Refrigerate for 1-4 hours before serving.

Recipe Found at [BrainHQ.com](http://BrainHQ.com)

## Benefits of VR (Virtual Reality) for Seniors

Wikipedia defines VR as:

“Virtual reality (VR) is a computer technology that uses headsets, sometimes in combination with physical spaces or multi-projected environments, to generate realistic images, sounds and other sensations that simulates a user’s physical presence in a virtual or imaginary environment.”

Research is now finding that VR may have some benefits for seniors. These

include, but are not limited to:

### Help Prevent Falls

“Researchers based at the University of North Carolina at Chapel Hill (UNC) and North Carolina State University (NC State) have developed a virtual reality system that can detect balance impairments.”

### Managing Chronic Pain, Anxiety & Depression

Many seniors feel isolated, and VR could help with these feelings, although it is not a

replacement for companionship.

### Help Improve Memory

Alex Smale, founder of TribeMix, says, “The dementia experts at Quantum have developed a wellbeing assessment tool based on the Abbey Pain scale. This records the wellbeing and behavior of the patients before, during and after their VR experience. It’s really useful data that clearly shows a positive benefit across the board.”

Story Found at: [HuffingtonPost.co.uk](http://HuffingtonPost.co.uk)

## Coming to AlzNet in July

**Office Closed**—Monday July 3, in Observance of Independence Day

**Art Class**—Wednesday July 12, Art with Plants, 10:30am—12pm

**Memory Screening**—Tuesday July 18, 9am—1pm, Chintimini Senior Center, Corvallis

**Caregiver Support Group**—Thursday July 20, 2pm—3:30pm

**Free Legal Friday**—Friday July 28, 9am—12pm

## 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.

## Alzheimer's Network Programs & Services

**Art Classes**—art classes using different art mediums

**Joyful Noise Music Classes**—musical classes coordinated by a certified music therapist

**MUSIC & MEMORY iPod Program**—personalized playlists on an iPod

**Monthly Caregiver Support Group**—informal, facilitated caregiver support group

**Free Legal Friday**—45 minute consultations with elder law attorneys

**Memory Screenings**—confidential screenings performed by a trained screener

**Care Navigation**—session to answer any questions or receive referral information

**Ruth A. Popham Lending Library**—books & DVD's on Alzheimer's disease & dementia

**Information & Referral Services**—information on community resources