



# Alzheimer's Network News

## Personality Changes—Earliest Signs of Alzheimer's?

A new type of early diagnosis for Alzheimer's disease is being developed by neuropsychiatrists and Alzheimer's experts, called Mild Behavioral Impairment (MBI).

This new checklist contains 34 questions that could potentially be used to identify early behavior changes which may indicate early signs of Alzheimer's disease.

"Additionally, neuropsychiatrist at the University of Calgary and a member of the research team, Dr. Zahinoor Ismail, said that studies have suggested these behavioral and emotional changes were "a stealth symptom" of dementia and not separate

from the disease."

The MBI diagnosis would come before the Mild Cognitive Impairment diagnosis, or (MCI).

Dr. Kenneth Langa, Professor of Internal Medicine at the University of Michigan, says that those who are given an MCI diagnosis do not develop dementia until 10 years later and 20% are later found to be cognitively sound. Dr. Langa is concerned with the MBI form of diagnosis, as he feels it may lead to over diagnosis and unnecessary spending.

So while the new MBI diagnosis may be a step in the

right direction, there is reason to be cautious about it.

Other experts say that the benefits outweigh the risk, and we cannot ignore another way to catch early signs and symptoms.

Only time will tell if this new test will be beneficial.

Story Found on  
Alzheimers.net

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### Quote of the Month:

"Doctors diagnose, nurses heal, and caregivers make sense of it all." - Brett H. Lewis

## Memory Screenings—Using the SLUMS Test

While the MBI test is new and in the early stages of being used, a good first step is still a memory screening to help pick up on early signs of memory loss.

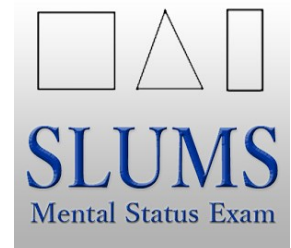
At the Alzheimer's Network we provide memory screen-

ings both at our office by appointment and out in the community at memory screening days.

AlzNet uses the SLUMS test developed by the St. Louis University, and it is used to pick up early signs of

memory issues. It is a series of questions that only take about 10 minutes to be administered. The tests are free, confidential and performed by a trained screener.

For more info call our office at 503-364-8100 or visit our website at ALZNET.org.



## Are Your Eyes the New Way to Detect Alzheimer's?

Researchers at Cedars-Sinai Medical Center in Los Angeles have found that the same beta-amyloid's that are found in your brain and cause Alzheimer's disease, can now be found in the retina of your eye. And that the amount found in your retina directly correlate to the amount found in your brain.

This is great news in advancements towards early diagnosis of Alzheimer's disease. "Since Alzheimer's disease begins its destructive path in the brain 10-20 years before there are any symptoms — and by

the time symptoms do show, brain cells have been destroyed by as much as 40-50% — this research helps with not only early diagnosis, but also Alzheimer's clinical trials and prevention efforts."

According to Primary Care Optometry News, "Neurologists have theorized a correlation between the amount of amyloid in the eye and amyloid in the brain. If correct, the retina could be the solution to early detection and treatment of Alzheimer's disease (AD), as amyloid beta protein accumulation may begin approximately 20 years prior to memory loss symptoms."



Story Source:  
Alzheimers.net

## 5 Signs That Your Older Parent May Need Help

It's often hard to notice signs that your aging parent or parents may need help, especially when you are no longer living there to witness the day to day cues. So here are 5 signs that your parent may need more help than they are letting on.

1. House & Yard Need Care
2. Poor Diet or Weight Loss
3. Missing Important Appointments
4. Late Payment Notices or Calls from

Debt Collectors

5. Loss of Interest in Their Hobbies

When you are around visiting your parents, be sure to pay attention to the small details, such as past due notices laying around, as these may be signs that they need more help.

The next step is to have a conversation with your parents about what you have

**"It's often hard to notice signs that your aging parent or parents may need help, especially when you are no longer living there to witness the day to day cues."**

noticed, and what steps can be taken next.

Story Source: APlaceforMom.com

## Getting the Information You Need to Help Your Parents

You have noticed some signs that your aging parent or parents need some help—they may be having trouble keeping up with the house cleaning, yard work and paying their bills—so where do you turn now?

You may have questions on whether in home care will work for them, or if they need to be looking at senior care com-

munities. Call the Alzheimer's Network, we are there to help with community resources and support. We have lots of information on in home care services and different senior living communities. We will help you with that information even if your parent doesn't have Alzheimer's disease or dementia.

Are you beginning to suspect that the

help your parent needs may be due to memory issues? The first step could be a memory screening to see where your parent's memory is on the spectrum. Call Alzheimer's Network and inquire about our free memory screenings. Either way, we are here to help.

Alzheimer's Network—503-364-8100

ALZNET.org

## Brain Healthy Recipe of the Month—Green Juice

This green juice will help to both hydrate your brain and help with migraines.

### Green Juice

Ingredients:

- Bunch spinach leaves
- 2 cups green grapes
- 2 green peppers
- 1 green apple
- ¼ lemon
- 1 inch ginger root

Directions:

Add to blender & blend

Drink Chilled

“Vitamin B2 (riboflavin) is a major weapon in the battle against migraines. Spinach has some of the highest amounts of riboflavin among other vegetables.”

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



## New Program! - Free Legal Fridays

Alzheimer's Network is proud to be partnering with two elder law attorneys to offer a new program, Free Legal Fridays.

Kathy Belcher, with McGinty & Belcher Attorneys, and Christopher Hamilton, with Hanson & Walgenkim, LLC, have volunteered their time to offer free 45 minute consultations regarding elder law and estate planning.

Topics Available:

Elder Law

- Medicaid
- Special Needs Planning
- Guardianships & Conservatorships

Estate Planning

- Review Plans
- Trusts
- Wills
- Power of Attorney
- Advance Directives
- Probate

This great new program will take place on the 4th Friday of each month, except for May. Limited spots are available between the hours of 9am—12pm.

If you are interested in signing up, please call the Alzheimer's Network office at 503-364-8100

## Coming to AlzNet in May

**Joyful Noise Music Classes**—Thursday May 4 & 11, 10:30am—12pm

**Free Legal Friday**—Friday May 12, 9am—12pm

**Memory Screening**—Silverton Senior Center—Thursday May 11, 9am—1pm

**Art Classes**—Wednesday May 3 & 17, 10:30am—12pm

**Caregiver Support Group**—Thursday May 18, 2pm—3:30pm

## 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