



Alzheimer's Network News

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Affair to Remember—An Enchanted Evening

Our 7th annual Affair to Remember will be an enchanted evening, traveling to New York City in the 1950's. The theme of this year's event, is based off of the 1957 film, *Affair to Remember*. Guests will partake in themed appetizers and buffet dinner, a New York City themed photo booth, and listen to the jazzy and fun music of Frank Sinatra, Miles Davis, Rosemary Clooney and more.

Also at the event—no host bar, wall of wine, live & silent auction, heads or tails raffle and speaker, Ann McQueen, Ph.D.

You won't want to miss this wonderful evening, benefit-

ing the Alzheimer's Network.

Date: Friday April 28th

Time: 5:30pm—9pm

Location: Willamette Heritage Center

Find info & purchase tickets at alznet.org/affair-to-remember/



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Cautions About Dietary Supplements & Seniors

Dietary supplements are one of the alternatives and suggestions circulating about how to improve your brain health, and overall health in general. Many are targeted towards seniors, saying they boost brain health, heart health, etc. However, here

are some cautions that seniors should be aware of when it comes to supplements.

Yes, there are some reputable brands, but in general supplements are not regulated by the FDA, therefore they

can make claims, that are not substantiated. Such as that it promotes different health aspects—brain, heart, etc.

Also with no regulation from the FDA, what's on the label, may not be in the bottle. Some may contain fillers. Do your research, and pick a reputable brand.



Story Source: Caring.com

Therapies for Individuals with Dementia

There are several therapies out there for individuals with Alzheimer's disease and dementia. But three stand out therapies, which have seen tremendous benefits for those with dementia, are art therapy, music therapy and pet therapy.

There are specially trained therapy pets for individuals with Alzheimer's disease and dementia. These therapy pets can help with many different things.

Pet Therapy Benefits

- Reduced agitation
- Increased pleasure
- Lower blood pressure
- Physical Activity—walking or grooming the pet
- Increased Appetite
- Some pets are even trained to track down someone who has wandered by scent & bring them home



Story Source:
APlaceforMom.com

Art Therapy for Individuals with Dementia

Art provides a way for people with Alzheimer's disease and memory loss to communicate when words no longer work. Art is being used to help individuals express their emotions, feelings and thoughts through their art work.

Art therapy works very similar to music, by stimulating an individual on many levels.

"We recognize now that [art therapy] engages the individual as a whole, and

that stimulation takes place at neurological, cognitive, sensory, emotional and relational levels," says the Alzheimer Society of Montreal.

Benefits of art therapy include, communication through art, opportunity to socialize, sharing conversation, creativity and story telling.

Alzheimer's Network holds art classes on a regular basis at their office location. For more information visit AlzNet's online

"We recognize now that [art therapy] engages the individual as a whole, and that stimulation takes place at neurological, cognitive, sensory, emotional and relational levels."

calendar at alznet.org/thecalendar/

Story & Quote Source : APlaceforMom.com

Music Therapy for Individuals with Dementia

Music has power, especially for individuals with Alzheimer's disease, dementia or memory loss. Music therapy can be used to improve an individuals overall physical and mental well being.

Music helps to manage mood—whether that is helping to reduce agitation and stress, or to stimulate an individual. Music has the power to both relax or to ener-

gize an individual with dementia. Music can also act as a backdoor to memories, and can improve relationships between caregivers and family members. It can help with verbalization and coherence.

Alzheimer's Network has two music therapy programs. Joyful Noise Music Classes are coordinated by a certified music therapist and are an interactive music experi-

ence. The MUSIC & MEMORY iPod Program offers personalized playlists on an iPod for individuals with Alzheimer's disease or dementia. These personalized playlists can be worked into daily care routines.

For more information about either program call our office at 503-364-8100 or visit our website at alznet.org.

Brain Healthy Recipe of the Month—Heirloom Tomato Gazpacho

This brain healthy recipe gives a healthy dose of brain-boosting olive oil, tomatoes and cucumbers.

Heirloom Tomato Gazpacho

Ingredients:

1 cup extra virgin olive oil

2 Tblsp sherry vinegar (or more to taste)

½ tsp red Tabasco sauce

½ a medium cucumber, peeled, seeded, and cut into large chunks

½ a small red onion, peeled and cut into large chunks

2 Tblsp fresh flat-leaf parsley leaves

2 Tblsp fresh basil leaves

1 clove garlic

1 tsp salt (or more to taste)

3 medium-large heirloom tomatoes, cut into large chunks

Directions:

Put the oil, vinegar, and Tabasco in a blender. Mix for a few seconds. Add everything except tomatoes and blend until smooth.

Add tomato chunks, a few at a time. Blend until the mixture is smooth. If you want it even smoother, you can pass the mixture through a



fine mesh strainer.

Chill at least 2 hours before serving. Whisk gazpacho and taste. Add more salt and/or sherry vinegar as desired. Garnish with a drizzle of olive oil before serving.

Recipe Found at: brainhq.com

7 Benefits of Acupuncture for Seniors

1. Balance Your Qi

Acupuncture involves your qi (pronounced chi), which is your body's energy. When this is out of balance, health problems can occur.

2. Pain Relief without Medication

This natural pain relief is an alternative to medication, which can have many side effects.

3. Respiratory Benefits

The World Health Organization (WHO) has reported that acupuncture can help

with Rhinitis, Sinusitis and Tonsillitis.

4. Helps with Eye Disorders

The WHO reports it can help with Acute Conjunctivitis, Cataracts and Central Retinitis Myopia.

5. Helps Relieve Mouth Disorders

The WHO reports it can help with Acute and Chronic Pharyngitis, Gingivitis, Post Extraction Pain, Temporomandibular Joint (TMJ) Disorders, Toothache

6. Helps Treat Emotional & Mental Problems

“The CDC and Psych Central discuss how acupuncture is now recognized as a legitimate treatment for many mental and emotional health problems.” Such as anxiety and depression.

7. Helps Ease Arthritis Pain

“Acupuncture can help relieve disability and pain for some arthritic conditions, but not all. Rheumatoid arthritis is commonly treated through acupuncture.”

Story & Quotes from APlaceforMom.com

Coming to AlzNet in April

Joyful Noise Music Classes—Thursday April 13 & 20, 10:30am—12pm

Free Legal Friday—Friday April 14, 9am—12pm

Art Class—Wednesday April 19, 10:30am—12pm

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

Affair to Remember gala—Friday April 28, 5:30pm—9pm

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