



EAST ARKANSAS
AREA ON AGING

CARING FOR YOU

ALZHEIMER'S DISEASE
CAREGIVER ISSUES
PARKINSON'S DISEASE

Volume 2 issue 6

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Special points of interest:

FATHER'S DAY JUNE 20



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Top Ten Ways To Care For Yourself

1. Keep a diary. Start today. Described your fears as well as your hopes, the reality of what each day is like. Don't be afraid to write about the losses, big or small!
2. Stick with your diary. Let yourself record the little victories, go back and review the earlier months and years. Notice the personal, physical, emotional goals and successes you and your loved one have achieved.
3. Create a simple communication network. Choose a few people who will make all the update calls and tell all the news updates when there are any. If you are constantly on the phone it is time consuming and tiring.
4. Let your friends help you. If someone asks to help, give them an errand or have them stay with your loved one while you take a break.
5. Visit with people you love. You need to be a whole person who has friends and interests and have the opportunity to think about something besides the responsibilities of caregiving. You don't have to reinvent your life once your caregiving responsibilities are over.
6. Stay involved in your loved one's personal life. Be careful that your loved one does not slip from the role of loving family member into the role of patient. Don't lose the relationship you had prior to the need for caregiving.
7. Talk about it! There are numerable fears and anxieties associated with any illness or disease which can tear a person apart. Talk to your friends and loved one about your feelings. The worst thing you can do is build a wall around yourself to protect others.
8. Keep the romance alive. Couples facing caregiving situations are apt to forget to nurture the relationship that brought them together up till this point. These relationships need just as much, if not more attention, now that one of you is ill, than they did before.
9. Include your loved one in your changes. As time passes we all change in small and big ways. If you find a new friend, discover an interest in a new genre of books or music, find a new recipe or a great place to eat, share these as much as possible with your loved one.
10. Keep setting goals. Before you were a caregiver, you set goals. Your life did not end because you became a caregiver. When your caregiver duties are over, you should not *return to your life*. Rather, you should continue your life. And, finally, know that you are not alone. There are over 60 million caregivers in the United States and the number continues to rise daily.

Tips for Eating Out the Heart-Healthy Way
(University of Arkansas Division of Agriculture Cooperative
Extension Service – Lee County)

*You don't have to give up eating fast foods to eat right.
Here are some tips on how to make heart-healthy choices at fast-food restaurants.*

Sandwiches

- Order sandwiches without mayonnaise, tartar sauce or special sauces. Try mustard or low fat mayonnaise.
- Order small, plain hamburgers instead of deluxe sandwiches.
- Order sandwiches made with lean roast beef or turkey. Chicken salad and tuna salad made with regular mayonnaise are high in fat.
- Choose grilled chicken sandwiches instead of breaded chicken sandwiches.

Main Dishes

- Choose soft tacos or corn tortillas filled with chicken or lean beef, vegetable and salsa.
 - *Ask for low fat cheese and low fat sour cream.
 - *Ask for cheese and sour cream to be served on the side. And use only a small amount.
- Choose rotisserie-style chicken rather than fried chicken. Always remove the skin.
- Order pizza with vegetable toppings like peppers, mushrooms, or onions. Ask for half the usual amount of cheese.

Side dishes

- Share a small order of French fries instead of eating a large order by yourself.
 - Ask that no salt be added to your serving.
 - Order a baked potato instead of fries.
 - *Try salsa or vegetables as a potato topping.
 - *Ask that high fat toppings be served on the side and use less.
- Use low calories/low fat salad dressing when eating a salad. Bring your own if the restaurant does not offer a low fat version. You can buy packets at some stores. Ask that dressings be served on the side and use less.

Beverages

- Choose water, fruit juice, or low fat (1%) or fat free (skim) milk rather than a soda or a milk shake.
- Order a small soda, if that is what you want to drink.

Desserts

- Buy the smallest size non-fat frozen yogurt instead of cookies or pies.

ALZHEIMER'S DISEASE (Center For Disease Control)

Alzheimer's disease, the most common form of dementia among older adults, affects parts of the brain that control thinking, remembering and making decisions. It can seriously impair a person's ability to complete daily activities. Learn more about Alzheimer's disease and factors that may increase or lessen your risk for it.

It is estimated that as many as 5 million Americans have Alzheimer's disease. Younger people may get Alzheimer's disease, but it is much less common than in older adults. The disease usually begins after age 60 and risk goes up with age. About 5 percent of men and women ages 65 to 74 have Alzheimer's disease. It is estimate that nearly half of those age 85 and older may have the disease.

What contributes to Alzheimer's disease?

Scientists do not yet fully understand the multiple factors that may contribute to Alzheimer's disease but known factors include:

- Age – The number of people with the disease doubles every 5 years beyond age 65
- Family history of Alzheimer's disease – Researchers believe that genetics may play a role in an individual's risk of developing Alzheimer's disease.

Scientists need to learn more about what contributes to Alzheimer's disease. Other potential factors include:

- High blood pressure, high cholesterol, diabetes – Scientists are finding more clues that high blood pressure, high cholesterol, and diabetes may increase a person's risk of getting Alzheimer's disease.

How Do I Know If It's Alzheimer's Disease?

Some change in memory is normal as we grow older, but the warning signs of Alzheimer's disease are more than simple memory lapses. According to the National Institute on Aging, someone with Alzheimer's disease may experience one or more of the following signs:

- Has difficulty with new learning and making new memories.
- Has trouble finding words – may substitute or make up words that sound like or mean something like the forgotten word.
- Loses spark or zest for life – does not start anything.
- Loses recent memory without a change in appearance or casual conversation.
- Loses judgment about money.
- Has shorter attention span and less motivation to stay with an activity.
- Easily loses way going to familiar places.
- Resists change or new things.
- Has trouble organizing and thinking logically.
- Asks repetitive questions.
- Withdraws, loses interest, is irritable and not as sensitive to others' feeling, is uncharacteristically angry when frustrated or tired.
- Takes longer to do routine chores and becomes upset if rushed or if something unexpected happens.

THE PARKINSON'S SUPPORT GROUP WILL MEET AT WESTERN SIZZLER ON JUNE 17, 2010 AT 2:00 P.M. INSTEAD OF POTLUCK WE WILL ORDER OUR MEAL FROM WESTERN SIZZLER SO BE SURE TO COME PREPARED TO PAY FOR YOUR MEAL.

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ALZHEIMER'S DISEASE (Center For Disease Control)

If someone has several or even most of the signs listed above, it does not mean that he or she has Alzheimer's disease. For a complete list of common signs, visit the [National Institute on Aging](#).

How Do I Find Help?

Consult a doctor when you have concerns about memory loss, thinking skills and behavior changes in yourself or a loved one. It is important for a doctor to determine the cause of memory loss or other symptoms. Treatable conditions that may mimic Alzheimer's disease include depression, drug interaction, thyroid problems, excess alcohol use, symptoms associated with certain vitamins, and dehydration.

An early, accurate diagnosis of Alzheimer's disease helps persons living with the disease and their families plan for the future by providing:

- Time to discuss care while the person living with Alzheimer's disease can still participate in making decisions.
- Lessened anxiety about unknown problems.
- An opportunity to initiate treatment for the symptoms of the disease.
- More time to plan for the future.

How is Alzheimer's Disease Treated?

Although there is no known cure for Alzheimer's disease, active medical management can improve the quality of life for individuals living with Alzheimer's disease and their caregivers.

For some people in the early and middle stages of the disease, drugs are available that may help prevent some symptoms from becoming worse for a limited time or help control behavioral symptoms of Alzheimer's disease such as sleeplessness, agitation, wandering, anxiety, and depression.

Support for Family and Friends

Currently, family members care for the vast majority of individuals living with Alzheimer's disease at home. In fact, and estimated 25-29 percent of caregivers of persons age 50 or older (8.5-9.8 million caregivers) provide help to someone with a cognitive impairment, a memory problem, or a disorder such as Alzheimer's disease or another form of dementia.

Caring for a person with Alzheimer's disease at home is a difficult task and can become overwhelming at times. Each day brings new challenges as the caregiver copes with changing levels of ability and new patterns of behavior. As the disease gets worse, people living with Alzheimer's disease often need more and more care.

In addition to understanding the challenges of caring for someone living with Alzheimer's disease, it is also important to note that caregiving has positive aspects. It is usually undertaken willingly, may bring personal fulfillment to family caregivers, such as satisfaction from helping a family member or friend, development of new skills, and improved family relationships. Caregiving is receiving increased attention as an important public health issue.

THE LOWLY, HUMBLE MUSHROOM MAY PREVENT ALZHEIMER'S AND POSSIBLY EVEN PARKINSON'S DISEASES

For Dr. Marvin Hausman, surgically saving lives has been his life's calling – until now. The long-time urologist, transplant surgeon, and research doctor has been dubbed “The Mushroom Doctor” for his research with mushrooms.

Through extensive research with Dr. Krishna Bhat, a medical geneticist at the University of Texas, and Dr. Robert Beelman at Penn State, and “The Mushroom Doctor's” own work, Dr. Hausman may have found an effective prevention and treatment of the devastating Alzheimer's and possibly even Parkinson's diseases. “Is it a cure? We don't know for sure right now, but the research is compelling.” The key in all this is the natural, organic, edible, lowly, humble mushroom, more specifically, the Agaricus Blazei. Originally discovered in Brazil, over the last decade, the Agaricus Blazei mushroom has been studied and developed as a novel functional food in Japan, Korea, China, and Taiwan. Traditionally known as “God's Mushroom,” these mushrooms contain polysaccharide-protein complexes of Beta Glucan that have been researched for their immune activity. Medical research studies have shown that Beta Glucan stimulates activity of natural killer cells which are an important part of the immune system. It is extracted from the Agaricus Blazei mushroom with the preferred hot water/alcohol method to increase its digestibility and enhance its bioavailability.

“The Mushroom Doctor” with the help of Dr. Beelman, decided to take the research one step further and expose mushrooms to pulsed ultraviolet light for just a few seconds; the mushrooms began to exponentially produce natural Vitamin D. Further medical research using the common fruit fly by Dr. Bhat, produced “pretty good evidence that Vitamin D, inside a mushroom, protects these fruit flies against Alzheimer's.” Experiments revealed that about 70 percent of the Alzheimer's diseased fruit flies fed with Vitamin D-enriched mushrooms lived compared to only 40 percent in the unenriched group over the test period. Dr. Bhat said that “the studies done in fruit flies are an important scientific milestone. This is the best survival to date that I have seen in Alzheimer's model studies.”

Scientists working on Alzheimer's have found that the human body produces Amyloid Precursor Protein. In individuals with Alzheimer's, this protein is broken down to form Beta Amyloid which kills brain nerve cells. Given the significant survival rate of Alzheimer's fruit flies fed with Vitamin D-enriched mushrooms compared to unenriched ones, “The Mushroom Doctor”, Dr. Hausman, states they “may have found an effective tool against this disease.” Dr. Hausman and a team of investors known as Total Nutraceutical Solutions, Inc (TNS) have filed a U.S. patent for this discovery; it is currently pending.

When taken 3 days a week over the course of just a few weeks, medical research has shown that dietary Agaricus Blazei mushroom supplements help with inflammatory gum disease, enhance energy levels, stabilize blood-sugar levels, and support and enhance the immune system. Also they help to relieve symptoms related to arthritis, and perhaps even memory loss. Nutritional dietary mushroom supplements are available on the market as ImmuSANO, GlucoSANO and EquiSANO. You can find more information on these nutritional mushroom supplements at www.totalnutraceutical.com.

If you could prolong your life by 20 to 30 percent and all you had to do was eat mushrooms or take a mushroom supplement 3 times a week, “Why wouldn't you want to do it?”

Sources:

www.rayshelian.com/agaricus.html

www.totalnutraceutical.com

www.woodburnindependent.com/new/2010

When to Turn in the Car Keys

Older drivers have a lifetime of valuable driving experience and most hope to continue to drive independently as long as possible. However, changes in vision, physical fitness, and reflexes may cause safety concerns for their families. By accurately assessing these changes, children of elderly parents can ensure their safety on the road or help them to choose other kinds of transportation.

While many older adults take appropriate steps when they detect a problem with their driving, they may not immediately recognize general health problems that lead to a driving impairment. Sometimes the observations of loved ones are needed, along with the guidance of health professionals. If a health condition is a concern, then a screening for ability to drive is recommended. Situations that necessitate a screening include:

- *A medical condition such as Alzheimer's, Parkinson's disease, head injury, multiple sclerosis, head trauma, Lou Gerhig's disease, mental health conditions.
- *When the use of medications may interfere with driving.
- *When drivers whose reaction time, vision or hearing, strength, motor reflexes, or perception skills have decreased due to disease or aging.

"To be a safe driver, you must have the ability to scan the environment quickly and effectively," says Michael Giuffrida, MS, OTR CHT, Occupational and Hand Therapist at Newark Beth Israel Medical Center. "Drivers have to respond to many unforeseen events that can happen, such as a child running into the street or a car stopping suddenly."

Safe elderly drivers require the coordination of many different skills. The physical and mental changes that accompany aging can diminish the abilities of elderly drivers. Watch for telltale signs of decline in The elderly person's driving abilities. Do they:

- *Drive at inappropriate speeds, either too fast or too slow?
- *Respond slowly to or not notice pedestrians, bicyclists and other drivers?
- *Ignore, disobey or misinterpret street signs and traffic lights?
- *Fail to yield to other cars or pedestrians who have the right of way?
- *Fail to judge distances between cars correctly?
- *Become easily frustrated and angry?
- *Appear drowsy, confused or frightened?
- *Have one or more near accidents or near misses?
- *Drift across lane markings or bump into curbs?
- *Forget to turn on headlights after dusk?
- *Have difficulty with glare from oncoming headlights, streetlights, etc.
- *Get lost repeatedly, even in familiar areas?

If the answer to one or more of these questions is "yes," families should explore whether medical issues are affecting the driver and seek medical advice. The American Association of Retired Persons sponsors the 55-Alive Mature Driver Program, which helps older people deal with issues associated with aging. There are many ways for elderly drivers to adjust so they are not a danger to themselves or others.

Today's Caregiver Family Checklist

The most loving gift a person can give to one's family is to put your affairs in order *before* a disaster or medical emergency. To assist you in providing that gift, the following is a compilation of items that need to be addressed. Basic information and documents you should have prepared is:

- All bank accounts, account numbers and types of accounts and the location of banks and other financial institutions.
- Insurance companies, policy numbers, beneficiary designation on all policies and the type of insurance (health, life, long term care, automobile, etc.)
- Deed and titles to all property.
- Loan/lien information, who holds them and if there are any death provisions.
- Social security and medicare numbers.
- Military history, affiliations and papers (including discharge papers).
- Up-to-date Will
- Up-to-date Advance Directives and advanced health care directives, state appropriate.
- Durable Power of Attorney
- Instructions for funeral services and burial. If arrangements have been secured, provide name and location of funeral home.
- Lock box information, location of financial institution and location of keys.

For most families, grown children are the ones who will need to address any emergencies or final plans and preparations. Typically, they are not privy to all the information they would need in order to handle financial affairs, veteran issues or funeral arrangements. Also, for most of us, sharing this type of information borders a morbid and at the very least, sad conversation. As we age it is always wise to keep our important documents in order and to share with someone we trust the location of where the papers are stored.

Many financial institutions allow someone to be added onto accounts as *payable on death* only. This is a workable way to ensure that a loved one can take care of your business should an emergency arise. And last, if dispensing all of your important information is too much to ask of a family member, work with an attorney who will have all of your paperwork and will contact the right individual when it is time to do so.



BECOME AN ADVOCATE FOR NURSING HOME RESIDENTS! TRAIN TO BE A CERTIFIED VOLUNTEER OMBUDSMAN! CALL Frankie Riga at 870-930-2235, OR E-MAIL friga@eaaaa.org

SUPPORT GROUP MEETINGS:

CAREGIVER SUPPORT MEETINGS

Jonesboro

2nd Monday @ 2:00 p.m.
EAAAA Room 104

Jonesboro

2nd Caregiver Meeting
3rd Monday @ 3:00 p.m.
EAAAA Room 104

Paragould

2nd Wednesday @ 2:00 p.m.
Hardee's of Paragould
Private Dining Room

Pocahontas

4th Wednesday @ 2:00 p.m.
Don's Steakhouse
Private Dining Room

Walnut Ridge

3rd Wednesday @ 2:00 p.m.
Main Street Church of Christ
Annex Building

Forrest City

3rd Wednesday @ 1:30 p.m.
EAAAA Offices
Arkansas Street Lifestyles Bldg.

Helena 4th Tuesday @ 1:30 p.m.
New Delta AHEC
(Health Foundation)
Conference Room

Marianna

4th Wednesday @ 10:00 a.m.
CRDC Senior Center
Meeting Room

Marked Tree

2nd Monday @ 10:00 a.m.
Marked Tree Senior Center
Meeting Room

West Memphis (Crittenden County)

4th Tuesday @ 10:00 a.m.
Crittenden Memorial Hospital
Cafeteria Area Classroom

Wynne (Cross County)

2nd Wednesday @ 4:30 p.m.
Wynne EAAAA Office
Conference Room

SPECIFIC GROUP MEETINGS

Jonesboro Parkinson's Support Group

SPECIAL MEETING LOCATION

**June 17, 2010 at 2:00 P.M.
at
WESTERN SIZZLER
Speaker: Virginia Randle**

A Sanctuary to Mourn Grief Workshop

Offered three time per year
Next class scheduled for
Summer, 2010

Caring Spouses of Northeast Arkansas

1st Tuesday @ 1:30 p.m.
EAAAA Room 104
Jonesboro

Grief Support

1st Tuesday @ 5:30 p.m.
EAAAA Room 104
Jonesboro

For more information call
1-800-680-6950 or visit our
web site at e4aonline.com



ALZHEIMER'S MEETINGS

Jonesboro Support Group Meeting

2nd Tuesday @ 10:00 a.m.
EAAAA Room 104
Jonesboro

Cherokee Village AR

Last Thursday of the Month
Methodist Church Corner of
Otter & Keno in Cherokee
Village

Contact Karen Tews at
870-257-4141

Newport AR

2nd Saturday of the Month
Harrison Hospital, Newport
Call 1-800-523-3334

Walnut Ridge AR

4th Thursday of the month
Main Street Church
319 E. Main Street
For information 870-886-
9022

Pocahontas, AR

2nd Tuesday of the month
5:30 p.m.
Elm Croft 311 Camp Road

3rd Tuesday of the month
10:00 a.m.

BRAD Senior Wellness Center
Airport Road

For information contact:

Larry Lawrence 870-892-6292
Lesa Lewallen 870-892-4475
Linda Avery 870-892-2523
Starr Kerley 870-892-6070
Vicky Henson 870-892-8556

EAST ARKANSAS AREA AGENCY ON AGING: COUNTY OFFICES

CLAY COUNTY

215 North Second Street
Piggott, AR 72454
(870) 598-2939

CRAIGHEAD COUNTY

2005 East Highland Drive
Jonesboro, AR 72401
(870) 972-5980 or
1-800-467-3278

CRITTENDEN COUNTY

720 Calvin Avery
West Memphis, AR 72303
(870) 735-2262

CROSS COUNTY

1421 South Falls Boulevard
Wynne, AR 72396
(870) 238-3816

GREENE COUNTY

120 West Highland
Paragould, AR 72450
(870) 236-3903

LAWRENCE COUNTY

500 SW Lawrence
Hoxie, AR 72433
(870) 886-2460

LEE COUNTY

602 East Cross Street
Forrest City, AR 72335
(870) 633-2248

MISSISSIPPI COUNTY

1101-A David Lane
Blytheville, AR 72315
(870) 763-2278

PHILLIPS COUNTY

617 West Walnut
Helena, AR 72342
(870) 338-7136

POINSETT COUNTY

351 Campbell Street
Trumann, AR 72472
(870) 483-2532

RANDOLPH COUNTY

1320 Dalton Street
Pocahontas, AR 72455
(870) 892-5451

ST. FRANCIS COUNTY

602 East Cross Street
Forrest City, AR 72335
(870) 633-2248



The mission of the East Arkansas Area Agency on Aging is to provide leadership relative to aging issues on behalf of older persons in East Arkansas, and to carry out a wide range of functions in planning, coordination, and service delivery such that older persons are assisted in leading independent, meaningful, and dignified lives in their own homes and communities as long as possible.

Customer Service is to link people in need to services with the available resources in their community, and provide information about various programs this agency has to offer

Case Managers

- coordinate community based services to improve the quality of life for elderly person
- Assist clients in receiving benefits for which they are eligible
- Assist clients with completing various applications e.g. Food Stamps, Elderchoices etc.
- Install PERS in homes of the frail elderly

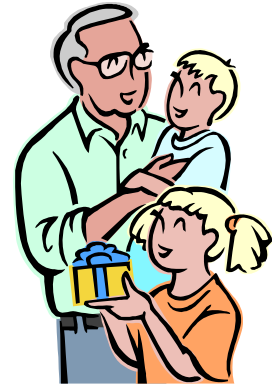
Independent Living Services

- Personal care program provides assistance with activities of daily living
- Homemaker services provide basic upkeep and management of the home and household assistance
- Respite care services provide temporary relief to persons providing long term care for recipients in their homes

Visit any of our County Offices for answers in aging or call **1-800-467-3278**
or visit our web site @ e4aonline.com

Grandfathers are fathers who are grand

Grandfathers are fathers who are grand
Restoring the sense that our most precious things
Are those that do not change much over time.
No love of childhood is more sublime,
Demanding little, giving on demand,
Far more inclined than most to grant the wings
Allowing us to reach enchanted lands.
Though grandfathers must serve as second fathers,
Helping out with young and restless hearts,
Each has all the patience wisdom brings,
Remembering our passions more than others,
Soothing us with old and well-honed arts.



~Nicholas Gordon~

**East Arkansas Area Agency On Aging
2005 East Highland Drive
Post Office Box 5035
Jonesboro, Arkansas 72403-5035**

ADDRESS SERVICE REQUESTED