



The Caring Connection

Caring Companions
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**A Resource Guide for Your
Loved Ones & Those Who
Provide Care.**

Edition 2, Volume 4

October - December 2019

2019 Calendar: October

World Hospice and
Palliative Care Day Oct 12

Health Literacy Month

National Childs' Day
October 7

National Breast Cancer
Awareness Month

National Physical Therapy
Month

November

World COPD Day
November 20

National Family Caregivers
Month

American Diabetes Month

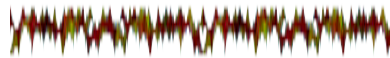
National Alzheimer's
Disease Awareness Month

December

World AIDS Day December
1, 2019

International Volunteer Day
December 5, 2019

*"Be determined to handle
any challenge in a way that
will make you grow."
— Les Brown*



Keeping The Brain Healthy: What You Can Do

The Alzheimer's Association reports that the prevention of the disease and other dementia disorders continues to fuel great interest in research.

So far, no clear answers exist as to how to prevent dementia, but there is promising research ongoing that explores the role of diet, exercise, mental stimulation, social factors, and other considerations.



Although you can't reverse the process of aging, there are ways to keep your brain young. Nowadays, most people don't take enough care of their mental health, nor their physical health (which is connected to brain issues), which is why cognitive decline is so widespread.

In order to protect yourself, you'll need to do everything you can in order to keep your brain healthy. Here are some of the best ways to do just that.

Mental Stimulation

Engaging in activities that will stimulate your brain is a great way to remain mentally sharp. Some of the best activities for mental stimulation include reading, learning a new skill or language, solving math problems, or even doing word puzzles.

Physical Exercise

Exercising regularly will help slow down brain shrinkage that happens as

you age. It will also help you maintain certain cognitive activities and spur the development of new nerve cells. Not to mention that exercise will also lower your blood pressure. High blood pressure is especially dangerous because it can damage the arteries known for supplying blood to the brain.

Eat Healthy

Eating healthy can greatly improve both your physical and mental health. Knowing what to eat will definitely have an impact on your wellbeing. In fact, there are certain types of foods known for improving your brain health. These foods include wild salmon, dark chocolate, blueberries, beans, whole grains, nuts, seeds, and avocados.

Omega-3 Fatty Acids

There is some scientific evidence, though not completely conclusive that DHA found in Omega-3 fatty acids may help prevent Alzheimer's disease and dementia by reducing beta-amyloid plaques.

Omega-3 DHA is found in

- Fatty fish, including tuna, salmon, trout, mackerel, sardines and seaweed
- Fish oil supplements can also be used

Heart Health

Several conditions that increase risk factors for cardiovascular disease, including, diabetes, high cholesterol, and high blood pressure also increase risk factors for Alzheimer's. Autopsy based studies have shown that an astounding 80% of people who suffer from Alzheimer's disease are also afflicted with heart disease. Therefore, we can suppose that taking care of our heart can also reduce risks for Alzheimer's.

Socialize

Even if you're an introvert, you still need to socialize with someone in order to keep your brain healthy. Having an active social life will help you reduce the risk of developing different types of dementia, including Alzheimer's disease.



www.wellspouse.org

www.caregiver.va.gov

www.ssa.gov



<https://www.caregiving.org/resources/>

<https://www.goodmorningquote.com/positive-thoughts/>



Power of Age Expo – October 30, 2019 Guests will find keys to Living Connected at the Power of Age Expo, formerly Senior Expo, on **October 30 at the Timonium Fairgrounds from 9 a.m. to 8 p.m. through 300 exhibitors, interactive feature areas, continuous entertainment, engaging activities with BCDA senior centers, art show contests and more. Admission is a donation or two non-perishable food items. Thanks to GBMC, all guests will receive a free gift. For more information, call 410-887-2594 or go to www.powerofageexpo.com.**



Saturday October 19, 2019 10a-3p

Howard Community College,

Presented by the HoCo Office on

Aging & Independence. Announcing a

new take on the 50+ Expo for 2019.

This is a conference style event with

seminars, 62+ exhibitors, and

entertainment. For more info call 410-

313-6410 or email to

aging@howardcountymd.gov



Monday October 28th 2019 at the Catonsville Senior Center. Register & pay in advance inside the office. \$15.00 for AARP members & \$20.00 for non-AARP members. Checks made payable to AARP or money orders only. Check with your insurance company to see if they will give you a discount on your Car Insurance if you take this course. Call (410) 887-0900 for more info.

Memory Care Checklist

When you are considering a memory care community for a parent or loved one, you should try to make sure that the care that's provided is closely aligned with your parent's needs. You should find the answers to these questions before you make a final decision about memory care:

QUESTIONS TO ASK YOURSELF ABOUT YOUR LOVED ONE'S NEEDS

1. What is your loved one's level of mobility? Does she walk independently or require walker or wheelchair?
2. Does your loved one show aggression or other behavior issues?
3. Does your loved one wander or seek exits?
4. Does your loved one need help eating?
5. Does your loved one need help toileting or experience incontinence?

6. Does your loved one require diabetic care?
7. Does your loved one need 24/7 supervision?
8. Does your loved one need any ongoing medical attention or treatments? (for example, dialysis or colostomy care)

DOWNLOAD THE MEMORY CARE CHECKLIST

QUESTIONS TO ASK THE COMMUNITY

SAFETY AND STAFFING

- How is the community secured? Secure buildings? Secure grounds?
- What type of training does the staff have?
- How many hours of training does the staff receive?
- What is the staffing ratio during the day? (number of residents per caregiver)
- What is the staffing ratio at night?
- Does each resident have an individual care plan?
- Is a nurse on duty 24 hours per day? If not, how many hours is a nurse on duty, and what are those hours?
- Is there a visiting physician?
- What medical services are available?
- Can you care for wheelchair bound or bedridden residents?
- Are you able to care for residents who are physically aggressive or who exhibit disruptive behaviors?
- Can outside (visiting) care be arranged? If so, who coordinates that care?

COMMUNITY POLICIES

- Do they provide a thorough assessment before admission?
- What types of care are they not able to provide? How do they transition residents from memory care to skilled nursing?
- How often do they update families about resident well-being?

- What is the policy for handling a medical emergency?
- How does the fee structure work? Is there one flat fee, or separate fees for housing and care?

MEMORY CARE FEATURES & TREATMENTS

- What are the living arrangements? Memory care cottages? Neighborhood style?
- Do they have a special memory care dining program?
- Do they have walking paths or circular walking paths for residents?
- Do they group residents by cognitive level?
- Do they offer pet therapy?
- Music therapy?
- Reminiscence therapy?
- Parkinson's care?
- Vascular dementia care?
- Snoozelen rooms? Or other light treatment?
- Do they have an assisted living to Alzheimer's care bridge program for early stage patients?

YOUR GUT CHECK

- Does the staff appear to be knowledgeable and caring?
- Do residents have free access to outdoor areas?
- Is the community easy to navigate?
- Does their philosophy of care resonate with you?



