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We Are Moving Our Office Location



Not only are we on the **MOVE** to end Alzheimer's, but we will soon be on the **MOVE** with our office.

Effective Monday, **November 2nd, 2009**, our office will be located in lower Queen Anne at

**100 W. Harrison St
North Tower-Suite 200**

Greetings!

Welcome to the Alzheimer's Association Western and Central Washington State Chapter's electronic newsletter. This monthly publication is meant to keep you up to date on issues and events in the fight against Alzheimer's disease.

What would you like to see in *eNews*? Willing to contribute as a guest writer? What's your story? Contact Keri Pollock, Communications Director at keri.pollock@alz.org

→ Caregiver's Guide to Understanding Dementia Behaviors

FACT SHEET from the Family Caregiver Alliance | National Center on Caregiving

Caring for a loved one with dementia poses many challenges for families and caregivers. People with dementia from conditions such as Alzheimer's and related diseases have a progressive brain disorder that makes it more and more difficult for them to remember things, think clearly, communicate with others, or take care of themselves.



In addition, dementia can cause mood swings and even change a person's personality and behavior. This Fact Sheet provides some practical strategies for dealing with the troubling behavior problems and communication difficulties often encountered when caring for a person with dementia.

To link to the Fact Sheet, which includes tips for communicating, handling troubling behavior, wandering, incontinence, agitation, and additional problem areas, [CLICK HERE.](#)

Seattle, WA

98119

[Click Here for Map](#)

Quick Links

[Support Groups](#)

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[Support the Association](#)

For more information on communication and staying connected when your loved one has Alzheimer's, [CLICK HERE](#) and scroll down to pages 4 and 5 of our *FALL 2009* newsletter.

→ Compound in EVOO May Help Prevent, Treat Alzheimer's

Oleocanthal, a naturally-occurring compound found in extra-virgin olive oil, alters the structure of neurotoxic proteins believed to contribute to the debilitating effects of Alzheimer's disease. This structural change impedes the proteins' ability to damage brain nerve cells.



"The findings may help identify effective preventative measures and lead to improved therapeutics in the fight against Alzheimer's disease," said study co-leader Paul A.S. Breslin, PhD, a sensory psychobiologist at the Monell Center. [READ MORE](#)

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Link to food-related article:

[Fortifying food for your brain](#)

→ NFL Study on Alzheimer Risk to Players *NY Times 9/30/09*

A study commissioned by the National Football League reports that Alzheimer's disease or similar memory-related diseases appear to have been diagnosed in the league's former players vastly more often than in the national population - including a rate of 19 times the normal rate for men ages 30 through 49.



The N.F.L. has long denied the existence of reliable data about cognitive decline among its players. These numbers would become the league's first public

affirmation of any connection, though the league pointed to limitations of this study. [READ MORE](#)

Links to related articles:

[NFL forms concussion and brain injury committee](#)

[Ex-NFL Players Hold Their Own Health-Wise](#)

→ Communication Problems in Dementia Care Cause Physical Strain Risk

ScienceDaily, 10/05/09

Excessive physical strain in dementia care is not so much related to equipment or the resident's body weight as it is due to communication problems and misunderstandings. This is shown in a new study from the Sahlgrenska Academy.



Dementia not only affects the memory and other cognitive functions, but also motor skills such as the ability to walk. [READ MORE](#)

→ State, Chapter and Local News

Our **Fall 2009** Chapter newsletter is now available: [CLICK HERE](#)

Brain-donor Tatupu not fazed by NFL dementia study Seattle Seahawk Lofa Tatupu has had multiple concussions. He's one of the first three active NFL players who have agreed to donate their brains for research after death. [READ MORE](#)



→ SAVE THE DATES!

October 17th - [African American Caregivers Forum](#)



November 2 - we'll be at our new location: 100 W. Harrison St, North Tower-Suite 200, Seattle 98119

November 5 - [Nearing the Journey's End: Providing End-of-Life Care That Makes Sense for the Person with Dementia](#) | Tukwila Community Center

March 11, 2010 - [Rise & Remember Breakfast](#), Benaroya Hall, Seattle

April 15-16, 2010 - [25th Annual Alzheimer's Regional Conference](#), Washington State Convention Center, Seattle

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Working hard at being donor dollar- and environmentally-friendly

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www.alzwa.org and click on the [Subscribe to](#)

[Newsletter](#) button in the left hand column of our home page to *Save A Tree*.
