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## WINK! (What I Need to Know!)

Holiday Celebrations Can  
Overwhelm Those with  
Dementia

The holidays are a time when families get together to celebrate cherished traditions -- among them gathering around the Christmas tree and sharing a turkey dinner or lighting the menorah and

Greetings!

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



## Are You Experiencing "Care-grieving"?

by Viki Kind, author of [The Caregiver's Path to Compassionate Decision Making](#)



Does it feel like the caregiving never ends? Do you feel guilty because there just isn't enough time? Do you feel like you are drowning?

For caregivers, there is barely enough time to do all that needs to be done and at the end of the day, you are too exhausted to take care of

yourself...[READ MORE](#)

[Help for Alzheimer's Caregivers >>>](#)

## Reducing Risk Factors of Alzheimer's Disease

They are: Physical inactivity (21 percent), depression (15 percent), smoking (11 percent), hypertension (8 percent), obesity (7 percent), low education (7 percent) and diabetes (3 percent). These risk factors combined are believed to contribute to about five and a half million cases of Alzheimer's in the United States alone...[READ MORE](#)

exchanging gifts for Hanukkah.

But for families with a relative contending with dementia, holiday festivities can present a host of unanticipated challenges, experts say...[READ MORE](#)

[Alzheimer families and the holidays: Tips to enjoy the season>>>>](#)

## There are countless faces of Alzheimer's disease

For many of us, the faces of Alzheimer's are aged, often near but not yet at the end of long and hopefully well-lived lives. But there are other faces of Alzheimer's - younger, active, anxious, determined - **and they need your help.**



### "Younger onset"

Alzheimer's disease is a diagnosis in someone younger than age 65. One of the most appreciated ways in which we serve younger onset individuals and their families is through [support groups](#) specifically designed to address their particular needs and interests. These groups, for diagnosed individuals, caregivers, and adult children, are distinguished not by the



## Ales for Alzheimer's - Winter Edition



[Ales for Alzheimer's - Winter Edition, Saturday, January 28, 2012.](#)

For \$40, you will have the opportunity to tour a select number of pubs and bars in lower Queen Anne and enjoy a variety of ales along the way.

Registration includes one 8 oz. beer at each participating location, a t-shirt, the chance to win great

door prizes, and free admission to the after party featuring live music by The Bomb Squad!

[Online registration now open](#)

## What Happens to Intimacy When the Alzheimer's sufferer is Your Spouse?



Some people hesitate to breach the subject since it *may seem insensitive* considering the depth of illness by the spouses dementia.

Yet, **sexuality is a natural part of adulthood** and it's totally natural for the caring spouse to wonder what will happen to that part of their relationship...[READ MORE](#)

[Sexuality and Intimacy in Dementia Resources>>>>](#)

## Ode to the Chickpea - Real Life Nutrition

Several recent studies suggest this pale legume deserves the limelight. Packed with fiber, protein, folate and hard-working phytonutrients, chickpeas have a lot to brag about. Australian researchers found that a chickpea-heavy diet helped bring down blood cholesterol levels, including LDL or "bad" cholesterol.

Even more recently, the same group of Aussies found that chickpeas helped with glycemic control and insulin resistance - which may be valuable in the prevention and management of



fear, frustration, and despair that often accompanies Alzheimer's, but by the sharing of help, heart, and humor. As one participant has said: "The group allows me to feel normal".

***Many more of these groups are needed. [Your gift will make them possible.](#)***

...Bob

**[Bob Le Roy](#)**

President and CEO  
Western & Central Washington  
State Chapter

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diabetes...[READ MORE](#)

## Use Your Head, Just Not So Much in Soccer



Heads up! Heading a soccer ball the wrong way too many times can lead to long-term brain problems, much like concussions.

That's the conclusion of research done at the Albert Einstein College of Medicine in New York. Using an advanced form of magnetic resonance imaging (MRI), the study examined the brains of 32 amateur

soccer players who've played competitively since they were kids...[READ MORE](#)

## Save the Dates!

### [Chapter Classes, Seminars and Happenings](#)

January 28, 2012 - [Ales for Alzheimer's - Winter Edition - lower Queen Anne](#)

### [Community Programs](#)

