



PATHWAYS

A NEWSLETTER FOR AND BY PEOPLE WITH DEMENTIA

June 2010

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Northern Arizona Regional Caregiver Conference March 26th



Dr. M. Sabbagh

Six Early Stage Group Graduates made up a panel moderated by Dr. Marwan Sabbagh of Banner Sun Health. The graduates shared their personal experiences living with Alzheimer's disease.

Tuning the Brain

The treatment is called **Deep Brain Stimulation Therapy (DBS)**. DBS works on the principle that the brain controls all of the activities of the body. In this treatment, the neurological pathways are located in order to adjust the body's actions.

Doctors hope that the therapy can treat an array of ailments such as: depression, obesity, epilepsy, Parkinson's and Alzheimer's .



At the present time there are clinical trials occurring in Canada for Alzheimer's. Medical experts say that DBS has nearly limitless potential to ease brain related disorders. More than 75,000 people, worldwide have undergone the surgery.

This summary was written by Dale Perius and taken from: "Tuning the Brain".

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When Someone Wants to Help

For some people one of the hardest things to do is accept help when it is offered. If you are a caregiver and have always been the one to do for others, this can be especially difficult.

Or if you have a diagnosis of Alzheimer's disease and are frustrated that you can no longer do things that were once routine this can be an exasperating situation. Some people see offers of help as a negative reflection on themselves, as somehow being inadequate and not being able to "do it all." Nothing could be further from the truth. Dealing with Alzheimer's is challenging even in the best of circumstances. If you've ever felt reluctant to accept someone's offer of help, rethink it. People offer to help out of genuine desire and concern. The next time someone offers, consider saying yes.

Here are some ideas of what friends and family could do for you:

- Ask your friend to prepare a home-cooked meal and bring it to your home.
Request that your friend stay for dinner and enjoy the meal with you. Soups and stews are especially good because they can be portioned out, frozen and eaten again at future meals. Certain foods can spark distant memories. For example, your friend could bring summer barbecue fare in the middle of winter. This would likely stimulate conversation about favorite barbecues from the past.
- Ask them to call you the next time they are going to the grocery store to see if there's anything you need.
- Consider asking for a gift certificate. Wouldn't it be great to get a gift certificate for one of the following: grocery store, lawn mowing and garden care, housecleaning, manicure and pedicure, hair cut, mobile dog bathing service or a car wash?
- Ask friends to let you know when they plan to go out to a restaurant. Request that they order you a take-out meal and drop it off to you on their way home.
- Can they pick up a prescription at the drug store for you?
- Drop clothes off at the dry cleaner and pick up the order when it's ready.
- Ask if your friend could take your pet to the veterinarian for its annual checkup and shots.
- Although some people will decline, always offer to pay for any expenses incurred. That way they will offer again and you will feel better about their gracious assistance.

www.adcs.org. The Alliance, Summer 2009

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FOOD FOR THOUGHT

KATHY NOULIN, a recent graduate, surprised her 8 week program group with this delicious treat. She says she has been making it since she got the recipe from a friend in Denver in the "70's. Kathy and her spouse Bob live in Dewey and are enthusiastic RVers. They want to join some interest groups when they are in town.



FRUIT PIZZA

Ingredients

- Packaged sugar cookie dough*
- Cream cheese
- Sliced strawberries, bananas & kiwis
- Small cans of mandarin oranges, and cherries
- Orange marmalade

Spread the cookie dough on a medium size pizza pan -- bake as directed on package—cool in fridge

Spread a thin layer of cream cheese on dough

Spread sliced fruit in circular pattern on top

Dilute marmalade with a little water and spread on top of fruit. Let set in before serving.

*An appropriate recipe for the dough for those restricted from sugar is the following provided by Dick Harrison for **Cinnamon-Splenda® Cookies from Scratch**

Ingredients

- 1 1/4 cup Splenda®
- 6 tablespoons Promise®, softened
- tablespoon light corn syrup
- teaspoon vanilla extract
- 1/4 cup Egg Beaters®
- 1 3/4 cup all-purpose flour (about 7 1/3 ounces)
- teaspoon baking powder
- teaspoon baking soda
- 1/4 teaspoon salt
- 3/4 teaspoon ground cinnamon

Place 1 cup Splenda® and the Promise® in a bowl; beat with a mixer at medium speed until well blended (about 3 min.). Add corn syrup, vanilla, and Egg Beaters®; beat 3 minutes or until well blended. Lightly spoon cake flour and all-purpose flour into dry measuring cups; level with a knife. Combine flours, baking powder, baking soda, salt, and 1/4 teaspoon cinnamon. Add flour mixture to "butter" mixture; stir until just combined. Wrap in plastic wrap; chill 1 hour. Preheat oven to 375°.

Combine 1/4 cup Splenda® and 1/2 teaspoon cinnamon in a small bowl. Shape dough into 48 balls, about 1 teaspoon each. Roll balls in cinnamon-sugar mixture. Place 2 inches apart on ungreased baking sheets. Bake at 375° for 8 minutes or until golden on bottom. Cool on wire racks. (If the baking time seems short, that is normal with Splenda® in place of sugar.) *To use as a crust for a fruit pizza*, spread the batter about 1/8 in. thick sprinkling with Splenda or cinnamon. Bake as listed above.

Dick Harrison developed this recipe and shared samples with the newsletter team.

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Sherry Cornett,
*“AWARD WINNING CHEF”, INSTRUCTOR
 AND AUTHOR, SHARED HER 20+ YEARS
 EXPERIENCE IN DEVELOPING HEALTHY
 RECIPES AND PROMOTING THE USE OF
 HEALTHY INGREDIENTS.*

Not only did she give tips for healthy purchasing and understanding labeling, but she prepared a

recipe for all to sample which is listed below.

ARTICHOKE BRUSCHETTA*

INGREDIENTS

- 15 oz. can marinated artichoke hearts, drained and finely chopped
- 1 roma tomato, seeded & chopped
- ¼ cup finely chopped onion
- 3 cloves garlic, chopped
- 2 TBL extra virgin olive oil
- 2 tsp balsamic vinegar
- ¼ tsp ground black pepper
- ¼ cup fresh grated Parmesan cheese
- 1 14 inch loaf Italian bread-sliced diagonally into 26 ½ inch thick slices

Place bread slices on parchment lined baking sheet, bake 10 minutes (350 f) until lightly toasted. In medium bowl, combine all ingredients & mix thoroughly. Divide mixture on bread. Drizzle any juice remaining over bruschetta & sprinkle with cheese

**From “GOURMET, THE HEALTHY WAY!” 2005*

Alzheimer’s Association National Public Policy Forum, March 7 - 9

Pat Beitel, Prescott Early Stage Graduate, was a member of the Desert Southwest



Chapter’s delegation to the Alzheimer’s Association Public Policy Forum in Washington, D.C.



The Arizona Delegation

Pat is second from the right on the seated row

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HOUSEHOLD HINTS BY ROBIN HOFFMAN

1. When preparing to make a dinner with several dishes and several ingredients, I get out all the ingredients including the spices needed on the morning of the meal, sometimes even putting it all together. This is easier when my mind is sharper than later in the day.
2. When writing a letter, I make a list of everything I want to say in the letter so that I don't have to open it up after I seal it to add a p.s. when I remember something I have forgotten.
3. To clean jewelry without buying costly cleaner, use denture cleansing tablets in a cup of warm water. Place jewelry in this solution for 5 minutes.

THOUGHT FOR THE DAY:

Keep your ideals high enough to inspire you and low enough to encourage you.

Reminisce Magazine Feb. 2009

I'm sure you're familiar with the song that goes, "Row, row, row your boat, gently down the stream. Merrily, merrily, merrily, merrily, life is but a dream". This perfectly illustrates the human experience. In the end it's all a dream. We're here to do the work (row), enjoy the ride (merrily), and eventually each wake up from this dream and remember we agreed to participate in this human experience to spiritually grow and evolve.

Unknown author



UP-COMING EVENTS

**JUNE 11TH 12:30 pm -
ANNUAL PICNIC**



**AUGUST 19TH 5:30 pm -
ICE CREAM SOCIAL/BAND CONCERT ON THE SQUARE
PRESCOTT UNITED METHODIST CHURCH**



**OCTOBER 2ND -
ALZHEIMER'S ASSOC. MEMORY WALK
PRESCOTT COURT HOUSE SQUARE**

**OCTOBER 30TH -- ALZHEIMER'S ASSOC. MEMORY WALK
VERDE VALLEY/SEDONA**

**NOVEMBER 3RD 10:30 am -- FALL FLING - MINATURE GOLF & PIZZA PARTY
PRESCOTT VALLEY FREEDOM STATION**



ALZHEIMER'S ASSOCIATION
DESERT SOUTHWEST CHAPTER
NORTHERN REGION

Our vision is a world without Alzheimer's

This newsletter is the product of the ideas and inspiration of several Prescott area Early Stage Group Graduates who decided to meet regularly. Out of our get-togethers developed an interest in sharing information and personal stories with others in Northern Arizona diagnosed with Alzheimer's disease. Our purpose is to maintain our brains, enjoy a social opportunity, and provide a service by providing support and encouragement to others. In three yearly issues, we hope that you, the readers, will become a part of this sharing experience. We want to hear from you!

The content of this newsletter is provided for information purposes only and does not represent advice, endorsement or recommendations of any products by the Alzheimer's Association, Desert Southwest Chapter, Northern Arizona Regional Office. The newsletter content is written or selected by people with dementia for people with dementia

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The compassion to care
The leadership to conquer

the compassion to care, the leadership to conquer



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