



# PATHWAYS

A NEWSLETTER FOR AND BY PEOPLE WITH DEMENTIA

October 2009

## In This Issue...

### Food for Thought

Interest Groups

Books On Wheels

Research Updates

Today's Smile

Annual Picnic

Brain Defogger

Ice Cream Social

Upcoming Events



## FOOD FOR THOUGHT

In this issue, we introduce a new column, FOOD FOR THOUGHT, that will appear in each future newsletter. We welcome Mary Sorensen and Ruth Doyle as the contributors. Both have had a life long interest in cooking and have collected numerous recipes which reflect their individual backgrounds. Each recipe will have a story to tell.

### MARY'S RECIPE AND STORY

Mary took her cooking interest to college where she received a Bachelor's Degree in Home Economics. Mary shares that the simple recipe that follows has been popular with her family since her children were young and they spent Saturday's water skiing on Lake Pleasant.

#### Patio Chicken Dinner/Chicken In Foil Serves 4

3 cups cooked rice                      ½ cup evaporated milk                      1 pkg. onion soup mix  
4 teaspoons butter or margarine                      4 chicken breasts

Layer on center of 4 foil squares: rice, soup mix, chicken, milk, butter and soup mix again. Seal foil by pulling ends together tightly. Place square packets on cookie sheet or on the grill. Bake at 350 degrees for 1 hour 15 minutes.

### RUTH'S RECIPE AND STORY

Ruth began her cooking career along side her mother while her sister showed little interest in culinary matters and headed outside to seek other interests. Ruth has passed on her recipes to her daughters, and so a family tradition continues.

#### Scalloped Potatoes and Ham Serves 4

4 large potatoes sliced and seasoned with salt and pepper  
4 green onions chopped                      1 can cream of mushroom soup  
1 slice of ham or can of spam                      ¼ cup grated cheese

Layer the potatoes and ham and on top sprinkle onions and cheese. Thin mushroom soup with ½ can of water and pour over all. Bake at 350 degrees for 1 ½ hours.

In coming months, we will be asking for your stories about favorite recipes. We want lots of food for thought!



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**INTEREST GROUP SURVEY RESULTS**

Thanks to everyone who participated in the survey, and a special thanks to those of you who volunteered to serve as leaders. For those of you who said you will pass, for now, we will keep you updated as we proceed.

Overall, interest was expressed in every area with suggestions for additional groups not listed on the survey form. For now, we will start with the four most popular groups:

- |                |                          |
|----------------|--------------------------|
| HIKING         | BOARD GAMES/MEMORY GAMES |
| MUSICAL EVENTS | MOVIES                   |

Those of you who participated in the survey will receive a notice of the date, time and location of the first meetings.

However, since the survey was sent only to members in the Prescott Region (Quad-Cities), we thought that those of you throughout the Chapter might like to see the other choices that were offered:

- |                                    |                                   |
|------------------------------------|-----------------------------------|
| Gardening                          | Art exhibits                      |
| Art: drawing/painting              | Exploring spiritual opportunities |
| Healthy Eating                     | Visiting local collectors         |
| Writing: led by a published author | Other _____                       |

**BOOKS ON WHEELS –**

**A Service of Prescott Public Library**



In July, the newsletter staff met with Toni Kraus, Director of the Prescott Public Library. Not only did we hear about the many services and programs offered at the library, but were also given a tour. Toni told us that of all the information she could share, she wanted members

of the Early Stage Program to know that the library staff are eager to provide personal assistance so that the individuals will feel comfortable using the library. All that you need is a library card.

Because transportation can be a problem, **Books on Wheels** is a perfect program for those who no longer drive. “A home borrower may live alone at home, in a retirement home, hospital or other facility. Borrowers may be in fair health, partially disabled or completely dependent on their primary caregiver. **Books on Wheels** volunteers meet with the home borrower to determine his/her taste and interests. The volunteer then selects and deliver books and other library services at regularly scheduled times.



In additions to regular and large print books, Books on Wheels offers audio cassettes, compact discs, videos, DVDs, descriptive videos and access to other library services. **Books on Wheels** serves patrons in Prescott city limits who lack transportation.” \*

Call 777-1521 for an application

\*excerpts from the Prescott Public Library Books on Wheels brochure.

## RESEARCH UPDATES

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### DASH DIET-Decrease Risk for Dementia

At the 2009 International Conference on Alzheimer's Disease held in Vienna this past July, researchers reported that "eating a heart healthy diet may help preserve our memory and thinking abilities as we age."

"We can't do anything about aging or family history, but research continues to show us that there are lifestyle decisions we all can make to keep our brains healthier and may also lower our risk of memory decline as we age", said William Thies, PhD, Chief Medical and Scientific Officer at the Alzheimer's Association, Chicago.

The Dietary approach to stop hypertension (DASH) eating pattern may reduce age related cognitive decline. A study conducted at Utah State University, with 3,831 participants over 65 years of age covering an eleven year period concluded that a DASH diet of whole grains, vegetables, low-fat foods, and nuts may offer benefits for cognition in later life. Researchers found that higher DASH scores were associated with higher scores for cognition functioning at the beginning of the study and overtime. [www/alz.org/icad]

### TOMM40 GENE

A UC Irvine study has found that a gene called TOMM40 appears twice as often in people with Alzheimer's disease. Having the harmful form of TOMM40 significantly increases one's susceptibility when other risk factors like having the gene, ApoE-4 are present, the new study reports. People who have ApoE-4 are 3 to 8 times more likely to develop Alzheimer's. Supporting the UCI discovery is research presented recently at the ICAD in Austria. Duke University scientists found that patients with TOMM40 developed Alzheimer's an average of seven years earlier than those without the gene. [UC Irvine August 6, 2009, today.uci.edu/]

### STUDY: FOR SOME ALZHEIMER'S BEGINS AT 50

People who carry a gene associated with a higher risk of Alzheimer's disease begin to show signs of memory loss in their mid-50s, much earlier than previously thought, according to a Mayo Clinic-led study. The Arizona-based research teams' findings, published today in the New England Journal of Medicine, suggest that such high-risk people may benefit from prevention efforts years before the memory-robbing disease becomes apparent. The Arizona scientists say the study offers evidence that yet-to be-developed drugs or treatments could begin with people in their 50s rather than their 60s or 70s. [August 15, 2009-Arizona Republic]



### Today's Smile

Jeffie and Jolli were driving home from a forum for candidates for Mayor.

Jeffie: I'm definitely never going to vote for Benji.

Jolli: His name is Ben.

Jeffie: I don't care what his name is! I can't get over what he said.

Jolli: What was it that he said that got you so upset?

Jeffie: [*hesitates a minute*] I don't remember. . . .

[*hesitates again*] But I still won't vote for him.

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## ANNUAL PICNIC

In June, the 2<sup>nd</sup> Annual Picnic was attended by over 50 members.

A highlight was the musical entertainment provided by the **Prescott Playboys** lead by Fred Spears [middle below].



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## BRAIN DEFOGGER---get your B's

Vitamin B12 is vital to clear thinking, but as you age; your body has a harder time extracting it from food such as milk, meat and fish. Smart Move: with your doc's okay, take a daily B-complex supplement containing 1,000mcg of B12, advises Marwan Sabbagh, M.D., author of **The Alzheimer's Answer** (John Wiley & Sons, 2008) Make sure it has at least 400 mcg of B vitamin folate, which can improve mental speed. Serious B12 deficiency can be corrected with injections. [AARP Magazine, June, 2009]

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**FIRST ANNUAL ICE CREAM SOCIAL**

The event was held August 20th at the United Methodist Church and attended



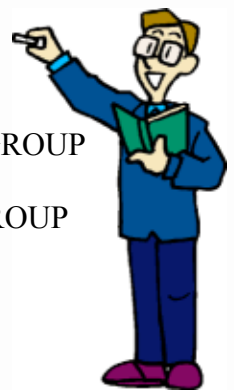
by a small, but enthusiastic group. A variety of sandwiches provided by Marlene Glasgow, Kitty Newell, & Maureen May were followed by a choice of ice cream sundaes and cones with lots of toppings. The group then proceeded to the Courthouse Square where they attended a band concert.



**Upcoming Events**

**OCTOBER**

- |            |                                     |
|------------|-------------------------------------|
| 3          | PRESCOTT MEMORY WALK                |
| 6 - Nov.24 | EARLY STAGE EDUCATION/SUPPORT GROUP |
| 13         | HIKING INTEREST GROUP               |
| 16         | BOARD/MEMORY GAMES INTEREST GROUP   |
| 17         | VERDE VALLEY MEMORY WALK            |
| 22         | NEWSLETTER PLANNING MEETING         |
| 23         | MUSIC/MOVIES INTEREST GROUPS        |



**Please call the Alzheimer's Association for time and location (771-9257)**

**FUTURE EVENTS: NOVEMBER-JANUARY (date & place TBA)**

- Healthy Eating-cooking demonstration/samples
- Annual Winter Potluck

ALZHEIMER'S ASSOCIATION  
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, 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



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