



# PATHWAYS

**A NEWSLETTER FOR AND BY PEOPLE WITH DEMENTIA**

Winter 2011

## In This Issue...

### Winter Pot Luck

- Spinal Fluid Research
- To Tell Or Not to Tell
- Miniature Golf
- Inspirational Thought
- Doggy Joke
- My Creative Coping
- Family Is Important
- Rose Parade Float
- Food for Thought
- Upcoming Events

## ANNUAL WINTER POT LUCK



A large group attended the Winter Potluck on February 4<sup>th</sup> at the Yavapai Hills Clubhouse. We enjoyed the food and renewed and made new friendships.



Zumba Dancing was led by certified instructor Olga Diaz. Zumba is a form of dancing and music developed in Colombia to make exercise fun. The original Zumba includes basic rhythms like fox trot, salsa, belly dancing, waltz, tango, samba, meringue, cumbia, and reggaeton.



It was hard to keep from smiling and laughing as she challenged us to get every part of our bodies moving and "swing with the music."

**In This Issue...**

- Winter Pot Luck
- Spinal Fluid Research**
- To Tell Or Not to Tell**
- Miniature Golf
- Inspirational Thought
- Doggy Joke
- My Creative Coping
- Family Is Important
- Rose Parade Float
- Food for Thought
- Upcoming Events

**Research Report:**  
**SPINAL FLUID TESTING FOR ALZHEIMER’S DISEASE**

An article that appeared in the Archives of Neurology (Vol.67, No.8, August 2010) reported on **spinal fluid tests for Alzheimer’s**. The spinal fluid was analyzed for a specific pattern of amyloid beta, a protein fragment that forms plaques in the brain, and tau, a protein that accumulates in dead and dying nerve cells in the brain. The study involved over 400 people, some of whom had been diagnosed with Alzheimer’s, some with Mild Cognitive Impairment, and some with normal memory. 90 percent of those with Alzheimer’s had the defined pattern of these proteins in their spinal fluid. Nearly three quarters of those diagnosed with Mild Cognitive Impairment had the same pattern while about a third of the people with normal memories had the pattern.

In a separate study of persons with Mild Cognitive Impairment who developed Alzheimer’s over a five year period, all initially showed the specified pattern of proteins. In other words, this spinal fluid pattern appears to indicate that a person has or is developing Alzheimer’s. Alzheimer’s, medical experts now agree, starts a decade or more before people have all the symptoms. And by the time the symptoms fully emerge, it may be too late to save the memory. The hope is to find good ways to identify people who are getting the disease, and use those people as subjects in studies of drugs that may slow or stop the disease in its earliest form.

Researchers say that a lot of work lies ahead making sure the tests are reliable if they are used in doctors’ offices and getting doctors and patients comfortable with the notion of spinal taps, the method used to get spinal fluid. In addition, it may be that some people have the spinal fluid pattern but have other factors that keep Alzheimer’s from developing. That possibility needs to be eliminated before the test can be used to predict that a person with the pattern will develop Alzheimer’s.

These results give rise to a difficult question: Should doctors offer, or patients accept, commercially available spinal fluid tests to find a disease that is yet untreatable? Some medical experts say it should be up to doctors and their patients. Others say doctors should refrain from using the spinal fluid test in their practices.

**TO TELL OR NOT TO TELL**

By Carolyn Robbins

For me, I feel relieved and happy now that I have told my family and friends that I have been diagnosed with early dementia. I found it hard to hide my problem!

Now my family and friends are really behind me--- they are there to support me and there is no more wondering what is wrong with me.

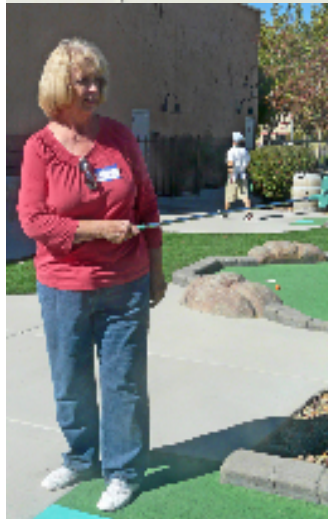


## In This Issue...

- Winter Pot Luck
- Spinal Fluid Research
- To Tell Or Not to Tell
- Miniature Golf**
- Inspirational Thought**
- Doggy Joke**
- My Creative Coping
- Family Is Important
- Rose Parade Float
- Food for Thought
- Upcoming Events



## FALL FLING



On a beautiful sunny day, we miniature golfed at the Prescott Valley "Freedom Station." After a challenging golf game, a pizza lunch tasted good!

### **INSPIRATIONAL THOUGHT:**

Snowflakes are one of God's most fragile creations, but look what they can do when they stick together.

Author unknown



### **DOGGY JOKE:**



At the dog park, an elderly lady had two rather large Rottweiler dogs. On being asked the dogs' names by another park visitor she replied "One is called Timex and the other Rolex." "Wow, Them's some strange names for dogs", the visitor replied. "Oh no", the elderly lady dog owner replied "Them's watch dogs" .

## In This Issue...

- Winter Pot Luck
- Spinal Fluid Research
- To Tell Or Not to Tell
- Miniature Golf
- Inspirational Thought
- Doggy Joke
- My Creative Coping**
- Family Is Important**
- Rose Parade Float
- Food for Thought
- Upcoming Events

### MY CREATIVE COPING METHODS

By Susan McNett

**My favorite method of coping is avoidance but sometimes avoidance isn't possible.**

Now that I have Alzheimer's Disease, I find that my lifetime coping methods are helping even more than they did in past years.

Making reminder **notes** and **lists** is a big stress reducer for me. It's like a pacifier for a baby. Just checking over a list makes me calmer. I also keep **lists** (so I won't forget anything). I have a "large dinner" **list** on the inside of one of my kitchen cabinet doors. It's been there since 1992. I also have **lists** in my cookbook and address book. I found a list in the glove compartment of our 1992 Taurus. I made it the year my husband was in Panama so I wouldn't let it run out of gas, oil, whatever. I kept a "moving" **list** for 20 years. Each move we made the **list** would change a little bit. This year we worked with the rest of the family in limiting Christmas gift-giving, thus limiting the pressure of coming up with ideas, shopping and purchasing--all of these are stressful to me. One of our kids volunteered to have dinner at their house. I think my husband discreetly arranged that and it helped tremendously.

**Prayer** has always been a stress reliever for me. Not only do situations change but also my feelings about them and so I have to readjust my coping methods. We recently attended a children's school program. Kids have a way of making you relax and laugh and that's a great way to relieve stress. Their simple, sweet prayers bring me around to the things that are important. Laughter helps too. I have a friend who makes me laugh and so I make a point of talking to or e-mailing her every day.

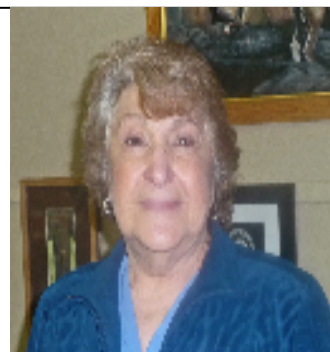


### FAMILY IS IMPORTANT TO ME

by Flo Wagner

I am originally from Chicago, Ill, and moved to Prescott AZ., in 1998. You may ask why and so I will tell you.

One Easter Sunday back in Chicago, we were eating dinner with our daughter, son-in-law and two granddaughters when they surprised us with the announcement that they were moving to Arizona to live. I had always lived close to family and just assumed that it would continue to be that way. I felt totally shocked and rejected. It wasn't just that they were moving but that they were leaving us! And so, after serious consideration, there was no question in our minds: "We got it! We will move to Arizona, too!" With our daughter and family in Scottsdale, we are just a nice distance drive and know that support is there when we need it. Now that I have been diagnosed with Mild Cognitive Impairment, I have become more dependent on my husband and it is even more important to me to be close to my daughter and share memories with my granddaughters. We love it here in Prescott and enjoy the beautiful hills & the friendly people. The classes at OLLI & the Adult Center are all a part of the support structure that we are continuing to build and add to as my needs change.

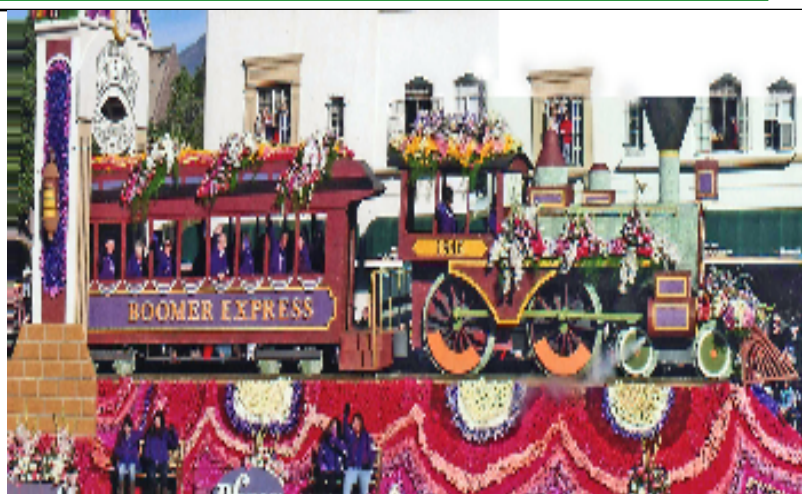


## In This Issue...

- Winter Pot Luck
- Spinal Fluid Research
- To Tell Or Not to Tell
- Miniature Golf
- Inspirational Thought
- Doggy Joke
- My Creative Coping
- Family Is Important
- Rose Parade Float**
- Food for Thought**
- Upcoming Events**

### All Aboard the Alzheimer's Express

A new float was added to this year's Rose Bowl parade in Pasadena. Developed by the Alzheimer's Association, the theme proclaimed on the tower over the train was "It's Time to Face Alzheimer's."



### FOOD FOR THOUGHT

With all the cold weather we have been enduring, we agreed to share **Chef Sherry Cornett's Broth Recipe** that can be made with cooked chicken or beef or just veggies.

**UTENSILS:** 1 large stock pot, cutting board, 1 large knife, measuring spoons & cups, large stirring spoon

**INGREDIENTS:** 2 large yellow onions peeled & cut in quarters, 10 mushrooms wiped clean & cut in 1/2, clean & cut in chunks: 3 large carrots, 4 large celery ribs, 1 large parsnip 1 large yellow squash, 1 large zucchini, 6 garlic cloves, peeled & cut in 1/2, 1/2 TBS fresh black pepper, 2 tsp dried thyme, 1/2 tsp dried oregano, 1 tsp garlic powder, 1 tsp onion powder, 8 sprigs (with stems) fresh parsley washed, 6 sprigs of fresh basil washed, 2 broken bay leaves, 2 gallons of water.

Add all ingredients, on high heat until it comes to a boil. Then reduce the heat & simmer

for 1 1/2 hours. Skim off any foam that rises to the surface. Remove from the heat & strain through mesh strainer into clean container. Cool & then refrigerate in an airtight container for up to 5 days. The stock can be frozen up to 3 months.

**A suggestion is to use ice cube trays for freezing. When frozen, remove from trays and put into small freezer bags. The broth can be used for soup, sauté, stir fry and seasoning for rice & pasta. DO NOT use the same trays you use to make ice. Keep extra trays for this purpose.**



### UP-COMING EVENTS

- MARCH 1 8 WEEK EDUCATION SUPPORT GROUP BEGINS**
- MARCH 24 PRESCOTT ALZHEIMER'S CONFERENCE**
- APRIL 14 AFTERNOON AT THE MOVIES**
- JUNE 10 4<sup>TH</sup> ANNUAL PICNIC – WILLOW LAKE**

**For details, contact the Alzheimer's Association at 771-9257**



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, or Northern Arizona Regional Office. The newsletter content is written or selected by people with dementia for people with dementia.

Editorial Group and Newsletter Contributors:  
Members of the Early Stage Memory Groups: 2004-2010.

The compassion to care  
The leadership to conquer

the compassion to care, the leadership to conquer



928.771.9257  
800.272.3900 24 Hour Helpline  
800.392.0022 En Español

225 Grove Avenue, Suite B  
Prescott, AZ 86301

alzheimer's association  
desert southwest chapter

