QUICK TIP: Ten Symptoms of Caregiver Stress

Are you so overwhelmed by taking care of your loved one that you’ve neglected your own physical, mental and emotional well-being? If you are experiencing some of the following signs of stress on a regular basis, make time to attend a support group or schedule a care consultation.

1. Denial about the disease and its effect on the person who’s been diagnosed
   I know Mum is going to get better.
2. Anger at the person with Alzheimer’s or others, anger that no cure exists and anger that people don’t understand what’s going on
   If he asks me that question one more time, I’ll scream.
3. Social withdrawal from friends and activities that once brought pleasure
   I don’t care about getting together with the neighbors anymore.
4. Anxiety about facing another day and what the future holds
   What happens when he needs more care than I can provide?
5. Depression that begins to break your spirit and affects your ability to cope
   I don’t care anymore.
6. Exhaustion that makes it nearly impossible to complete necessary daily tasks
   I’m too tired for this.
7. Sleeplessness caused by a never-ending list of concerns
   I can’t remember the last time I felt good.
8. Irritability that leads to moodiness and triggers negative responses and reactions
   Leave me alone!
9. Lack of concentration
   If he asks me that question one more time, I’ll scream.
10. Health problems that begin to take their toll, both mentally and physically
    What happens when he needs more care than I can provide?

Fond Farewell!

Wilma Eakins, our Programs Officer for more than eight years, resigned from our Chapter due to health concerns. We are sorry to lose her expertise and enthusiasm.

Alvaro Barrios, our Information Technology Manager for over three years, has taken a terrific new position with a for-profit company in town. Good luck to him!

Alzheimer’s Association
Open House a Huge Success!

Thank you to everyone who attended our Open House on May 18. The Chapter is thrilled to finally be settled in its new home at 2242 W. Holcombe Blvd. at Greenbriar. If you couldn’t drop in for the Open House, do not fret! We are more than happy to schedule a time for you to check out our new home or arrange a private tour of our beautiful space. Special thanks to Bob-n-Lil’s Gourmet Texas Bourbon Balls, Whole Foods Market and Zeno’s Delectable Cheesecakes for donating refreshments.

Another Overwhelming Response to The Forgetting

The third airing of the Alzheimer’s documentary, The Forgetting, was once again a huge success. Over 40 volunteers and staff members busily answered the phones and filled requests for free information packets. Nearby, 1,000 concerned family members and friends called in. Thanks to our community partners, HoustonPBS and to PBS staff members Connie Hill and Ann Crider who helped coordinate the effort. Thanks also to the dedicated volunteers who gave selflessly of their time and energy. The documentary is based on the book The Forgetting: Alzheimer’s: Portrait of an Epidemic, written by David Shenk.
**Book Review:**

The key to growing old gracefully


Jennifer Matsu, a graduate student at The School of Occupational Therapy, Texas Woman’s University, reviewed Snowden’s book. The following is a synopsis of her review.

Snowden’s book describes the study of a group of nuns and the aging process. According to his book, there are undeniable links between education/cognitive reserve and later mental and physical abilities. Dr. Snowden and his colleagues discovered that higher linguistic ability in early life seemed to protect against Alzheimer’s, and that ordinary foods in the diet may protect the brain. Snowden determined that preventing strokes and depression might be key to avoiding Alzheimer’s. Additionally, Snowden evaluated the role of exercise may play and how lifestyle may increase the chances for a mentally vital old age. Snowden and his research team also explored intangibles such as a positive spirit, community and faith and their contribution to health and longevity.

Surprisingly, this book was enjoyable and easy to read. There was a narrative balance between scientific language and writing that painted a picture. Especially enjoyable were the author’s real life accounts of his experiences with the nuns and of the friendships he made.

Snowden’s book reminded me of the importance of focusing on personal strengths and gave me a greater appreciation for participants in research studies. All people, regardless of ability, should be treated with dignity.

Snowden’s book, however, did not provide any “magical” prevention methods; instead, it reinforced decades of research.

Get in the Swim of Things

Be a part of the fun by joining the Alzheimer’s Association’s newest Early Stage program. The next ARTS® outing is scheduled to visit the Downtown Aquarium on Wednesday, June 21. This free, monthly, stimulating and engaging educational program is designed for persons with early stage to moderate stage Alzheimer’s disease and/or dementia. A light lunch will be provided. Participants may be dropped off or care partners may join the fun. Adequate supervision will be provided. Call for more information and to register at 713-266-6400.

*ARTS*: Alzheimer’s Recreation Training & Services. Partial funding provided by Harris County Area Agency on Aging.

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713/266-6400 or 800/272-3900 (24/7)

**Mission Statement**

To eliminate Alzheimer’s disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

**Volunteers:** Focus on Support Groups

A part of the Alzheimer’s Association’s mission is “to provide and enhance care and support for all affected by the disease.” To fulfill this mandate, the Houston and Southeast Texas Chapter sponsors over 50 support groups that give caregivers an opportunity to be heard, share experiences and be a resource for each other, as well as receive educational updates.

When interviewed by the Pasadena Citizen, Lois Munchalfen described the group she facilitates as, “providing sanctuary for those who simply need information, assurance and support. It is priceless to have a place to go where you can voice your concerns...” Trained volunteers like Lois, co-facilitate the Chapter’s support groups. The

**Evaluative Opportunities**

June 2006

Partnering with Your Doctor
Tuesday, June 13, 2006
6:30 p.m. to 8:30 p.m.
The Forum at Memorial Woods
777 North Park Rd
Houston, Texas 77024
Target Audience: Persons with dementia, caregivers

Grey Matters Lecture - Living with Mild Cognitive Impairment
Monday, June 19, 2006
Topic: Stimulating Activities for Persons with MCI
Kelsey-Seybold Clinic-MC-2.4 (Lining Room)
2127 West Holcombe Blvd.
Houston, Texas 77025
Target Audience: People with dementia and their care partners

July 2006

Lunch and Learn: Assessing and Treating Parkinson’s and Huntington’s Disease*
Wednesday, July 19, 2006
12:00 noon to 1:30 p.m.
Shriners Hospital for Children
Houston, Texas 77025
Target Audience: Respite caregivers and family caregivers

August 2006

Continuing Education for Direct Care Staff Responding to the needs of persons with a mixed dementia diagnosis
Tuesday, August 8, 2006
6:30 to 9:30 p.m.
Bayou Manor
4141 South Braeswood
Houston, Texas 77025

**Save the Date!**

Schlichting Education Conference
Annual Education Conference focusing on aging and memory, brain health and Alzheimer’s Disease
Friday, November 17, 2006
8:15 a.m. to 4:30 p.m.
St. Dominic Center, Houston
Target Audience: Healthcare professionals, family caregivers, and interested parties.

For more information about any of these programs, contact the Alzheimer’s Association, 713-266-6400 or visit our website: www.alztx.org

*Target audience: Healthcare professionals, $5 donation requested.

Chapter provides six hours of training to qualified volunteers. Groups generally meet once a month on weekdays and evenings. Some groups even provide respite care.

The next new support group facilitators’ training is scheduled for June 28. The Chapter is especially in need of support groups in the following counties: Austin, Colorado, Harris, Jefferson, Newton, Waller and Wharton.

If you are interested in creating or co-facilitating a group, contact: Ann Marie McDonald, HELPline and Volunteer Coordinator at 713-314-1332, ammari.mcdonald@alz.org or Ellen MacDonald at 713-314-1373 or ellen.macdonald@alz.org.
Exploring Respite Care Options

Editor’s note: This article is a continuation of a series of articles about “respite care.” To read the first article, please access the March 2006 newsletter on the Chapter’s website, www.alztx.org or call the HELPline, 713-314-1313 to receive a copy of the newsletter.

Adult Day Centers

An adult day center is a respite service that is provided outside the home; however they are often designed with a home-like environment. Programming is designed to meet the individual needs of the participants and to support strengths, abilities, and independence. Throughout the day, participants have the opportunity to interact with others while being part of a structured environment.

Daily activities may include music, recreation, discussion, and crafts. In some centers, staff consists of a nurse, social worker and recreation/music therapist. In addition, healthcare and other support services may be arranged through the day center.

Many working caregivers find an adult day center a great option as they try to meet the daily demands of a full-time job as well as caregiving. Hours of operation vary, but generally centers are open from seven to ten hours per day. Participants may attend for part or all of the day, and most centers provide a meal and snacks, depending on the length of the stay. Transportation may also be available to and from the center, within certain boundaries. Costs vary among centers, although many centers offer financial assistance to those in need. While adult day care is not covered by insurance or Medicare, some financial assistance may be available through a state or federal program (e.g., Medicaid or Veterans Administration). For a list of adult day care facilities, call the HELPline at 713-314-1313.

Tips for Selecting an Adult Day Center

When selecting an adult day care center, arrange a meeting with the staff and look around the center. Get a feeling for the center, its philosophy of care, the people who work there, and those who attend. Does it look clean? How does the staff interact with the participants? While visiting the center, also ask the following:

1. What are the hours? Fees? Services?
2. Is transportation available? If not, can they suggest transportation options?
3. What types of programs/activities do they offer?
4. Have all staff been trained in dementia care?
5. How many participants is each staff member responsible for?
6. Do they provide assistance with personal care?
7. Is there a nurse on staff? Social worker? Other professionals?
8. Are there individual plans of care? How are different functioning levels addressed?
9. How are emergency situations handled?
11. What are the reasons for discharge?
12. Are there other services offered? (e.g., support groups, training, and education, case management)

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Healthcare Spotlight:
Geriatric Clinic provides dementia care services

The Alzheimer’s Association, in constant pursuit of our mission to “enhance care and support for all affected,” visited with Jary Lesser, MD, Associate Professor at the University of Texas Health Science Center at Houston (UTHSC-H) to learn about dementia care services at the Geriatric Clinic, which offers a broad array of services for those with memory disorders and cognitive impairment.

The Geriatric Clinic is headed by Dr. Lesser, who has been on faculty for the past 22 years. Lesser graduated from Southwestern Medical School in Dallas, completed his residency at UT Health Science Center in San Antonio, and a geriatric psychiatry fellowship at Illinois State Psychiatric Institute. Lesser and his team put their expertise to good use as they treat Alzheimer’s and related dementias.

According to Dr. Lesser, the Geriatric Clinic at UTHSC-H offers the full range of diagnostics and treatment for Alzheimer’s and dementia. The clinic offers differential diagnostic based on established standards of excellence in Alzheimer’s and dementia care, including: a medical history, a physical exam, a mental status evaluation, a neurological exam, lab tests, and neuropsychological testing. Through this thorough evaluative process, Dr. Lesser’s clinic is able to determine the diagnosis and identify effective and appropriate treatment options. The Geriatric Clinic follows clients throughout the disease process.

In addition to clinical support for individuals with cognitive impairment, the Geriatric Clinic conducts research studies on Alzheimer’s and dementia drug therapies. Dr. Lesser explained that they are currently conducting four trials, from pharmaceutical companies Wyeth, Voyager, Myriad, and Eisai. Three of the studies are evaluating the tolerance of drugs which may alter the progression of Alzheimer’s. One of the studies is evaluating drug tolerance of Aricept for mono and bi-lingual Hispanics. For information about clinical trials, contact Dr. Lesser at 713-500-2724, or Cindy Kumar, research coordinator at 713-500-2722.

Dr. Lesser was asked about dementia care within a department of Psychiatry versus Neurology. Lesser pointed out the fact that Alzheimer’s and dementia affect brain function, and the treatments target the individual’s symptoms. Often ignored are the family dynamics and the impact on the family and care partners. For those reasons, Lesser suggests that Psychiatry is well suited to address the complex issues of cognitive impairment. He also points out that Dr. Alois Alzheimer was himself a Psychiatrist – so the specialty has been addressing Alzheimer’s disease issues for more than 100 years. For an appointment with Dr. Lesser, contact Carolyn Hemphill at 713-500-2526. The clinic is located at 1300 Moursund in the Texas Medical Center.

Alzheimer’s Association

The University of Texas Health Science Center at Houston

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chapter CEO, Richard Elbein and Royce Imhoff and Luncheon co-chairs Jill Left to right, Jim Nantz,

Memories Made…

FUNDING OUR MISSION

Gene Tromblee

Fond Remembrance - Morris Friedell, Jay Kemper, and Donna and Unforgettable - Diane and Phil Bazelides

Memory Maker - Locke Liddell & Sapp LLP

VIP

Shenk, author of Television proudly presented “An Evening with David Shenk.”

Enrique, and local Alzheimer’s experts: Dr. Mark Kunik, Dr. Victor J. Naricone III, and Dr. Rachelle Duddley answered audience questions following Shenk’s lecture.

The Cinco Ranch Ladies Club held their “Denim and Diamonds on the Ranch!” Gala February 18 at the Club at Falcon Point. This year they selected the Alzheimer’s Association as their benefitting charity raising $2,971 for the Chapter.

Pictured from left are: Richard Elbein and Griff Godwin accepting the check for The Chapter from Patti Pedigo, Second Vice President in charge of Socials and incoming President, and Heather Niclode, Treasurer. Not pictured is Jackie Scott, current President.

Thank you and Roseann Imhoff and chapter CEO, Richard Elbein.

Event Co-Chairs

Jill and Royce G. Imhoff II

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LEFT TO RIGHT: JIM NANTZ, LORRIE NANTZ, CAROLINE NANTZ, DORIS NANTZ, NANCY HOCKADAY, DON HOCKADAY, HOLTON HOCKADAY, KEN VENTURI AND PAUL MARCHAND.

A Truly Unforgettable Evening...

On Thursday, March 30, 2006, The Houston and Southeast Texas Chapter of the Alzheimer’s Association and Twin Cities Public Television proudly presented “An Evening with David Shenk.” Shenk, author of The Forgetting, spoke at Houston’s Hobby Center in honor of ourtrue dad

Sierra Life Solutions, LLC

Westside Lexus/Northside Lexus

William Corry

Nantz Family Honorees: (back row, left to right), Don Hockaday, Nancy Hockaday, and Jim Nantz. (front row, from left), Holton Hockaday, Caroline Nantz, and Doris Nantz.

Leumnn” a tremendous success!

Special appreciation goes to Jim Nantz, Lorrie Nantz, Caroline Nantz, Doris Nantz, Nancy Hockaday, Don Hockaday, Holton Hockaday, Ken Venturi and Paul Marchand.

A heartfelt thanks to all who made April 20th’s “Memory Makers Luncheon” a tremendous success!

Touchdown for Alzheimer’s

The first annual Powder Puff Football Game benefiting the Alzheimer’s Association was held May 6, 2006, at St. John’s School – Scotty Caven Field. Twenty blondes and twenty brunettes geared up for some rough and tough flag football and truly showed their skills on game day! The brunettes took this year’s game, 27–20, but have no fear…this successful fundraising and outreach event will be an annual endeavor for our local chapter. Plan to get in the game next year by calling Anna Franklin at 713-314-1311.

AWEARE Hosts Organizations Annual Membership Coffees

AWEARE Coffee co-chairs Cathy Frank and Marilyn Winters (standing – left to right) with Alzheimer’s staff (from left to right): John Williams, Sarah Young, and Anna Frankfort. Thank you to Camille Patton, 2005-2006 Houston AWEARE President, for an outstanding year of leadership and service. The 2006-2007 incoming President is Jasmine Graham. Best of luck in your new leadership role.

TOURNAMENT WINNERS:

1st Place Memorial Herman Baptist Hospital

2nd Place Priority One EMS

3rd Place Cypress Glen Nursing and Rehabilitation

A Hole in One in Beaumont

On May 12, 2006 The Palms at Pleasure Island hosted a golf tournament benefiting the Alzheimer’s Association. A big thank you to all the sponsors: Accent Home Health, Captain Joe Brozak, College Street Nursing and Rehabilitation, Cypress Glen, Del Pappas Budweiser, Dowlins Oakes, Great American Medical, Home SItel, Hotel Beaumont, Maxim Health Care, Memorial Herman Baptist Hospital, Lynn Bencowitz, Partnership of Southeast Texas, Quality Care, Total Petro Chemicals, and Walson’s Medical.

On May 12, 2006 Houston AWEARE women gather for the Membership Coffee invitation-staffing party. (left to right) Susan Hargarther, Donna Weinberg, Vicki Delgado, Frances Courville, Anna Frankfort and Ann Bethers. Many thanks to Susan Hargarther for serving as President during the 2005-2006 year. Fort Bend AWEARE is thrilled to have you serve in your same role for a second Presidential term. Let’s keep that leadership strong!!

Thank you to our event underwriters:

VIP Reception with Author - generously underwritten and catered by Jackson and Company Catering and Event Production

Memory Maker - Locke Liddell & Sapp LLP

Undeniable - Diane and Phil Baerleides

Fond Remembrance - Morris Friedell, Jay Kemper, and Donna and Gene Tominbke

Reminiscence - Colonial Oaks at Westchase and Janet and Donald Frick

AWEARE Organizations Host Annual Membership Coffees

Houston AWEARE

Fort Bend AWEARE

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Memories Made…

Memory Makers Luncheon: Honoring Jim Nantz and Family


Event Co-Chairs
Jill and Royce G. Imhoff II
Glen Rosenbaum
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Audience Questions
Dr. Rachelle Doody answered audience questions following Shenk’s lecture.

Dr. Rachelle Doody
Dr. Mark Kunik
Dr. Victor J. Narcisse III

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TOURNAMENT WINNERS:

1st Place
Memorial Herman Baptist Hospital

2nd Place
Priority One EMS

3rd Place
Cypress Glen Nursing and Rehabilitation

Funding Our Mission

The FUNDING OUR MISSION Fund is the Alzheimer’s Association’s official capital campaign to raise funds for endowment, impact and advocacy initiatives to help ensure the ongoing success of the organization.

Touche & Co.

Ensuring a future free of Alzheimer’s disease.

The Cinco Ranch Ladies Club held their “Denim and Diamonds on the Ranch” Gala February 18 at the Club at Fawn Point. This year they selected the Alzheimer’s Association as their benefiting charity raising $2,971 for the Chapter.

A little help from our friends

A big thank you to all our sponsors, visitors, and friends who contributed to the success of the 2006 Houston AGILE Golf Classic. We are grateful for your support of the Alzheimer’s Association as our 2006 benefiting charity.

Impact and advocacy initiatives

The Alzheimer’s Association is grateful to our generous supporters who are helping to ensure a future free of Alzheimer’s disease.

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The Alzheimer’s Association, in constant pursuit of our mission to “enhance care and support for all affected,” visited with Jary Lesser, MD, Associate Professor at the University of Texas Health Science Center at Houston (UTHSC-H) to learn about dementia care services at the Geriatric Clinic, which offers a broad array of services for those with memory disorders and cognitive impairment.

The Geriatric Clinic is headed by Dr. Lesser, who has been on faculty for the past 22 years. Lesser graduated from Southwestern Medical School in Dallas, completed his residency at UT Health Science Center in San Antonio, and a geriatric psychiatry fellowship at Illinois State Psychiatric Institute. Lesser and his team put their expertise to good use as they treat Alzheimer’s and related dementias.

According to Dr. Lesser, the Geriatric Clinic at UTHSC-H offers the full range of diagnostics and treatment for Alzheimer’s and dementia. The clinic offers differential diagnosis based on established standards of excellence in Alzheimer’s and dementia care, including: a medical history, a physical exam, a mental status evaluation, a neurological exam, lab tests, and neuropsychological testing. Through this thorough evaluative process, Dr. Lesser’s clinic is able to determine the diagnosis and identify effective and appropriate treatment options. The Geriatric Clinic follows clients throughout the disease process.

In addition to clinical support for individuals with cognitive impairment, the Geriatric Clinic conducts research studies on Alzheimer’s and dementia drug therapies. Dr. Lesser explained that they are currently conducting four trials, from pharmaceutical companies Wyeth, Voyager, Mriad, and Eisai. Three of the studies are evaluating the tolerance of drugs which may alter the progression of Alzheimer’s. One of the studies is evaluating drug tolerance of A-recept for mono and bi-lingual Hispanics. For information about clinical trials, contact Dr. Lesser at 713-500-2724, or Cindy Kumar, research coordinator at 713-500-2722.

Dr. Lesser was asked about dementia care within a department of Psychiatry versus Neurology. Lesser pointed out the fact that Alzheimer’s and dementia affect brain function, and the treatments target the individual’s symptoms. Often ignored are the family dynamics and the impact on the family and care partners. For those reasons, Lesser suggests that Psychiatry is well suited to address the complex issues of cognitive impairment. He also points out that Dr. Lois Alzheimer was himself a Psychiatrist – so the specialty has been addressing Alzheimer’s disease issues for more than 100 years. For an appointment with Dr. Lesser, contact Carolyn Hemphill at 713-500-2526. The clinic is located at 1300 Moursund in the Texas Medical Center.

Jennifer Matsi, a graduate student at The School of Occupational Therapy, Texas Woman’s University, reviewed Snowden’s book. The following is a synopsis of her review.

Snowden’s book describes the study of a group of nuns and the aging process. According to his book, there are undeniable links between education/cognitive reserve and later mental and physical abilities. Dr. Snowden and his colleagues discovered that high linguistic ability in early life seemed to protect against Alzheimer's, and that ordinary foods in the diet may protect the brain. Snowden determined that preventing strokes and depression might be key to avoiding Alzheimer's. Additionally, Snowden examined the role heredity may play and how lifestyle may protect against Alzheimer’s, and that ordinary foods in the diet seemed to protect against Alzheimer's, and that ordinary foods in the diet may protect the brain.

Surprisingly, this book was enjoyable and easy to read. There was a nice narrative balance between scientific language and writing that painted a picture. Especially enjoyable were the author’s real life accounts of his experience with the nuns and of the friendships he made.

Snowden’s book reminded me of the importance of focusing on personal strengths and gave me a greater appreciation for participants in research studies. All people, regardless of ability, would be treated with dignity. Snowden’s book, however, did not provide any “magical” prevention methods, instead it reinforced decades of research.

Get in the Swim of Things

Be a part of the fun by joining the Alzheimer’s Association’s newest Early Stage program. The next ARTS® outing is scheduled to visit the Downtown Aquarium on Wednesday, June 21. This free, monthly, stimulating and engaging educational program is designed for persons with early stage to moderate stage Alzheimer’s disease and/or dementia. A light lunch will be provided. Participants may be dropped off or care partners may join the fun. Adequate supervision will be provided. Call for more information and to register at 713-266-6400.

*ARTS: Alzheimer’s Recreation Training & Services. Partial funding provided by Harris County Area Agency on Aging.

Book Review:
The key to growing old gracefully

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Volunteers: Focus on Support Groups

As part of the Alzheimer’s Association’s mission it is “to provide and enhance care and support for all affected by the disease.” To fulfill this mandate, the Houston and Southeast Texas Chapter sponsors over 50 support groups that give caregivers an opportunity to be heard, share experiences and be a resource for each other, as well as receive educational updates.

When interviewed by the Pasadena Citizen, Lois Munchaftlen described the group she facilitates as, “providing sanctuary for those who simply need information, assurance and support. It is priceless to have a place to go where you can voice your concerns.” Trained volunteers like Lois, co-facilitate the Chapter’s support groups.

Educational Opportunities

June 2006

Partnering with Your Doctor
Tuesday, June 15, 2006
6:30 p.m. to 8:30 p.m.
The Forum at Memorial Woods
777 North Post Oak Rd.
Houston, Texas 77024
Target Audience: Persons with dementia and their care partners

Grey Matters Lecture - Living with Mild Cognitive Impairment
Monday, June 19, 2006
Topic: Stimulating Activities for Persons with MCI
Kelsey-Seybold Clinic-MC 2.4 (Ilumin Room)
2717 West Holcombe Blvd.
Houston, Texas 77025
Target Audience: Persons with dementia and their care partners

Lunch and Learn: Gearing Up for Hurricane Season - Planning for Seniors and Families
Monday, June 26, 2006
12:00 noon to 1:30 p.m. (lunch provided)
Afra Collier Park, Assisted Living
4650 Collier Street
Beaumont, Texas
RSVP to Melissa at 409-899-4800

The Basics of Alzheimer’s Disease
Tuesday, June 27, 2006
6:30 p.m. to 8:00 p.m.
2242 West Holcombe Blvd.
Houston, Texas 77020
Target Audience: Persons with dementia, caregivers

July 2006

Lunch and Learn: Assessing and Treating Parkinson’s and Huntington’s Disease*
Wednesday, July 19, 2006
12:00 p.m. to 1:00 p.m.
Sheltering Arms Senior Services
3938 Aberdeen Way
Houston, Texas 77025

August 2006

Continuing Education for Direct Care Staff
Responding to the needs of persons with a mixed dementia diagnosis
Tuesday, August 8, 2006
6:30 to 8:30 p.m.
Bayou Manor
4141 South Braeswood
Houston, Texas 77025

The Savings! Schilling Education Conference
Annual Education Conference focusing on aging and memory, brain health and Alzheimer’s Disease
Friday, November 17, 2006
8:15 a.m. to 4:30 p.m.
St. Dominic Center, Houston
Target Audience: Healthcare professionals, family caregivers, and interested parties.
Alzheimer’s Association
Open House a Huge Success!

Thank you to everyone who attended our Open House on May 18. The Chapter is thrilled to finally be settled in its new home at 2242 W. Holcombe Blvd. at Greenbrier. If you couldn’t drop in for the Open House, do not fret! We are more than happy to schedule a time for you to check out our new home or arrange a private tour of our beautiful space. Special thanks to Bob-n-Lili’s Gourmet Texas Bourbon Balls, Whole Foods Market and Zeno’s Delectable Cheesecakes for donating refreshments.

QUICK TIP: Ten Symptoms of Caregiver Stress

Are you so overwhelmed by taking care of your loved one that you’ve neglected your own physical, mental and emotional well-being? If you are experiencing some of the following signs of stress on a regular basis, make time to attend a support group or schedule a care consultation.

1. Denial about the disease and its effect on the person who’s been diagnosed
2. Anger at the person with Alzheimer’s or others, anger that no cure exists and anger that people don’t understand what’s going on
3. Social withdrawal from friends and activities that once brought pleasure
4. Anxiety about facing another day and what the future holds
5. Depressive symptoms that begin to break your spirit and affect your ability to cope
6. Exhaustion that makes it nearly impossible to complete necessary daily tasks
7. Sleeplessness caused by a never-ending list of concerns
8. I was so busy, I forgot we had an appointment
9. Irritability that leads to moodiness and triggers negative responses and reactions
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Another Overwhelming Response to The Forgetting

The third airing of the Alzheimer’s documentary, The Forgetting, was once again a huge success. Over 40 volunteers and staff members busily answered the phones and filled requests for free information packets. Nearly 1,000 concerned family members and friends called in. Thanks to our community partners HoustonPBS and to PBS staff members Connie Hill and Ann Crider who helped coordinate the effort. Thanks also to the dedicated volunteers who gave selflessly of their time and energy. The documentary is based on the book The Forgetting: Alzheimer’s: Portrait of an Epidemic, written by David Shenk.

Fond Farewell!

Wilma Eakins, our Programs Officer for more than eight years, resigned from our Chapter due to health concerns. We are sorry to lose her expertise and enthusiasm. Alvaro Barrios, our Information Technology Manager for over three years, has taken a terrific new position with a for-profit company in town. Good luck to him!

The researchers found that the more people stuck to a Mediterranean diet, the lower were their chances of developing Alzheimer’s disease.

The researchers had developed a diet adherence score, from 0 to 9 - nine being the highest. Those with the highest adherence score had a 40% lower risk of Alzheimer’s than those at the bottom. Those in the middle had a 15-21% lower risk than those at the bottom.

The researchers said you cannot pinpoint one particular food or ingredient and just use that for protection. The Mediterranean diet, overall, seems to offer the protection.

This is the first large study that looked at a diet in general, rather than particular ingredients in isolation.

Previous research on the Mediterranean diet have revealed many benefits - cardiovascular, longevity, lower incidences of cancer, maintaining good weight - and now, Alzheimer’s disease protection.

You can read about this study in Annals of Neurology (April Issue).

New Address!

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Leave a lasting legacy with the donation envelope included in this newsletter.