Making Sense of Alzheimer’s
Collaboration with Utah Symphony and Utah Opera

Persons with Alzheimer’s disease and related dementias, care partners and a supportive community of elder care providers are participants in “Making Sense of Alzheimer’s Month,” a unique collaboration between the Utah Symphony, Utah Opera and the Utah Chapter of the Alzheimer’s Association.

Throughout May, USO is offering discounted concert tickets, Abravanel Hall tours and special programs for those with the disease and their caregivers. Musicians will also perform at seven assisted living centers during the month.

A recent Salt Lake Tribune front page article stated that the “Making Sense” program is thought to be the first of its kind in the nation, quoting Drew McManus, a national symphony consultant. Paula Fowler, USO director of education and community outreach said it best, “Just because their memories aren’t working well, it doesn’t mean they can’t use their senses.”

Music is a form of sensory stimulation, which provokes responses due to familiarity, predictability and feelings of security that are associated with it. This is true for everyone including those in the early stages of Alzheimer’s disease. In the moderate stages, it can decrease the frequency of agitated and aggressive behaviors. It helps in making connections when other means become ineffective. In later stages of dementia, individuals continue to respond to and interact with music in unexpected and positive ways as a breakthrough.

The “Making Sense of Alzheimer’s” project stems from the Utah Chapter’s Alzheimer’s Disease Innovation Grant from the Utah Division of Aging and Adult Services and the U.S. Administration on Aging. The collaboration with the Utah Symphony was suggested by Princess Yasmin Aga Khan, daughter of Rita Hayworth, a famous American who battled Alzheimer’s. It is a part of the Chapter’s innovative cognasium concept, which means gymnasiurn for the brain. Research tells us that cognitive stimulation, exercise, healthy nutrition and social engagement are effective components to a brain-healthy lifestyle for all of us. Even after the damaging effects of Alzheimer’s disease, the human brain can reorganize and experience

continued on page 9

continued on page 11

Governor Herbert Signs Alzheimer’s Legislation

This past legislative session, Senator Karen Morgan sponsored SCR 1, Alzheimer’s and Dementia Awareness Concurrent Resolution. In a recent ceremony, Governor Gary Herbert signed the resolution in the company of Senator Morgan, members of the Alzheimer’s Association, and caregivers.

Alzheimer’s is a progressive and fatal brain disease that destroys brain cells and causes memory loss and problems with thinking and behavior severe enough to affect work, lifelong hobbies and social life. Alzheimer’s disease is the fifth leading cause of death in America of persons aged 65 and older. Alzheimer’s disease is the most common form of dementia, the deterioration of intellectual faculties such as memory,
I would like to introduce Richard King, M.D., PhD, a new member of the Board of Directors for the Alzheimer’s Association. He joined the University of Utah in 2009 as Assistant Professor in the Department of Neurology in the Center for Alzheimer’s Care, Imaging and Research (CACIR), where he also serves as Director of the Alzheimer’s Image Analysis Laboratory. Dr. King received his PhD in Neuroscience and his MD from the Baylor College of Medicine in Houston. Dr. King sees patients in the University of Utah Cognitive Disorders Clinic, which focuses on early diagnosis and interventions for those suffering from dementia, including Alzheimer’s disease. The Utah Chapter is most pleased to work with such an eminently qualified physician and researcher in our quest for a cure for Alzheimer’s disease. Here is Dr. King’s article (right).

Dr. King’s Article

Dementia care has been a long underserved area in Utah. Primary care physicians are often tasked with the daunting process of making diagnosis of a memory complaint during a relatively brief outpatient encounter. Unfortunately, very few primary care physicians have the time or expertise needed to distinguish different forms of dementia, such as Alzheimer’s disease and Frontotemporal dementia, which often have overlapping features early in the course of the disease. Making the correct diagnosis is very important because the medications commonly prescribed for memory problems do not have the same effects in Frontotemporal dementia as they do in Alzheimer’s disease. At the Center for Alzheimer’s Care, Imaging and Research (CACIR), we believe that every patient with a memory problem deserves specialty care from experts who specialize in the diagnosis of neurodegenerative diseases. Each patient who visits the Cognitive Disorders Clinic at CACIR is assessed by a health care team comprised of a neurologist, a neuropsychologist, a neuropsychology technician, a health educator and a social worker. Based on this assessment, the patient receives a definitive diagnosis and a personalized management plan. Another advantage of visiting the Cognitive Disorders Clinic is to get involved in various research projects currently taking place. Research at CACIR focuses on neuroimaging, clinical trials to examine the effectiveness of new drugs and treatments, and studies that examine the clinical features and pathophysiology of Alzheimer’s and continued on page 10
Support Groups:
Support and education groups are forums for caregivers, family members, and friends to express feelings and concerns, share practical techniques, gain education and network with others about Alzheimer’s disease and dementia. Groups are free and open to the public. Check our website for updates: www.alz.org

BOUNTIFUL
Orchard Cove Assisted Living
485 East 500 South
Meet: Every Thursday at 3PM.
Contact: Randy Lewis at (801) 299-4888 or randy.lewis@skld.com

BRIGHAM CITY
Brigham City Senior Center
25 North 300 West
Meet: 2nd Thursday at 6 PM.
RSVP: Light dinner is served. Free on-site respite is available.
Contact: Vickie Wright at (435) 723-3303 or vwright@brighamcity.utah.gov

Brain Builders
547 North Main
Meet: 3rd Thursday from 3-4PM.
Contact: Allison Richman at (435) 713-1468 or allison@brag.utah.org

CEDAR CITY
Emerald Pointe Assisted Living
995 Regency Road, Second Floor
Meet: 2nd Friday at 1PM.
Free on-site respite available. 1 week notice
Contact: Josh Edwards at (435) 967-0055 or admin@emeraldpointe.net

CLEARFIELD
Chancellor Gardens
425 West 1500 East
Meet: 3rd Saturday at 2PM.
Contact: Mary Rodriguez at (801) 779-5798 or mrodriguez@comcast.net

COALVILLE
Denise’s Homeplace
Main Street
Meet: 4th Thursday from 6-7PM.
Contact: Rollin Childs at (801) 523-9393 or rchild@senior.umc.net

COTTONWOOD HEIGHTS
The Coventry
4689 South 2500 East
Meet: 2nd Tuesday at 1:30PM.
Contact: Monique Larkin at (801) 943-5858 or卷mlarkin@senior.net

DRAPER
Wentworth at Draper
460 South Highland Drive
Meet: 4th Tuesday from 1-2PM.
Contact: Nate McClure at (801) 547-0812 or nmcclure@comforthospice.com

HEBER CITY
Wausatch Senior Center
“Caregivers Night Out”
465 East 1200 South
Meet: 3rd Tuesday from 6-7PM.
Contact: Robyn Childs at (801) 523-9393 or rchild@senior.umc.net

HOLLADAY
Sunrise@ Holladay
460 South Highland Drive
Meet: 4th Tuesday from 1-2PM.
Contact: Nate McClure at (801) 547-0812 or nmcclure@comforthospice.com

HUGO hikes
Silverado Senior Living
1430 East 4500 South
Meet: 3rd Thursday at 6PM.
Contact: Lindsay Roter at (801) 228-8000 or lrotel@raesd.com

Wellington Grill & Loss Group
4522 South 1390 East
Meet: 3rd Wednesday at 4PM.
Contact: Nate McClure at (801) 547-0812 or nmcclure@comforthospice.com

HURRICANE
Hurricane Rehabilitation Center
416 North State Street
Meet: 2nd Monday at 7PM.
Contact: LaLonna Heaton at (435) 633-9833 or lheaton@missionhealthservices.org

LOGAN
Cache County Senior Center
240 North 100 East
Meet: 1st & 3rd Tuesday at 10:30 AM.
Contact: Debbie Crowther at (801) 752-7242 or dcbach@brag.utah.gov

Bear River Association of Gov’t.
Brain Building Activities
150 North Main
Meet: 1st Wednesday from 7-8PM.
Contact: Allison Richman at (435) 713-1468 or allison@brag.utah.org

MIDVALE
Canyon Creek
7235 South Union Park
Meet: 2nd Thursday at 5:30 PM.
Contact: Brandi Peterson at (801) 968-9909 or Canyon.lw@tpmsenior.com

MILFORD
Milford Senior Center
410 North 400 West
Meet: 2nd Tuesday at 10 AM.
Contact: Scott Symonds at (435) 865-3115 or Scotts@sbcglobal.net

MURRAY
ABCs of Memory Loss
855 East 400 South, Ste. 100
Meet: Call for more information.
Contact: Kathy Mortara at (801) 272-3900 or Kathy.mor@baylorcollege.edu

Latino Dementia Caregiver Support Group
855 East 400 South, Ste. 100
Meet: TBA
Contact: Sylvia Brunihowd at (801) 263-1944 or Sylvia.brun@al.org

Maintain Your Brain Classes
855 East 400 South, Ste. 100
Meet: 4th Tuesday at 3PM.
Contact: Sylvia Brunihowd at (801) 263-1944 or Sylvia.brun@al.org

Dementia Care Professionals Support Group
855 East 400 South, Ste. 100
Meet: Last Friday at 2PM.
Contact: Nick Zulz at (801) 263-1944 or nick@al.org

Neighborhood House
1500 Vine Street
Meet: 1st & 3rd Thursday at 10 AM.
Contact: Dina Dragoo at (801) 590-9443 or ddragon@comcast.net

OAKLEY
Broadmoor
400 West 4200 North
Meet: 3rd Thursday at 4PM.
Contact: Linda Morrison at (801) 640-2690 or lmorrison@mountainland.org

OODGEN
Emeritus Estates (North end of Ogden)
1360 North Washington Blvd.
Meet: 2nd Tuesday every other month at 6PM.
RSVP: Free on-site respite is available. RSVP
Contact: Jillian Filler at (801) 735-1200 or Emeritusstates-cd@emerritus.com

Mountain Ridge Assisted Living
1885 Skyline Drive
Meet: Last Wednesday at 6:30 PM.
Contact: Monica Swanson at (801) 473-5111 or mountainrimvlk.com

Golden Hours Senior Living
690 25th Street
Meet: 3rd Tuesday at 7PM.
Contact: Janel (Butch) Sawyer at (801) 899-5280

PAYSON
Paysen Senior Center
439 West Utah Avenue
Meet: Last Wednesday at 1PM.
Contact: Kent Somers at (801) 392-4090or kent@emrisonhealth.com

PLEASANT GROVE
Meet: 2nd Wednesday at 11:30 AM, call for location.
Contact: Geri Lehnhart at (801) 229-3814 or gleinhardt@mountainland.org

PRICE
Active Re-Entry
11 South Furrington Road
(Alzheimer’s and general caregiver group)
Meet: Last Wednesday at 1PM.
Contact: Lisa Perri at (435) 657-4950 or Lisa@arkong.com

PROVIDENCE
Cache Valley Assisted Living
223 North Main
Meet: TBA
Contact: Kimett Smith at (435) 792-4770

PROVO
Courtyard at Jamestown
3352 North 300 East
Meet: 3rd Wednesday at 6:30 PM.
Contact: Mindy Hill at (801) 377-3793 or mindyhill@countyandseniorliving.com

Salt Lake City
Brigham Gardens Dementia Care
760 South 900 East
Meet: 4th Wednesday at 6:30 PM.
Contact: Alicia Hadley at (801) 359-0630

ABC’s of Memory Loss
700 Foothill Blvd.
Meet: 2nd Wednesday at 3PM.
Contact: Rachel Stillkand at (801) 384-1900 or Rachel.still@avonhcs.com

Caring Connection
Grief & Loss Group: U of U
Meet: 3rd Wednesday, begins May 12th.
Contact: Shauna Rees at (801) 385-0622 or Shauna.rees@msn.utah.edu

Early Onset Cognosma
855 East 400 South, Suite 100
Meet: 4th Thursday at 4PM
Contact: Sylvia Brunihowd at (801) 263-1944 or Sylvia.brun@al.org

The Lunch Menu
Meet: 2nd Wednesday at noon.
Contact: Chuck Frechette at (801) 287-5555 or Sharon Strong at (801) 943-9971

SANDY
Sandy Senior Center Frontotemporal Dementia
930 South 1300 East
Meet: 2nd Wednesday at 10AM.
Contact: Bonnie Shepard at (801) 233-3442 or bshepherd@connect.net or Kris Maulorico at (801) 233-4845 or km@emrritus.com

Wentworth at Willowcreek
835 South Highland Drive
Meet: TBA
Contact: Carolyn May at (801) 833-6635

Sundia at Sandy “Family Gatherings”
251 East 4900 South
Meet: 2nd Thursday at 6:30 PM.
Contact: Debbie Highsmith at (801) 453-9600 or Sandy.stoddard@avonhcs.com

South Jordan
Sandy Senior Center Frontotemporal Dementia
930 South 1300 East
Meet: 2nd Wednesday at 10AM.
Contact: Bonnie Shepard at (801) 233-3442 or bshepherd@connect.net or Kris Maulorico at (801) 233-4845 or km@emrritus.com

Utah Debut of Internationally Acclaimed Film, “I Remember When I Paint”

November 9
Wasatch Front Area Conference in Utah County on “Maintaining a Healthy Brain to Reduce Alzheimer’s Risk”

November 13
Southern Utah Memory Walk, 9 a.m., (Location TBA)

December 6
Utah Debut of Internationally Acclaimed Film, “I Remember When I Paint”

January 24
Area Conference in St. George on “Maintaining a Healthy Brain to Reduce Alzheimer’s Risk.”

Visit www.alz.org/utah/ for calendar details and updates.
Geriatricians and Dementia Care

In 2009, 22% of Helpline callers to the Utah Chapter needed information about physician care or were looking for a doctor to treat cognitive impairment. The following article explains the benefits of physician care focused on aging and cognitive needs.

Today’s at-risk seniors, along with spouses, adult children, relatives and friends who care for them, have an increased understanding of wellness, preventative medicine and specialty care. The unique offerings of geriatricians could be the perfect prescription for the healthy lifestyle they’re looking for.

Geriatricians usually treat individuals aged 55 and older. They serve a wide variety of individuals from the very healthy, who are focused on wellness and prevention, to older adults who have multiple and sometimes severe medical and psychological illnesses. They are particularly helpful in assisting with the early diagnoses of cognitive decline, ensuring treatable medical conditions are appropriately managed, and using a comprehensive approach that involves family and other healthcare providers to ensure maximum independent functioning for as long as possible.

Most geriatricians are internal medicine or family practice doctors who continue their training in specific competencies related to independent functioning. In 2007, the Association of Medical Colleges defined 26 minimum Geriatric Competencies within the following eight content domains:

1. Medication Management
2. Cognitive and Behavioral Disorders
3. Self-Care Capacity
4. Falls, Balance, Gait Disorders
5. Health Care Planning and Promotion
6. Atypical Presentation of Diseases
7. Palliative Care
8. Hospital Based Competencies

Most senior health clinics, with geriatricians on staff, have blood labs and procedure rooms in-house—a convenience for seniors and their families. They are structured to allow doctors to have more time with patients and their families, caregivers and other treatment providers. They provide a thorough health assessment that includes a review of all diagnoses, illnesses, injuries, surgeries, medications, herbals/supplements, and treatment providers. For example, the type and amount of medications that are ideally used for an older adult can be very different from those that benefit their younger counterparts.

continued on page 10

Calvin Curtis
Attorney At Law, PLLC

Legal Solutions for Families, Seniors and Persons With Disabilities

Wells Fargo Center
299 South Main, Suite 1300
Salt Lake City, Utah 84111
801.534.4430
www.curtiselderlaw.com
calvin@curtiselderlaw.com
melody@curtiselderlaw.com
darcy@curtiselderlaw.com

Meet our team: Darcy Fewkes, Office Manager; Melody K. Seal, Attorney; Calvin C. Curtis, Attorney

THE ELDER LAW SPECIALISTS - Utah’s Premier Elder Law Attorneys

- Long-Term Care & Medicaid Planning
- Guardianships & Conservatorships
- Estate Planning (Wills & Trusts)
- Veteran’s Benefits
- Financial Powers of Attorney
- Medical Directives
- Probate
- Administration of Trusts & Estates
- Trustee Services
- Will Contests & Estate Litigation
- Financial Exploitation & Elder Abuse
- Special Needs Trusts

We have helped hundreds of clients obtain Medicaid and other assistance to help a spouse or parent pay for nursing home care. We also have provided estate planning services and special needs trusts to hundreds of additional individuals with disabilities and to families with children with disabilities.
Remarkably, with Utah’s increasing prevalence of Alzheimer’s disease and related dementias (Utah is the second most drastically affected state in the nation after Colorado with a 45% increase from 2000 to 2010); Utah is also a state that is rapidly becoming more diverse ethnically. Native populations, Hispanic, refugee, African, African American, Asian and Pacific Islander populations are growing in Utah, and present unique challenges to the Chapter and home- and community-based care providers, both in reaching out to provide access to care and in sustaining care relationships through cultural competency. Cultural competency includes not only hiring and training caregivers who speak various languages, but also, understanding cultural differences. In Alzheimer’s care, relationship building is vital. Person-centered dementia care now requires culturally competent care.

The Alzheimer’s Association Utah Chapter recognizes a broad concept of diversity, which includes considerations of, but is not limited to, race, ethnicity, gender, age, socioeconomic status, sexual orientation, national origin, religion, language, disability and rural location. The Chapter is inclusive of its diverse constituents statewide, and insures that all interests and needs are welcomed and fully considered in the provision of its core services: care consultation, helpline, support groups, consumer education, Safe Return, early stage protocol and respite care.

The most recent Facts and Figures Report of the Alzheimer’s Association to Congress included a Special Report on Race, Ethnicity and Alzheimer’s Disease. The report sites studies that show that regarding increasing cognitive impairment of persons at risk for dementia, ages 55-64, African-Americans were four times more likely than whites to have cognitive impairment. Hispanics in this age group were three times more likely than whites to have cognitive impairment.

Thanks to an Administration on Aging grant to Utah, the Alzheimer’s Association and Utah Division of Aging and Adult Services developed and administered a Multicultural Track in the 9th annual Generations Conference. Over 120 attendees received cultural competency training to improve their clinical practices and elder care business growth. The Chapter will continue to collaborate with elder care providers and agencies on their commitments to change and improve care to Utah’s increasingly diverse communities.
Circle of Donors
Received December 13, 2009 through April 21, 2010

We express sincere appreciation for these generous donations. With people like you, there is hope for the world without Alzheimer’s Disease, but until then, there is hope and support for those coping with this devastating disease.

DONORS $1,000 +
Pfizer, Inc.
Avalon Health Care
Community Health Charities
Intermountain HealthCare
Kindred Healthcare
Legacy Retirement Communities
Garden Terrace
Merit Medical
Salus Homecare
University of Utah Hospitals & Clinics
Yasmin Aga Khan
Larry Diehl
Dignity Home Health
Envision Home Health
Dr. Norman Foster
Tom & Carol Frazer
Joyce Harris
Betty LaDue
Wilma & Moe McCullough
Mr. & Mrs. Herbert McLean
John & Anna Marie McMillian
Millcreek Home Health & Hospice
Physicians Group
Salt Lake Regional Medical Cnt
Silverado Senior Living
Maurice Wells
Wollin Associates

DONORS $500 - $999
At Home Personal Care
Brighton Gardens @Sunrise
Canyon Creek
Jeanette Chidester
Barbara Chrisman
Homesteaders Life Company
Jim Nantz
Jerome Sharpe
Sunrise @ Holladay
Superior Care Pharmacy
Wentworth @ Draper

DONORS $250 - $499
Alder & Robb
Barrick Gold of North America
Tamara Burch
Stanford Cazier
Community Nursing Services
Anne Duffin
Forest Pharmaceuticals
Sherrill & Jimmy Gordon
Judy Green
Mary Kay Harper
Kenneth Houck
Gordon & Veedrienne Johnson
Dr. & Mrs. King
Dr. & Mrs. Madsen
Joan Mason
Noble House Interiors
Sunrise @ Sandy
University of Utah Neurosychology

DONORS $100 - $249
Ilsa Leonhart
Gordon Allcott
John Anderson
Larry & Alicia Ashton
Aspen Senior Care
Byron & Deborah Barkley
Patricia & Jim Baucum
Mr. & Mrs. Bausman
Nancy Bruns
Mr. & Mrs. Bradley Carroll
Chancellor Gardens
Amos & Marylou Childers
Loa Clawson
Dr. Blaine Clements
Mr. & Mrs. Raymond Compton
Cottonwood Creek
Keith & Jean Crookston
Bonnie & Robey Dahl
Sharon Dunyon
Merry Eiting
Max & Joyce Eliason
J. Elmslie
Charlie & Laura Essmeier
Diane Fifield
Jan Fogg
Toni Geddes
Sharon Geurts
Marilyn Glauser
Sharon Grierer
Thias Hansen
Janice & Allen Harris
Hilde Hickman
Rae Hodson
Darlene Hughey
Brian & Jennifer Isom
Stephen & Kathleen Ivey
Mr. & Mrs. Donald Johnson
Robert & Barbara Keener
Curtis & Lynne Kennedy
Anita & Ronald Lahue
Barbara Larsen
Wendy & Mel Lavitt
Mr. & Mrs. Nick Mamalis
Kris Maulorico
Brenna & Emmanuel Mawa
Jim Moore, Kathryn Lindquist
Karen Morgan
Mary Jane Norman, Bill Beddoes
Charles O’Nan
Kathleen Ogden
Greg Parkinson
Hal & Ann Pos
Prohealth
Belva Prost
Donald & Jodi Rogers
Mel & Sherry Rozema
Bonnie Bagley Shepherd
Dr. Leo Sotiriou
Diana Stafford
Joanne & John Stockham
Brenda Stocks
Virginia Sweeney
The Wellington
Susanne Ulbrich
Unishippers
Carol Vam Leeuwen
Eleanor Wasden
Paul Weiss
Wentworth @ Willowcreek
Dr. & Mrs. Michael Williams
Kenneth Williams
Andy Winzelberg
Charles Wooten
Memorials and Tributes
Received January 1 through April 23, 2010

BEVERLY MCMURDIE
Olive Danzer Hualde
Dorothy Jones
William & Pamela Laipple
Jack & Val Newton
The Austins
The Kimoses
The Davis’
Ms. Katie Kiernan
Lorna & Bill Kennedy
Ralph & VerDene Collins
Ann Alene Dunn

BETTIE NEBERGALL
Wilma & Clark Sproul

CHRISTINE EVANS
Denise Barnett

ALICE MAE INGRAM
Bette Lawler

KENNY GILPIN
Ploy Fleming

ESMER KING
Curt & Lynne Kennedy

ROBERT D. DUFFIN
Curt & Lynne Kennedy
Robert Keener
Mr. & Mrs. Stanley Stringham
Gregory Skedros

FLOYD PETERSON
Dennis & Kitty Hutchings
Judy Sharp
Marian & Eldon Holbrook

LEORA MONSON
Gulfstream Aerospace Corp.

BRAD ASLPUND
Steve Murray Family
Keith & Ardonna Bowden

ELISI HASSEL
Martha Dykstra

BRUCE M. CLARK
Martha Dykstra

JOSEPH YUHASZ
Howard Garabrant
Nancy & Jim Johnson
Charles A. Peterson Family
Louise Lewandowski
Luella Hodges

Isabelle Anderson
Louis & Rosemary Franyi
Alvin & Jeanette Bender
Arlene & KR Edsall
Anthony & Sarah Lutkus
Valerie & John Moenich
John & Joanne Stockham
Theron & Sue Cates
Sue & Scott Ulbrich
Ruth & Dick Stone
Mrs. Mary Smith
Joseph & Dorothy Ecsi

BONNIE DAHL
Norma Butterfield
Dennis & Sandra Sitter
David & Gayle Allen
Marjorie & Charles Boynton
John Raemer
The Ed Klarich Family
Linda Boswell

ROGER B. ALLISON
Bonnie & Ned Shepherd

MARY JO LANDAU
Panguitch Lake Friends
Vance & Carol Mortensen

Current email address needed
Newsletter is GOING ELECTRONIC

Now, you may choose to receive the Chapter Newsletter by email! This will make our services more cost effective.
Please send your email address to:
Utah.chapter@alz.org
Otherwise, you will continue to receive the newsletter by mail. Also, please let us know if you ever wish to discontinue the newsletter.
We do not provide email or mailing addresses outside the Chapter office.
Thank you for your help in making our newsletter green.

We Appreciate Donations
Our core services are all donor-funded at no cost to the caregiver and care recipient. We invite your donation to help cover the cost of care consultations, support groups, respite care and education. You can make a gift online at www.alz.org/utah or mail to the Utah Chapter at the address shown on the Newsletter back cover.
Having a family of my own has changed the way I look at this incredible journey we call life. And while at times my kids push me to the ends of my patience limits, I always step back and realize how blessed and grateful I am for all that I have. As a chiropractor, I have the opportunity to see and treat many different types of conditions which affect my patients not only physically, but also emotionally. As they go through the healing process, some patients lose all sight of life and focus all their attention on the pain and limitations caused by their condition. I wanted to take a week and remind them that although they might be feeling like their life has taken a turn for the worse, there are plenty of aspects in their life that are in perfect harmony. This is where the idea of Gratitude Week came from. We focused on being grateful for the freedoms we enjoy, our wonderful community of Washington County, our families, and our health.

I didn’t want to let this week pass by without contributing to one of the many great charities we have here in St. George, and making my patients more aware of it. My father passed away from Alzheimer’s at the early age of 65. After seeing what he went through and what my mother went through being his caretaker, I decided to involve the Alzheimer’s Association with Gratitude Week, and donate what I could to this great charity. I greatly enjoyed working with Mitzi and being able to educate my patients about this sad and debilitating disease. I look forward to furthering my relationship with this great charity in an effort to educate, inspire, and ultimately find a cure to Alzheimer’s.
Making Sense of Alzheimer’s
continued from page 1

functional improvement. Music lends a
hand. Cognasium is a type of cognitive
training that can help caregivers
manage symptoms in individuals with
early stage Alzheimer’s disease and
related dementias.

In a recent Tribune article, Dr. Norman
Foster stated that it is imperative for
those with Alzheimer’s and caregivers
remain socially engaged, physically
active and challenged mentally. Foster
is a professor of neurology at the
University of Utah and director of
the U’s Center for Alzheimer’s Care,
Imaging and Research. “It’s important
to realize that many cognitive and
emotional abilities are spared and
remain undamaged,” Foster said. “We
too often focus on what they can’t do,
and not what they can do.” Foster has
spent years researching the effects of
Alzheimer’s, and has seen evidence of
the power of music while caring for
patients.

While some patients have no short-term
memory, they can remember songs they
learned as a child. “Sometimes patients
can hum a tune when they can’t speak a
sentence,” he said.

Besides offering patients with
Alzheimer’s the sensory joy of seeing
and hearing professional musicians
perform, the Alzheimer’s Association
wants caregivers to learn more about
keeping their loved ones’ senses
sharp. Giving chocolate truffles to all
symphony and opera goers emphasizes
that. Heightening the sense of taste is
fun, but also, serves a clinical purpose
with a disease in which even the desire
to eat is forgotten. “We’re hoping to
awaken the caregiver to remind them
that there are other options,” stated
Sylvia Brunisholz, LCSW, Family
Services Counselor. There are more
than 40 support groups in the state,
and the “Making Sense” events will
give caregivers the chance to connect
with others, as well as share musical
experiences with their loved ones.
NOW, THEREFORE, BE IT RESOLVED that the Legislature of the state of Utah, the Governor concurring therein, recognizes the citizens of Utah who are battling the disabling effects of Alzheimer's disease or a related dementia and their caregivers as courageous Utahns engaged in a major health care battle of the 21st century.

BE IT FURTHER RESOLVED that the Legislature and the Governor encourage their families, neighbors, employers, congregations, and the community at large to readily communicate their support, lend a helping hand, and promote open discussion about Alzheimer's disease or a related dementia.

BE IT FURTHER RESOLVED that the Legislature and the Governor urge Utah's care provider industry to continue working hand-in-hand with families to support and care for those coping with the devastating effects of Alzheimer's disease or a related dementia.

BE IT FURTHER RESOLVED that the Legislature and the Governor recommend that all Utahns personally adopt a brain-healthy lifestyle to reduce their risk of Alzheimer's disease or a related dementia by staying mentally fit, socially engaged, physically active, and adopting a brain-healthy diet.

BE IT FURTHER RESOLVED that the Legislature and the Governor urge Utah’s brain health research and medical communities to continue their efforts through studies and clinical research to treat, prevent, and ultimately cure Alzheimer’s disease and related dementias.

Richard King, M.D., PhD Article

related memory disorders. One of my areas of research is applying a novel method of computing cerebral cortical complexity known as fractal analysis. This technique is applied to high-resolution, high-contrast MR images to quantitatively characterize changes in the shape of the cerebral cortex caused by atrophy. Such changes in cortical shape could be useful for early detection of Alzheimer’s and other neurologic diseases. These tools could be used as a surrogate biomarker for disease progression or as a metric for the success of therapeutic interventions. We really don’t have a good, clinically useful way to quantify changes in the shape of the brain. Such shape changes, we think, can be related to changes in function and can precede losses of function, so they might tell us who is at risk of losing function. Also, if we have medication that can help maintain function, we would know which patients could benefit from those medications.

Geriatricians and Dementia Care

Geriatricians work in collaboration with their patients’ other physicians to coordinate the healthcare plan. When several physicians prescribe medications, there is increased risk that the multiple medications, called polypharmacy, will cause medical and mental difficulties from drug interactions. Polypharmacy is a common cause of delirium that can result in symptoms such as confusion, cognitive decline, memory loss, weakness, etc. Geriatricians can order and evaluate lab work and diagnostic tests that are appropriate for seniors. Lab values and ranges are frequently different for seniors compared to younger adults.

One of the most important aspects of senior medicine involves identifying early cognitive changes, behavioral disturbances and psychosocial issues. Many primary care physicians may not have the necessary training and time to perform these tasks. For individuals experiencing Alzheimer’s disease or any change in cognitive functioning, it is vitally important to make sure there is not a medical reason that is causing the changes or associated behaviors. Symptoms often associated with dementia can be caused by a wide variety of factors from infections and chemical imbalances to medication reactions. Emergency room doctors and general practitioners are trained to look for the acute symptoms of conditions such as stroke, cardiac arrest, or chronic illness. More subtle conditions and those that are unique to an older person can go undetected.

Geriatricians are usually familiar with local resources including the Alzheimer’s Association, home care agencies, county aging services, mental health resources, and others. The additional time that geriatricians spend with their patients helps them identify sufficient support systems in their homes or residential facilities.

In summary, there are significant benefits offered by geriatricians and senior medicine clinics. Geriatricians have advanced training in geriatric medicine with an emphasis on assessing patient function and maintaining independence. They help ensure the highest quality of specialty senior health care available – an important consideration for the baby boomers and their parents who seek a higher quality of life and a level of independent living they have worked their entire lives to achieve.

By guest author, Nina Ferrell, MA, Outreach Director, Salt Lake Regional Hospital
Working to Fill Lives with More Years and Years with More Life.

With a commitment to improve health and well-being at every stage of life, Pfizer and Wyeth are joining together, creating one of the most diversified companies in health care. The new Pfizer will be a leader in human and animal health, primary and specialty care, biologics and pharmaceuticals, with a robust portfolio of vaccines, nutritionals and consumer products.

Most importantly, we will bring together the world’s best scientific minds to take on the world’s most feared diseases, with a renewed focus on areas that represent significant unmet health needs, such as Alzheimer’s, diabetes, inflammation and immunology, cancer and pain.

The path ahead will not be easy. But by working together, we can change the lives of more people, in more powerful and effective ways than ever before. Visit pfizer.com/workingtogether.

Copyright © 2009 Pfizer Inc. All rights reserved. Wyeth is now a part of Pfizer. The merger of local Wyeth and Pfizer entities may be pending in various jurisdictions and is subject to completion of various local legal and regulatory obligations.

Governor Herbert Signs Alzheimer’s Legislation

continued from page 1

Utahns live longer than the rest of the nation, and the greatest risk factor for Alzheimer’s disease is increasing age. Over 40,000 people in Utah are afflicted with Alzheimer’s disease or a related dementia. Utah is the second leading state in Alzheimer’s growth per capita.

The concurrent resolution of the Legislature and the Governor urges Utahns to increase their awareness of the impact of Alzheimer’s disease. To the left are the four areas of emphasis reiterated by the Legislature and Governor Herbert.

You know what’s important in your life…We make that possible. For a complimentary assessment or for more information about our personal in home care services please call 801-566-1185.

A Proud Supporter of the Alzheimer’s Association

Dedicated to Hope, Healing and Recovery

www.kindredhealthcare.com
Join us to help end Alzheimers together.

Your participation in an Alzheimer Association 2010 Memory Walk will support programs for the nearly five million people affected by Alzheimers in the United States

Let’s get MOVING! We’re still recruiting:

- Walkers
- Teams
- Sponsors
- Donors
- Exhibitors
- Supporters

Wasatch Front Utah Memory Walk
September 18, 2010
http://memorywalk2010.kintera.org/saltlakecity

Southern Utah Memory Walk
November 13, 2010
http://memorywalk2010.kintera.org/southernutah

For more information contact Tamisa Burns at 801-265-1944 or tamisa.burns@alz.org