



BAI Beacon

The Newsletter from Family and Community Services

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Navigating through Memory Loss: BAI Efforts to Guide Patients and Family Caregivers

No two people living with Alzheimer's disease (AD)/related dementia or their family caregivers experience this chronic illness in the same way. Each person and family will have to create his/her own "road map" along the way. Banner Alzheimer's Institute (BAI) is here to help both the person living with dementia and the family/ primary caregiver find what is needed – now and in the future. The following programs are offered throughout the year in 2013 with additional details provided on the website: www.banneralz.org/calendar.

Support Groups provide an opportunity for caregivers to come together to share concerns and gain strategies to sustain successful caregiving efforts. Each group is facilitated by a dementia "expert" – a BAI staff member and/or family caregiver. There is no charge for any of the support groups and no registration is required. All groups are held on the 3rd floor of BAI.

- **Men Who Care** is a monthly men's-only group that meets the 1st Wednesday from 7:30 – 9am.
- **FTD Support System** consists of a monthly group on the 2nd Tuesday from 12:30pm – 2pm and an online support program. This group serves family/friends caring for someone affected by a Frontotemporal Disease. Register to participate through the online forum by logging onto: <http://health.groups.yahoo.com/group/FTDsupport/>
- **Circle of Friends** supports both spousal and other family caregivers with a focus on education. This group meets the 2nd Thursday of each month from 12:30pm - 2pm. Caregivers may bring the person with dementia along to participate in:
 - **RISE to Yoga** is a chair yoga program that provides stretching and breathing exercises combined with fun. A \$10 fee covers the cost of the program and can be paid at the door. Registration is not required
- **Adult Children** supports those caring for a parent and meets on the last Tuesday of each month from 5:00pm – 6:30pm.
- **Lewy Body Dementia (LBD)** is a new group set to begin in March on the 1st Friday of each month from 12:30pm – 2pm. Families caring for someone with LBD will find new ideas in caring for this unique illness.

Education Classes support caregivers' new and ongoing need to learn what to expect during each stage of the illness and to plan successfully for the future. Each class provides very practical content that caregivers can put to use immediately! All classes require registration and most classes are free of charge.

- **COMPASS** (Caregivers of Memory impaired Persons Acquiring Successful Strategies) is a FREE 90-minute introduction into the progression and treatment of AD/dementia. Caregivers learn how to avoid triggers of challenging behaviors and important tips to enhance daily living and care. The class is offered twice a month at BAI.
- **Planning Ahead** is a FREE 2-hour class that prepares caregivers on how to identify needed sources of help in /out of the home and how to pay for it. Detailed information is provided on long term care and VA benefits. This class is offered bi-monthly at BAI.
- **MAPS** (Memory Assistance and Planning Session) is a full-day program focused on caring for someone with moderate to advanced dementia. A portion of this day discusses how to manage aspects of the illness and symptoms while the afternoon provides a skills lab demonstrating important "how to": get someone up from a chair, clean up an accident, protect bed linens, give a bath, safety-proof the house, enhance nutrition and more! MAPS will be offered at various locations in Phoenix, Sun City, Mesa and Scottsdale. There is a charge for attending this class.
- **Giving People Strategies** (GPS) for Memory is a FREE monthly seminar addressing unique aspects of dementia and caregiving. During 2013, these 90-minute sessions will focus on "When Will We Find Effective Treatment for Alzheimer's disease?"; "Important Discussions and Decisions Faced during Dementia;" "Staying Afloat with the Changing Roles and Relationships in Dementia." GPS will be hosted every three months at: Musical Instrument Museum (January, May, September); Banner Sun Health Research Institute (February, June, October); Banner Gateway (March, July, November); and Ahwatukee Recreation Center (April, August, December).
- **NEW Navigating through Memory Loss:** A guide for patients and families is now available free of charge for BAI patients and families. This 90-page book uses a "Frequently Asked Question" format to address some of the most common questions and concerns about Alzheimer's disease. Ask us for a copy. There is a \$20 charge for non-BAI patients/families.

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Beacon Bits

First Friday Music Session will meet on Friday, Jan. 4 from 10 – 11:30am at the Pyle Center, 655 E. Southern Avenue, Tempe. No registration required.

GPS for Memory Lecture: Friday, Jan. 11 from 10:30am – Noon at the Musical Instrument Museum, 4725 E. Mayo Blvd, Phoenix. Join Roy Yaari, M.D., as he addresses, "When Will We Find Effective Treatment for Alzheimer's disease?" Registration is required. Call 602-230-CARE.

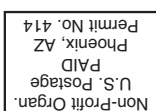
COMPASS Class will be held on Thursday, Jan. 17 from 10 – 11:30 and Monday, Jan. 28 from 4 – 5:30pm at BAI in the 3rd floor conference room. Registration is required by calling Deidra @ 602-839-6850 or email baiinfo@bannerhealth.com

GPS for Memory Lecture: Friday, February 8 from 10:30am - Noon at the Sun Health Research Institute, 15105 W. Sante Fe Drive, Sun City. Learn about "Important Discussions and Decisions Faced during Dementia." Registration is required. Call 602-230-CARE.

Planning Ahead will be held on Monday, Feb. 11 from 10am – Noon at BAI in the 3rd floor conference room. Registration is required by calling Deidra @ 602-839-6850 or email baiinfo@bannerhealth.com

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Banner Alzheimer's Institute



Quality of Life Programs offer an opportunity for people living with memory loss to experience joy and success while creating new friendships. Many of these programs can also be enjoyed by family members as well.

- **First Friday Music Session** provides people with dementia and care partners join faculty and students from the Herberger Institute ASU School of Music Therapy on the 1st Friday of each month from 10am – 11:30am at the Pyle Center, 655 E. Southern Ave., Tempe. No registration is required.
- **Arts Engagement Program** is an interactive arts program offered by the Phoenix Symphony and Phoenix Art Museum connecting people with dementia and the care partner to the arts. For more information or registration for the Phoenix Symphony call Kim Leavitt at 602-452-0470. For information/registration for the Phoenix Art Museum, call Christian Adame at 602-257-1222.
- **Make Me a Memory** assists people with dementia and care partners to record precious stories and memories. Each session is recorded using a video camera and then copied onto a DVD for years of enjoyment. Call Deidra at 602-839-6850 to schedule an appointment.
- **Monday STAR** (Sessions To Add Resilience) provides a variety of options for people with memory loss and family caregivers every Monday at BAI beginning Feb. 4. There is a charge for each session and registration is required. Choose from one or more sessions including:
 - **Cognitive Engagement Session** is a 50-minute interactive class that provides a supportive setting for participants with memory loss to read aloud, discuss and visualize ideas based upon history, art and current events. Cognitive educator, Janet Barrett leads this popular program and is limited to eight participants per class. Session 1 is geared for those with mild disease and Session 2 for those with moderate disease.
 - **Movement Session** is a 50-minute class for both individuals with memory loss and care partners alike. Led by United Tai Chi, up to 16 participants will practice and learn exercise and breathing techniques that can also be used at home to improve overall health and wellness.
 - **Care Partner Session** is a FREE 50-minute session that parallels the cognitive engagement sessions and details strategies to maintain resilience as a caregiver.
 - The first three programs have two sessions to choose from:
 - Session 1 9:30 – 10:20am
 - Session 2 10:30 – 11:20am
 - **With Art in Mind** Session is a 90-minute art making/art exploration program that enhances creativity and expression for up to 10 people with memory loss.
 - Session 3 is held from 12:30 – 2pm.

For more detailed information and registration for Monday STAR, call Deidra at 602-839-6850. Call early as space is limited.

Set sail with Banner Alzheimer's Institute (BAI) aboard the Golden Princess for four fun-filled days leaving from Los Angeles, California from Sept. 30 – Oct. 4, 2013. Join BAI staff who will facilitate the onboard ship experience that can stimulate, educate, and rejuvenate while you meet new friends with like circumstances. We will coordinate the many onboard ship activities that promote a meaningful and memorable experience for all! This excursion will allow our "memory cruisers" to enjoy area lectures, art exhibits and classes taught by local experts. We will coordinate an enjoyable dinner hour followed by soothing evening entertainment, whether it be enjoying the talent on ship, or enjoying a quiet stroll on the deck beneath a sea of stars. This cruise is limited to 25 couples. For more detailed information call Deidra Colvin at 602-839-6850 or email baiinfo@bannerhealth.com.



Ask The Expert

Janet Barrett, MS, CALS
Cognitive Educator

Dear Janet:

I've been reading more about mental exercise and cognitive engagement programs for people with Alzheimer's disease. What kinds of things can I do at home to keep my wife more mentally engaged?

Signed:
Joe M.

Dear Joe:

I'm so happy to hear about your desire to keep your wife mentally stimulated! The goal of mental stimulation is to maintain cognitive abilities while engaging in meaningful and enjoyable activities. The person with Alzheimer's disease should help choose activities they prefer. If one doesn't work, try another one. Determine the best time of day, for example after breakfast might be a good time. And have a time limit – not more than 60 to 90 minutes or less. Sometimes it's more fun to do activities with another person. If the time isn't right, defer until the next day. You may want to use a calendar and "schedule" an activity for certain days of the week. That way, the calendar is suggesting it's the time for the mental activity.

Here are just a few ideas that you can do at home with your wife with little or no equipment:

1. Read aloud the lead paragraph from an interesting article in the newspaper. Ask questions such as: who or what is this about?
2. Read the paragraph again and write or dictate a sentence that explains who or what it was about. Read the headline of the article. Guess what other ideas may be in the article. Continue reading more paragraphs aloud.
3. Look at an interesting or beautiful picture from a magazine or book. Describe the people or objects that are in the picture. If you were in this picture what might you see, hear, or feel. What colors are used? Why did someone create this picture? If you were going to label the picture, what would you call it?
4. Find some cartoons in the newspaper. Cut off the captions. Mix them up and match up the captions with the cartoon. What made the cartoon funny or not? Can you think of your own caption?
5. Poetry taps into the deeper meaning of language. Choose short or familiar poems. Read the poem aloud slowly, then quickly. Do you like this poem? Why or why not?
6. The library has wonderful picture-story books in the children's section. The art work and vocabulary are wonderful in these books. Ask the children's librarian for the large picture books. Take them home and enjoy some of the above activities using the books.

So, enjoy some of these simple activities and you will feel your brain at work and have a good time.

Have a question?
To submit your question for future consideration email us at
baiinfo@bannerhealth.com

MAPS Class will be held on Feb. 22 from 8:30am – 3:30pm at the Foundation for Senior Living Caregiver House, 1201 E. Thomas Road. Fee for workshop: \$40pp for BAI families; \$60pp for non-BAI families covers the cost of instruction, continental breakfast and lunch. Registration is required by calling Deidra @ 602-839-6850 or email baiinfo@bannerhealth.com

Memory Screening Event will be held on Tuesday, Feb. 19 from 9am – 3pm at BAI. Free 30-minute appointments require registration. Call 602-230-CARE to get your appointment.

Memory Training Programs will resume in late January. This interactive four-week, two-hours/week program is designed for community participants over 50 years old without a memory disorder. Sessions teach participants strategies to improve memory for short lists, names, faces, words and more. A \$35 fee covers the cost of instruction and handout materials. Visit the BAI website to find a location near you! www.banneralz.org/calendar.

Join a community committed to ending Alzheimer's disease. We need you to SIGN UP and Tell Others! Please visit the website www.endALZnow.org/registry

Clinical Trials at BAI: We need the continued support and involvement of individuals with memory concerns or who have been diagnosed with Alzheimer's, those at risk for the disease and other forms of dementia and families who are willing to participate in the research process. To learn more about clinical trials at BAI and how you can help, please call (602) 839-3111 or go to banneralz.org

Brain Health Tip:

Confucius said, "A journey of a thousand miles begins with a single step." May your journey in 2013 include steps for maintaining good health, while seeking support and knowledge to live with or provide care for conditions affecting memory and thinking.

Our Mission

To end Alzheimer's disease without losing a generation, to set a new standard of care for patients and their families, and to forge a model of collaboration in biomedical research.