

CARE CORNER



October 2019



CarePartners Testimonials: Roger and Janice

Last year [CarePartners](#) served more than 3,000 families; one of those families was Roger and Janice Robson. While visiting a Gathering Place program, a beautiful melody filled the room, Janice was on the piano playing "King of the Road", while our care partners and volunteers happily danced to the tune.

"Janice always had the ability to accomplish anything she set out to do, and one of those things was to be a piano tuner," said Roger, Janice's husband of 63 years. "She was one of the first women in the U.S. to take on this profession and be successful in it."

"At this point the Alzheimer's is very severe," Roger said. "Janice forgets facts in seconds, but she always remembers how much fun she has at the Gathering Place. We attend several Gathering Place programs a month because they provide an opportunity to socialize for the both of us. Since we moved here from out of state six years ago, we have no relatives or long-term friends in the area, but everyone at the Gathering Place has become our new family. I get a break while I know my wife is not only safe but having fun with loving friends."

[Click here](#) to watch a video of their story.

Alzheimer's Association "The 10 Warning Signs of Alzheimer's"

BY MIKE MANGAS, KRCR NEWS



We can all be forgetful, but when is it something to be concerned about?

Alzheimer's and other dementia cause changes in memory, thinking and behavior that interfere with daily life.

So what are those 10 warning signs?

1. Forgetting recently learned information.
2. Changes in the ability to follow a plan or work with numbers.
3. Difficulty completing daily tasks that were no problem before.
4. Losing track of dates, seasons, and time.
5. Problems with vision.
6. Having trouble following or joining a conversation.
7. Putting things in unusual places (the car keys in the freezer, that sort of thing).

8. Changes in judgement or decision-making.

9. Withdrawing from previously enjoyed hobbies and social activities.

10. Mood and personality changes.

These can just be signs of aging, but if you're concerned you or your loved one should get checked because the sooner it's detected, the better.

"We've found that the medications that are available for people with Alzheimer's disease are more effective earlier in the disease process, so that is another reason to encourage families and individuals to go and get a diagnosis," said the Alzheimer's Association North Valley Regional Director, Becky Robinson.

There is no magic pill to cure Alzheimer's... yet.

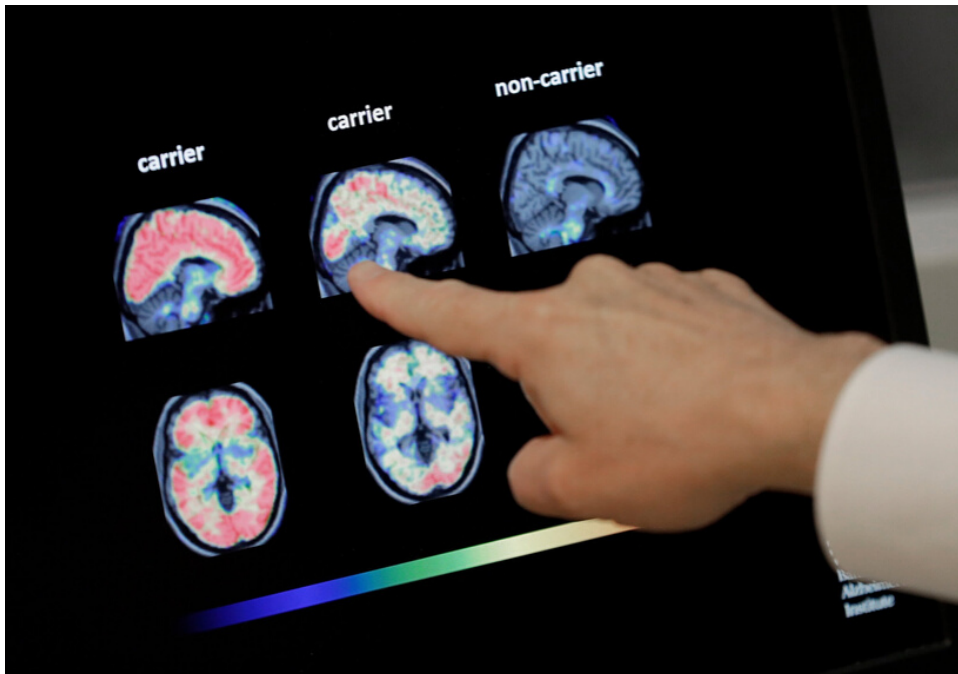
EVERY 65 SECONDS IN THE UNITED STATES SOMEONE DEVELOPS ALZHEIMER'S DISEASE. IN TEXAS, 1.38 MILLION CAREGIVERS ARE CARING FOR PEOPLE WITH ALZHEIMER'S OR DEMENTIA.

[CLICK HERE](#) TO READ THE FULL ARTICLE



COMPANY SEEKING FDA APPROVAL AFTER ALZHEIMER'S DRUG SHOWS PROMISE

BY ASSOCIATED PRESS NEWS, KTRK ABC13 NEWS



Biogen Inc. said Tuesday, October 22, it will seek federal approval for a medicine to treat early Alzheimer's disease, a landmark step toward finding a treatment that can alter the course of the most common form of dementia.

The announcement was a surprise because the drug company earlier this year stopped two studies of the drug when partial results suggested it was not likely to be successful. The company now says a new analysis of more results suggest that the drug helped reduce a decline of thinking skills at the highest dose.

The drug, called aducanumab, aims to help the body clear harmful plaques from the brain. Cambridge, Massachusetts-based Biogen is developing it with a Japanese company, Eisai Co. Ltd.

More than 5 million people in the United States and millions more worldwide have Alzheimer's. Current drugs only temporarily ease symptoms and do not slow the loss of memory and thinking skills. Dozens of efforts to develop a drug to slow or reverse the course of the disease have failed.

The two studies tested aducanumab, given as monthly infusions, in more than 3,000 patients with mild cognitive impairment or early dementia due to Alzheimer's. The company said Tuesday that in one study, those given a high dose showed 23% less decline on one measure of thinking skills and smaller declines on other measures.

However, no details were given on how much that decline meant in absolute terms.

"It's a tricky question" whether the results are truly meaningful for patients until more details are known, said Dr. Ronald Petersen, a Mayo Clinic dementia specialist who has consulted for Biogen on the studies.

But filing for federal Food and Drug Administration approval "gives some hopes for patients and families that there may be disease-modifying therapies out there," he said.

[Click here](#) to read more.

HALLOWEEN CAN TRIGGER FOLKS WITH DEMENTIA. HERE'S HOW TO KEEP THEM SAFE THIS SEASON

By Savannah Eadens, Louisville Courier Journal

Halloween is a significant change in environment for individuals with dementia, who may have a hard time interpreting something as simple as costumes.

There is no "one-size-fits-all" situation. As a caretaker, you can assess the situation based on the person's needs and history. That way, as you celebrate Halloween season, it is as person-centered as possible, and everyone can enjoy it", said Jasmine Wadkins, a senior behavioral health consultant at SignatureHealthCARE.

In general, it's important to be mindful of decorations and the potential for overstimulation. For example:



- Keep nighttime lights to a minimum. Illuminated jack-o'-lanterns or strobe lights can cause issues with visual perception and increase a person's likelihood of falling.

- Instead of carving jack-o'-lanterns, which can be frightening, try painting a pumpkin instead.

- Instead of decorating with witches, ghosts and goblins, try harvest-related decorations, like pumpkins, squash, fall flowers, corn stalks and leaves.

- Be aware of the kinds of treats you're serving. For someone with dementia, swallowing might be difficult and hard candies might be a choking hazard.

- If you're bobbing for apples this time of year, you should let the person with dementia use a large spoon or ladle.

Try to limit large groups of children and adults visiting a home or facility. Extra people can be agitating for someone who is trying to interpret all of the different things going on around them.

If you're going to have visitors, try to keep it as orderly as possible and suggest that trick-or-treaters make a single-file line.

If you turn the light off, trick-or-treaters won't go to the home and place a big bowl of candy on the porch.

[Click here](#) to read the full article.

Program Highlight: Second Family

CarePartners has four main programs: Gathering Place, Common Ground, Second Family and Educational Events. Second Family is a homebound program focused on helping individuals living with illness or other challenges of aging. An extended family of trained volunteers who are part of the CarePartners Second Family Care Team® offer homebased support and companionship to members of their congregation. Volunteers may offer assistance such as home visits, companionship, and respite care. A registration intake is conducted by a CarePartners Coordinator. [Click here](#) to learn more.



Join the Care Movement: Become a Volunteer

We are a volunteer led organization with more than 2,300 volunteers providing an average 122,000 hours of compassionate care. Contact CarePartners at 713-682-5995 or visit [our website](#) for more information on how to get involved.

Gathering Place Program: *Alzheimer's Care Team® Volunteer*

Second Family Program: *Second Family Care Team® Volunteer*

Caregiver Education Event: *Workshop Presenter, Conference Volunteer*

Common Ground: *Trained Volunteer Facilitator & a Caregiver Facilitator*

Administrative: *Office Volunteer*

Special Fundraising Events: *Sweet Charity, Kentucky Derby Volunteer*

"Our goal is to bring a little bit of sunshine into their lives. We all need someone. And if those in need of help don't reach out to us, it's our job to reach out to them."

~BEVERLY DONALDSON,
VOLUNTEER

Caregiver Educational Events

Waco Caregiver Conference

CarePartners held a Caregiver Conference for the first time in Waco, Texas, providing free skill-building, educational workshops and bringing community resources together for more than 50 family caregivers.

The conference, in partnership with First Methodist Waco, Austin Avenue Campus, was held on September 21, 2019 and featured four different educational workshops: The Health of the Caregiver; Wills, Trusts and Benefits Available to Pay for Nursing Home Care; Healthy Brain, Healthy Body and Where is the Grief Process in Caregiving?

"It's hard to get information out to the right people, it really is, and you think you're doing everything you can and then you have a conference like this and we look at all the tables that are there with different people that can help you," Grimes said.

[Click here](#) to watch a video from the conference on our blog.



UPCOMING OPPORTUNITIES

The year is coming to end but we still have two Caregiver Educational Events to close out the year.

Each event is created to support caregivers who are caring for loved ones of any age or illness, but specific resources are always provided for those caring for loved ones with Alzheimer's, memory loss or other challenges due to aging. Speakers are volunteers who provide high level information in their field of expertise.

Register online at www.CarePartnersTexas.org.
2020 Caregiver Educational Events coming soon!

Woodlands Caregiver Conference at Christ Church United Methodist
Saturday, November 2, 2019

Caregiving Through the Holidays Caregiver Workshop at Messiah Lutheran Church
Sunday, November 3, 2019

Keep up with CarePartners



LOCATE A CAREPARTNERS PROGRAM NEAR YOU

CarePartners' programs are located all across the Greater Houston and Waco areas. If you know someone who is caring for a loved one with memory loss and would like to attend our Gathering Place, Common Ground or be part of the Second Family program, tell them about our zip code locator search button on our website. This great feature will locate a program near them and will be able to narrow the search down by the specific program they are looking for. After finding the program they want to attend they can then contact the CarePartners' Coordinator to help them get registered for the program.

We encourage all family caregivers to sign up to attend as many programs as they need every month so that they can get the break and support they deserve.

[Click here](#) to view the zip code locator on our website.

FOLLOW US ON SOCIAL MEDIA

Stay up to date with what is going on with CarePartners by following us on our social media pages. Make sure to also share our pages with family caregivers who are in need of our programs.



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