

Caregiver Communiqué

Supporting Arkansas Families since 1984

Volume 31 Issue 6

June 2016

BRAIN-WORKS

How do we discuss the brain when research is barely touching an understanding of this complex part of our being. We hope the federally funded Brain Activity Map project will expand our knowledge and enable us to better diagnose and treat mental illness.

We believe over 90 billion neurons compose our brain, but we didn't even know the brain was composed of these nerve cells until about 100 years ago. Researchers tell us that without our brain we would be unable to feel, think or imagine.

Chris Frith, who wrote the forward for 30 Second Brain by Anil Seth marvels at the miracle of the bee. He describes the bee's tiny one million neuron brain enabling them to use their waggle dance to communicate and as a group decide where to construct a new nest. He extols us to imagine our ability to use science to work together and gain a greater understanding and greater ability to be amazed by what we can do together as a group. Seth, A. (2012). 30-Second Brain, foreword, Chris Frith. East Sussex, UK: Metro Books. ISBN-13 978-1-4351-4784-3

Let's look at the brain and obtain a better comprehension of the brain and how it impacts the changes we observe in the Alzheimer's brain. Bear in mind this is only a fraction of the electrical activity between our ears and always subject to change as more is learned.

The frontal lobe is associated with reasoning, motor skills, higher level cognition, judgment and expressive language. These losses explain why attempting to reason with someone with Alzheimer's disease (AD) is useless.

Located above our ears, the temporal lobe is also the location of the primary auditory cortex, which is important for translating the sounds and language we hear. The hippocampus is located here, and at this time, we believe this is where AD begins. When experiencing neuron loss here we:

- may notice the loss of nouns
- have more problems recalling words, and learning new things
- have short term memory problems
- may have some hallucinations
- may hear or see more expressions of fear or mood changes


This is also where the auditory cortex is located and is responsible for our perception and evaluation of sounds and the music we hear.

Located at the back portion of the brain, the occipital lobe is associated with interpreting the things we see. We may observe problems with perceptions such as the ability to judge depth & distance. Visual problems may include the inability to recognize faces or some cognitive map issues such as the inability to find a room in your home.

The parietal lobe is located in the top, middle section of the brain. It is associated with the processing of tactile sensory information such as pressure, touch and pain. The parietal lobe may affect the person's ability to read and write. This part of our brain helps define left from right, enables us to follow directions and use a map.

Continued on Page 4

June

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | | | | |
|---|--------|--|--|----------|---|--|----|----|--|----|
| <p>We are here for you 24/7 After hours, weekends and holidays caregiver help line Toll Free: (800) 689-6090</p> | | | <p>1 Living Well with Dementia Contact: Priscilla Pittman 501-224-0021</p> | 2 | 3 | <p>4 Art Of Life Therapy Program at Good Shepherd Memory Clinic Contact: Alz Ark Office at 501-224-0021</p> | | | | |
| | | | <p>8 Living Well with Dementia Contact: Priscilla Pittman 501-224-0021</p> | 9 | <p>10 NWA Hope for the Future  Call 501-224-0021 to register.</p> | 11 | | | | |
| 12 | 13 | 14 | <p>15 Living Well with Dementia Contact: Priscilla Pittman 501-224-0021</p> | 16 | <p>17 Hot Springs Hope for the Future  Call 501-224-0021 to register. Art Of Life Therapy Program at Good Shepherd Memory Clinic Contact: Alz Ark Office at 501-224-0021</p> | <p>18 Caregivers Night Out at Murry's Dinner Playhouse Please call Elise Stuart at 501-224-0021 to RSVP. </p> | | | | |
| <p>Next Month.. </p> | | <p>JULY: Conway Hope for the Future 7/27 from 12 pm till 5 pm</p> | | 19 | 20 | 21 | 22 | 23 | <p>24 Support Group Facilitator Training Contact: Priscilla Pittman at 501-224-0021</p> | 25 |
| 26 | 27 | 28 | 29 | 30 | | | | | | |

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wish list

Every Gift is appreciated!

- We have two Memory Walls that are taken all over the state, both currently in need of recovering with different color of fabric.
- Volunteer to complete Support Group Facilitator Training books. Please call Belinda at 501-224-0021.

ADVOCATE

Community Spotlight:



Arkansas Advocates
for
Nursing Home Residents

A Brief History of AANHR

In 1995 several letters to the editor about poor conditions in nursing homes were printed in the Arkansas Democrat-Gazette. The writers contacted one another, met, and formed an advocacy group. Invitations to the first meeting in late 1995 went to people in the nursing home industry, Office of Long Term Care, and family members. Officers were elected and the group continued to meet monthly.

Truthfully, there was much disagreement about the purpose and the function of the group. However, that the mission of the group was to improve the quality of care and life for residents in Arkansas nursing homes was never in doubt. All agreed that education of residents and family members about resident rights was paramount. However two factions arose as to how best to promote better care practices. There were those who felt that the way to improve care was to work with administrators and the Arkansas Health Care Association (AHCA) care models, such as a model nursing home. Others felt that regulations and policies needed to be changed and that working through the political process would be necessary. By the end of the first year this disagreement split the group. However a small number continued to meet monthly and with the help of the State Office of Volunteerism, wrote by-laws and incorporated Arkansas Advocates for Nursing Home Residents as a 501 (c)3 organization. Later Advocates for Nursing Home Residents, with the same Board of Directors, incorporated as a 501 (c)4 organization to allow active lobbying.

AANHR has attempted to educate residents and family members by being available for counseling, providing topical speakers at monthly meetings, speaking to senior citizen organizations and groups, actively promoting Family Councils, and the publication of information regarding residents' rights and what constitutes good care. We continue to be active in the National Citizens' Coalition for Nursing Home Reform.

Our first Resident's Rights Rally was held in October of 2004 with good attendance and great publicity. This has been repeated annually since. In June of 2005 we held our first CNA Recognition Banquet honoring thirty CNAs from around the state. For the following five years we honored nominated CNAs from facilities around the state, for their dedicated service. In 2010 we honored more than 100 of them.

On the legislative front we have been successful in setting minimum staffing ratios and requiring that direct-care staff on duty at any time be posted in plain sight on every hall. We have been unsuccessful in fighting tort reform. In 2005 and again this past legislative session, we had high hopes for the passage of a bill allowing surveillance cameras in residents' rooms only to see the bill amended in such a way as to give all the rights to the nursing home and none to residents. The initial bill was defeated; this past year's bill never made it out of committee.

AANHR is beginning its **twenty-first** year advocating. Members sense improvement in care but hope to see much more such as moving from institutional models to individual care. ❖

Martha Deaver, President of AANHR

Word of the Month

Mild cognitive impairment (MCI) is an intermediate stage between the expected cognitive decline of normal aging and the more serious decline of dementia. It can involve problems with memory, language, thinking and judgment that are greater than normal age-related changes. <http://www.mayoclinic.org/>

Brain Works, Continued

Other problems might include:

- the inability to discern the value of money
- problems understanding the value of money we use for the payment of our bills
- depth perception issues
- unable to recognize some faces
- some movement issues

The amazing cerebellum contains approximately 50% of our brain's neurons although it is only 20% of our brain volume. It is our internal time clock and is capable of choreographing the sequence and duration of our motor movements. It is like an air traffic controller gathering information and monitoring the movement, speed of movement and determining what to do about obstacles. The cerebellum affects balance issues and we may notice persons leaning or perhaps staggering or unable to coordinate movements.

In order to carry out goal directed movements, your motor cortex must first receive information from different lobes of the brain; it is all connected.

- Where am I (parietal lobe)
- What am I going to do and how will I do it (frontal lobe)
- How did I do this the last time? (temporal lobe-hippocampus)

http://www.ninds.nih.gov/disorders/brain_basics/know_your_brain.htm

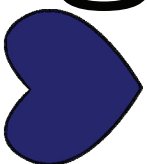
http://thebrain.mcgill.ca/flash/d/d_06/d_06_mou/d_06_mou.html ❖

By Priscilla Pittman, MSW, MA

June



Volunteers
of the month



The Caring Place in Hot Springs, AR.

Everything we do at The Caring Place takes volunteers. Every day there are a rotating group of 6 -8 committed volunteers sharing their time and talents with our participants. They assist our staff with games, help with arts and crafts, spend time in conversation and social activities and involved in nearly every aspect of the program. We are indebted to our volunteers and are very grateful for their service to The Caring Place.

Looking for HELP in your AREA??

| | | |
|--|--|--|
| <p>Region 1 AAA of Northwest Arkansas 1510 Rock Springs Road PO Box 1795 Harrison, AR 72602 www.aaanwar.org (870)741-1144/(800)432-9721 Michelle Byler (870) 743-1623</p> | <p>Baxter, Benton, Boone, Carroll, Madison, Marion, Newton, Searcy, Washington</p> <p>Family Respite Care amount: \$600</p> | <p>Region 5 Carelink (Central Arkansas AAA) 700 Riverfront Drive PO Box 5988 NLR, AR 72119 www.care-link.org (501)372-5300/ (800) 482-6359 Belinda Pedigo (501)224-0021</p> <p>Faulkner, Lonoke, Monroe, Prairie, Pulaski, Saline</p> <p>Family respite Care amount: \$500</p> |
| <p>Region 2 White River AAA 3998 Harrison Street PO Box 2637 Batesville, AR 72501 www.wraaa.com (870)612-3000/ (800) 382-3205 Brad Cummings (870)612-3000</p> | <p>Cleburne, Fulton, Independence, Izard, Jackson, Sharp, Stone, Van Buren, White, Woodruff</p> <p>Family Respite Care amount: \$153 monthly</p> | <p>Region 6 AAA of West Central Arkansas 905 W. Grand Avenue Hot Springs, AR 71913 www.seniorspecialists.org (501)321-2811/ (800)467-2170 Miranda (501)321-2811</p> <p>Clark, Conway, Garland, Hot Spring, Johnson, Montgomery, Perry, Pike, Pope, Yell</p> <p>Family Respite Care amount: \$1000</p> |
| <p>Region 3 East Arkansas AAA 2005 East Highland Dr Jonesboro, AR 72403 www.e4aonline.com (870)972-5980/ (800) 467-3278 Dorcey (870)930-2204</p> | <p>Clay, Craighead, Crittenden, Cross, Greene, Lawrence, Lee, Mississippi, Phillips, Poinsett, Randolph, St. Francis</p> <p>Attend a mandatory caregiver meeting and then placed on a waiting list.</p> | <p>Region 7 AAA of Southwest Arkansas 600 Columbia, 11 East Magnolia, AR 71754 www.agewithdignity.com (870)234-7410/ (800) 272-2127 Wanda Ward (870)234-7410 *113</p> <p>Calhoun, Columbia, Dallas, Hempstead, Howard, Lafayette, Little River, Miller, Nevada, Ouachita, Sevier, Union</p> <p>Family Respite Care amount: Based upon need</p> |
| <p>Region 4 AAA of Southeast Arkansas 709 E. 8th Ave. PO Box 8569 Pine Bluff, AR 71611 www.aaasea.org (870)543-6300/ (800) 264-3260 Sharon Dickerson (870) 543-6300</p> | <p>Arkansas, Ashley, Bradley, Chicot, Cleveland, Desha, Drew, Grant, Jefferson, Lincoln</p> <p>Family respite Care amount: \$500</p> | <p>Region 8 AAA of Western Arkansas 524 Garrison Ave Fort Smith, AR 72901 www.agingwest.org (479)783-4500/ (800) 320-6667 Dawn (479)783-4500</p> <p>Crawford, Franklin, Logan, Polk, Scott, Sebastian</p> <p>Family Respite Care amount: Based upon need</p> |

DEVELOPMENT NEWS

**STATEWIDE HONORARY WALK CHAIRS:
ANGELA FRAZIER AND GLEN CAMPBELL'S FAMILY**

2016 SAVE THE DATE FOR THE ALZHEIMER'S ARKANSAS WALK 'S ACROSS ARKANSAS

| Walk Date: | August 20 | September 10 | September 17 | September 24 | October 10 |
|----------------------------------|--|---|--|---|---|
| Location: | River Valley L.V. Williams Boys and Girls Club 600 East 16th Russellville Registration begins: 9:00 am | Faulkner County Conway High West Campus Gym 2300 Prince Street Conway Registration begins: 8:00 am | Downtown Hot Springs Exchange Street Parking Plaza 128 Exchange Street, Hot Springs Registration begins: 10:00 am | Little Rock at the Zoo 1 Zoo Drive Little Rock Registration begins: 7:00 am Everyone has to be in the Zoo by 8:15am | Van Buren County Memory Stroll and 5K Fun Run "Must Dash" Archey Fork Park Highway 65 North Clinton Registration begins: 7:30 am |
| *Pre- Registration: | August 17th 1:00 to 5:00 pm Area Agency on Aging 915 S. Arkansas Ave. Russellville | September 6th 2:00 to 7:00 pm The Carpet Center 810 3rd Street Conway | September 14th 11:00 am to 6:00 pm Area Agency on Aging 905 West Grand Ave. Hot Springs | Sept. 19th - 21st 9:00 am to 5:00 pm Alzheimer's Arkansas 201 Markham Center Little Rock | October 3rd 1:00 to 6:00 pm Wal-Mart Parking Lot 1966 Highway 65 Clinton |
| Senior Food Donations | Ensure or Boost Main Street Mission, Russellville | Soup (Vegetable or Meat) Soul Food Café Mission 701 Polk Street, Conway | Peanut Butter or Soup (Veg. or Meat) or Boost/Ensure Project Hope Food Bank, Hot Springs | Peanut Butter or Soup (Veg. or Meat) or Boost/ Ensure Primrose Food Pantry, 3006 Dixon Rd, Little Rock | Peanut Butter or Soup (Veg. or Meat) or Boost/ Ensure Choctaw Food Bank, Choctaw |

How to Register: go to www.alzark.org/alzheimers-arkansas-walks/ and download the forms; either fax to 501-227-6303, email to: barbara.jensen@alzark.org, mail to: Alzheimer's Arkansas, 201 Markham Center Drive, Little Rock, AR 72205 or call 501-224-0021 and we will mail the forms to you.

NOTE: If you register before August 1, 2016, you as an individual or each person on your team that is present on walk day will receive 1(one) extra door prize ticket per person!

*If you Pre-register your team on Pre-registration day you receive 2 door prize tickets. If you wait to register on Walk Day you will only receive 1 door prize ticket!



For all information about our upcoming Walk, Rally and Strolls, go to: www.alzark.org/alzheimers-arkansas-walks/

We are always looking for ways to partner with local communities. If you are interested in hosting a Walk or another fundraising activity, please download our "Fundraising Policies and Guidelines" from our website or contact Barbara Jensen at 501-224-0021 or barbara.jensen@alzark.org.

The Rosemary Society ~



Leave a Legacy ~

Be a Legacy ~

We offer planned giving arrangements that are feasible for donors of all income levels. To become a member of the Rosemary Society, contact Elise or Barbara at 501-224-0021.

SUPPORT GROUPS AND CONTACT PERSONS THROUGHOUT ARKANSAS

Support groups are free to attend and confidential. Financial Assistance is available if needed.

| | | |
|--|--|--|
| ***BATESVILLE - 2nd Thurs @ 5:30 pm Ken Harper (870) 751-9002 | ***JONESBORO - 1st Tues. @ 10:00 am Amber Bass (870) -932-2462 | *SHERWOOD - 2nd & 4th Mon. @ 6:00 pm Kathey Green (501) 864-7452 |
| **BEEBE - 3rd Thurs. @ 3:00 pm Sandra Garrett (501) 882-3969 | ***JONESBORO - 2nd Tues. @ 10:00 am Cheryl Hamm (870) 930-2226 Shirley Crawford (870) 935-4672 | *PARAGOULD - 2nd Thurs. @ 1:00 pm MEMORY CAFE Jana Wineland (870) 565-5033 |
| **BENTON - 3rd Tues. @ 7:00 pm Richard Mills (501) 315-0087 | ***LITTLE ROCK - 1st Mon. @ 12:00 pm Priscilla Pittman (501) 224-0021 | *PARAGOULD - 3rd Thurs. @ 2:00 pm CAREGIVER SUPPORT GROUP Jana Wineland (870) 565-5033 |
| **BENTON - 3rd Thurs. @ 2:00 pm Azy Crabb (501) 778-6260 Diana Ferrell (501) 315-0160 | *****LITTLE ROCK - 4th Mon. @ 6:00 pm Janet Nelson (501) 412-5683 | **PINE BLUFF - 3rd Mon. @ 11:00 am Carolyn Ferguson (870) 543-6300 |
| ***BERRYVILLE - 3rd Thurs. @ 10:00 am Rebecca Davis (870) 423-6114 Renee Gonzales (870) 423-6114 | *****LITTLE ROCK - 1st Tues. @ 10:30 am Beth Allen (501) 686-6219 | ****RISON - 1st Friday @ 5:00 pm Nadia Owen (870) 220-1152 |
| ****CAMDEN - 3rd Wed. @ 1:00 pm Nancy Bailey (870) 234-7410 | *****LITTLE ROCK - 1st Thurs. @ 1:00 pm Janet Nelson (501) 412-5683 Rev. Karen Akin (501) 227-0000 | *RUSSELLVILLE - 4th Tues. @ 2:00 pm Shelly Jones (479) 498-2050 Jerry England (479) 498-2050 Rhonda Horton (479) 264-3109 |
| ***CHEROKEE VILLAGE - 3rd Wed. @ 1:30 pm Misty French (870) 994-2341 | *****LITTLE ROCK - 1st Tues. @ 6:00 pm Debbie Rawn (501) 952-4182 | *SEARCY - 2nd Tues. @ 3:00 pm Marjorie Ryan (501) 268-6490 |
| *CLARKSVILLE - 4th Thurs. @ 5:30 pm Nicholle Dorn (479) 264-5833 | *****LITTLE ROCK - 1st & 3rd Tues. @ 6:00 pm Doug Ballinger (501) 253-1238 | *SEARCY - 1st & 3rd Mon. @ 6:30 pm Martha Vendetti (501) 266-8613 |
| *CLINTON - 1st Wed. @ 2:00 pm DK Olmstead (501) 745-9495 | *****LITTLE ROCK - 2nd Tues. @ 5:30 pm Beverly Villines (501) 350-5053 | ****STUTTGART - 2nd Thurs. @ 12:00 pm Charles Proctor (870) 830-1170 |
| *CONWAY - 1st Tues. @ 7:00 pm Kathy Jette (501) 450-7528 | ***LITTLE ROCK - 2nd Tues. @ 11:00 am PARKINSON'S SUPPORT GROUP Priscilla Pittman (501-224-0021) | * Barbara Jensen, Support Group Liaison ** Belinda Pedigo, Support Group Liaison *** Priscilla Pittman, Support Group Liaison **** Elise Siegler, Support Group Liaison ***** Elise N. Stuart, Support Group Liaison |
| *CONWAY - 2nd Thurs. @ 7:00 pm Kenneth Priest (501) 730-3582 | *****LITTLE ROCK - 3rd Tues. @ 1:00 pm Beverly Villines (501) 350-5053 | |
| *DARDENELLE - 3rd Thurs. @ 2:00 pm Billie Holsomback (501) 321-2811 Lori Kamerling (501) 321-2811 | *****LITTLE ROCK - 2nd Wed. @ 12:30 pm Rene Simmons (501) 256-1461 | |
| ***EL DORADO - 3rd Thurs. @ 12:00 pm Nancy Bailey (870) 234-7410 | ***LITTLE ROCK - 3rd Wed. @ 10:00 am MEMORY CAFE Priscilla Pittman (501) 224-0021 | |
| *FAIRFIELD BAY - 3rd Wed. @ 2:00 pm Ron Henson (501) 745-7004 Lise Neave (501) 253-4698 | *****LITTLE ROCK - 3rd Thurs. @ 1:00 pm Janet Nelson (501) 412-5683 | |
| *****FORREST CITY - 2nd Thurs. @ 12:00 pm Felisa Stewart (870) 270-6219 Janis Waddy (494) 870-3300 | ***LITTLE ROCK - 4th Tues. @ 7:00 pm Priscilla Pittman (501) 224-0021 | |
| ****HARRISON - 1st Wed. @ 11:30 am Michelle Byler (870) 743-1623 | *****LITTLE ROCK - 4th Thurs. @ 1:00 pm CURE PSP Randi Haley (870) 703-6417 | |
| **HEBER SPRINGS - 4th Tues @ 3:30 pm Nicki Stacy (501) 362-3185 | ***MALVERN - 3rd Wed. @ 11:00 am Ruth Ann Crites (501) 332-5248 June Haynes (501) 332-5248 | |
| **HENSLEY - 1st Thurs. @ 7:00 pm Tereasa Holmes (501) 626-4529 | *****MONTICELLO - 3rd Tues. @ 1:00 pm Pam Leeper (870) 367-6852 | |
| *HOT SPRINGS - 2nd Mon. @ 2:00 pm Dian Masingill (501) 623-2881 | ****MT. HOME - 4th Fri. @ 3:00 pm Diahanne VanGulick (870) 508-3880 | |
| ****HOT SPRINGS - 4th Wed. @ 11:00 am LEWY BODY SUPPORT GROUP Nancy Davis (501) 760-8495 Elise Siegler (501) 224-0021 | ***MT. VIEW - 1st Monday @ 6:00 pm Teresa Cheatham (870) 368-4522 | |
| *HOT SPRINGS - 3rd Tues. @ 4:00 pm Amy Thomason (501) 209-1950 | *****NEWPORT - 1st Wed. @ 5:30pm Courtney Snow (870) 219-3745 | |
| *H.S.V. - 4th Thurs. @ 3:00 pm Amy Thomason (501) 209-1950 | ***N. LITTLE ROCK - 1st Wed. @ 9:30 am Ashley Meggers (501) 257-3335 | |
| ***JACKSONVILLE - 2nd Mon. @ 7:00 pm Priscilla Pittman (501) 224-0021 | ***N. LITTLE ROCK - 3rd Thurs. @ 11:30 am C.J. Shane (501) 681-3531 | |

For other Support Groups meeting in the Arkansas, please call our offices at 501-224-0021. We will get you in touch with those groups.

**Looking For a Support Group
in your area??**

**Support Group Facilitator Training
will be June 24, 2016 from
9 am till 4 pm.**

**For more information
call Priscilla Pittman at
(501) 224-0021.**

The newsletter is a monthly publication of Alzheimer's Arkansas Programs and Services, 201 Markham Center Drive, Little Rock, AR 72205. All members and donors receive the newsletter. Contact the office for membership or other information. Alzheimer's Arkansas cannot endorse or recommend any provider, program or product.



2016 HOPE For the Future

June 10th - Northwest Arkansas Hope for the Future (Full Day)

June 17th - Hot Springs Hope for the Future (Full Day)

July 27th - Conway Hope for the Future (1/2 Day)

September 9th - Helena Hope for the Future (1/2 Day)

HOPE for the Future Registration

Half Day Hopes - 4 CEUs

Full Day Hopes - 6 CEUs

Seating is limited. Please register early! No refunds after registration deadline.

NO CHARGE for family caregivers, unless requesting CEUs. ALL professionals and family caregivers please enclose payment or credit card payment.

(6/10) NW AR Hope (6/17) Hot Springs Hope (7/27) Conway Hope (9/9) Helena Hope

Name: _____

Organization/Company: _____

Mailing Address: _____

Phone: _____ Email: _____

Check as appropriate: Family or Friend Caregiver

Caregiver Funds Requested

CEUs/Certificate Requested

Professional - (Includes CEUs/Certificate)

Student - (Includes CEUs/Certificate; Must present Student ID)

Sponsor / Vendor Booth (Cost varies depending on location)

Method of payment:

Check (Make payable to Alzheimer's Arkansas) Credit Card: V MC DSCV AMEX

Credit Card #: _____

Expiration date: _____ CVC: _____

Signature of Card Holder: _____

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