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Newsletter

THIS MONTH

March 2019

Mild Cognitive Impairment

Are you forgetting more and more? Do you have a family member who is bright, and still able to manage his or her finances, but seems to be forgetting not just names, but simple things like “Did I eat breakfast today?” or “What did I eat today”? If you are aware of this memory challenge, but it does not interfere with daily activities of living, you or your family member might have what we call MCI (Mild Cognitive Impairment).

MCI is diagnosed by a neurologist, memory clinic or neuropsychologist. A diagnosis of MCI does not mean you will have a progressive dementia like Alzheimer’s disease; however, about fifty percent of those with the MCI diagnosis end up with some form of a progressive dementia. The other fifty percent never progress further than this challenge with memory.

If diagnosed with MCI, the individual, his or her partner and/or a family member should visit with an Aging Life Care Professional, also referred to as a Geriatric Care Manager (GCM). The GCM will go over all the planning one should do when diagnosed with any potentially progressive illness. This entails going over with you the financial options/entitlements, housing options, legal tools, social engagement, physical wellness and local support or opportunities. Having a Geriatric Care Manager as your advocate is similar to using a roadmap to navigate your present and future. At Eldercare Services, we offer several Comprehensive Aging Life Care Plans. Plan 1 is The Road Map – which begins with you telling your unique story. When all your history unfolds, a Road Map is developed that enables you to take control of your life.

Eldercare Services is always willing to do a short no fee memory screen to see if you should be referred to a specialist. The screening takes about 20 minutes; the session is conducted by a professional on our staff. These screenings are not scary and are extremely helpful. It is also essential to have a proper medical evaluation to help reverse any of the biochemical imbalances or health challenges that can contribute to a memory challenge.

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About our Founder



Linda Fodrini-Johnson, MA, MFT, CMC is a Licensed Family Therapist and Certified Care Manager. She has been practicing professional care management (now

called aging life care) since 1984. Linda founded Eldercare Services, a full-service care management and home care company in 1989, which now employs over 200 caring people. Eldercare Services has been providing Bay Area families with care management, home care services (caregiving), advocacy, counseling, support groups and education for 30 years.

MONTHLY AFFIRMATION

“I approach every challenge with hope and find joy in every day!”

Staying engaged in joyful and pleasurable activities that keep the body and mind healthy is also important. A good life plan is ideal for us all, but even more critical for those with MCI, as it encourages you to:

- ▶ Be engaged in social activities daily – Senior centers, brain enhancement classes, meeting friends, playing cards, learning new things, joining book clubs, and volunteering are all good ways to be active in your community. Our third Friday speaker series this March will feature a new (free) program using horses with those who have mild dementia or early-stage dementia. “The Connected Horse” program runs for seven-weekly sessions and those who participate will groom and lead horses in an open arena. There is no riding as the emphasis is on therapeutic stress reduction and multi-sensory awareness. You can learn more about this program at our lecture, which will take place in our office on March 15th from 2-3:30. All are welcome, but we ask that you register – (925)-937-2018 – as we have limited seating.
- ▶ Exercise daily – Aim for 30 minutes a day of aerobic activity at least three times a week. Perform balance and strength building exercises as well.
- ▶ Eat a healthy anti-inflammatory diet – Limit red meats, sugar, alcohol, and processed foods. Add in healthy fats such as nuts, avocados, and olive oil while removing any trans and saturated fats. Also, add more veggies and fruit to your plate and hydrate with mostly water.
- ▶ Have regular medical check-ups – Be sure to check your hearing and eyesight annually as well.
- ▶ Ask for help – If you feel depressed or otherwise affected by your MCI, don't be afraid to seek treatment (counseling and/or medication.) Enjoy your life!

Caring for an Aging Family Member

2nd THURSDAY of EVERY MONTH
6:00 PM – 7:30 PM

Addressing the fears of Alzheimer's disease & other issues associated with aging.

No Fee and No Registration Required.



Upcoming Events

Dementia: The Roadmap from Diagnosis to Family Care

📅 Mar 13th ⌚ 5:30pm – 7:00pm

Dementia Education Series:

Join the discussion about what you need to know, what you need to plan, and what you and your family can do when faced with the challenges of dementia.

- ▶ What is dementia? Where is it diagnosed?
- ▶ Understanding the progression
- ▶ What does a family need to do to prepare for the journey?
- ▶ Protecting dignity and reducing stress in all family members

Advanced registration required. No fee.

Class intended for family caregivers or those dealing with the challenges of aging. <https://eldercareanswers.com/registration-1/>

Connected Horse: Research Based Therapeutic Equine Program for People Affected by Dementia

📅 Mar 15th ⌚ 2:00pm – 3:30pm

Presented by: Judy Vared and Paula Hertel, Connected Horse

The Connected Horse project offers pioneering equine assisted workshops for people living with early stage dementia and their partners.

- ▶ Learn how horses are now helping those affected by dementia.
- ▶ What are the preliminary findings of the Connected Horse research at Stanford and the UC Davis School of Medicine/Alzheimer Disease Centers and School of Veterinary Medicine?
- ▶ How can these types of creative programs help newly diagnosed people in our community.

Advanced registration required. No fee.

<https://eldercareanswers.com/registration-6/>

Dementia: Understanding Behaviors and Finding Solutions

📅 Mar 27th ⌚ 5:30pm – 7:00pm

- ▶ Tools on how to have conversations about needs when denial is present
- ▶ Giving you permission to “stretch the truth” for dignity, safety, and self-esteem
- ▶ Understanding the different types of dementia
- ▶ Understanding why the right diagnosis is important

Advanced registration required. No fee. Class intended for family caregivers or those dealing with the challenges of aging.

<https://eldercareanswers.com/registration-8/>

Location of Events:

Eldercare Services, 1808 Tice Valley Blvd.,
Walnut Creek, CA 94595