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What's on Your Mind?

Latest Alzheimer's Report

The Alzheimer's Association has just published its 2010 annual *Alzheimer's Disease Facts and Figures*. This report details the escalation of Alzheimer's, which currently impacts over 5 million Americans. *Facts and Figures* conveys the burden of Alzheimer's and dementia on individuals, families, local and state government and the nation's health care system. The report details recent research that indicates higher risks of developing Alzheimer's for certain ethnic and cultural groups. To access the report visit aWiserMind.com to find a link to the report.

New Staff Additions

A WiserMind is very pleased to announce two staff additions. Joining our clinical team is *Dr. Sue Belyea*, Licensed Clinical Psychologist. We still have more needs for high quality clinicians, because while we're very picky, unfortunately our opponent (dementia) doesn't tend to be very discriminating. Our other addition is *Kim Price* who has come on board to help us share our very important message. We've been the best kept secret in dementia care for the last two years. Now, we hope to be the worst kept secret around.

Upcoming Events

We offer a wide range of events including free memory screens to educational seminars. Below is a list of upcoming events along the front range. Visit aWiserMind.com for more details about each event or for new event updates.

March 18 -- The Brain-Body Connection, Garden Plaza of Aurora, 1:00 pm

April 13th -- Memory Screening Event, MorningStar Senior Living

April 24th -- Multiple Sclerosis Invisible Symptoms Seminar, 8:00 - 12:00

Brain Bogglers

A well exercised brain is a healthier brain, and the best thing about brain exercises—you don't have to break a sweat. So, sit back and give your brain a good workout.

What's the shape that appears at the center of a SCRABBLE board?

- a) Cross
- b) Diamond
- c) Circle
- d) Star

Which of these animals are not part of a Chinese calendar?

- a) Horse
- b) Lion
- c) Dog
- d) Rat

Dom Perignon champagne was created by and named after:

- a) A sailor
- b) A pharmacist
- c) An actor
- d) A monk

What element is known by the atomic symbol P?

- a) Platinum
- b) Potassium
- c) Plutonium
- d) Phosphorous

Answers are available online at aWiserMind.com. Questions derived from the January 2010 issue of *mental_floss* magazine

"The tragedy of life is not found in failure, but complacency. Not in doing too much, but doing too little." Benjamin Mayes

About What's On...

What's On Your Mind? is the newsletter for A WiserMind, providers of at home emotional wellness therapies and creators of Brain Activation Therapy™. Each issue brings the latest content and information from aWiserMind.com and StrongerMinds.com along with news and events from along Colorado's Front Range related to senior health, brain fitness and emotional wellness.

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Did You Know?

Did you know, that the symptoms of depression are different for individuals with Alzheimer's. The signs of depression are lessened in the presence of Alzheimer's, but even though the signs are subdued, the health impacts are just as severe as they normally would be.

Did you know, that according to a study published in JAMA counseling to families of Alzheimer's patients can delay the need for placement in skilled facilities by more than 18 months? We often say that Alzheimer's is a disease of a family, this is real evidence of that statement.

Did you know, that there is evidence that 40% of age-related memory decline is directly related to a lack of socialization in seniors? Studies show that most individuals can regain most of that decline through purposeful cognitive stimulation.



It's time, for A WiserMind

Safe at Home?

From time to time, families who are fortunate enough to have a senior in their immediate or extended family have found the need to ask the question, "Is my loved one safe living on their own?" It's a simple question that's hard to answer.

Emotions and doubt cloud the certainty of an answer. Even if the answer is clear, the intimidation of a conversation can end up with the same result—confusion and uncertainty. To help improve the situation, A WiserMind has posted a "How to Know When a Loved-one Needs Help" on our web site aWiserMind.com. more...

Safe at Home continued

"How to Know..." addresses what to look for in areas spanning basic tasks, hygiene, dressing, isolation, attitude, cognitive function and others. It also provides some suggestions on how to open a dialogue with the loved one in the most positive and productive way possible.

To assist in the evaluation process an observational checklist has been added to make the process less subjective and more objective. As is always the case, this post and the observational checklist are free for personal use and A WiserMind does not require any personal data to access the post. We hope it helps those in need.

In the Spotlight

Please join A WiserMind on April 24th at for the Rocky Mountain MS Center's *Invisible Symptoms of MS seminar*. The event will be from 8:00 am to 12:00 pm at the Summit Conference and Event Center, 411 Sable Boulevard North, Aurora, CO 80011.

Invisible Symptoms addresses the issues that people with MS (and other forms of dementia) often struggle with the most; Fatigue, Depression and Cognition. They can be all the more daunting, because they are often invisible to others.

Highlights of the seminar will include three important keynotes:

- *Invisible Symptoms of MS*, Dr. Timothy Vollmer
- *How Do You Talk about What No One Can See?*, Patricia Daily, LCSW
- *Mental Sharpening Stones*, Jeffrey Gingold, JD

This event is free, but registration is required. Visit the MS Center web site at www.mscenter.org to register before April 23rd.

