

ACTIVCARE®



Making a Positive Difference in the Lives of Seniors

A Newsletter for Friends and Families of ActivCare®

Volume 2 Number II October 2005

www.activcare.info

1-888-MEMLOSS

Medical Advisory Board

Dr. Neil Levine
Internist

Dr. Alan Berkowitz
Geriatric Psychiatrist

Dr. Ellis Diamond
Neurologist

Dr. Daniel Sewell
Geriatric Psychiatrist

Dr. Ron Belville
Pharmacology

Dr. Kathy Fix
Geriatric Specialist, UAB

The intent of the Medical Advisory Board is to ensure that ActivCare® stays on the leading edge in providing a behavioral management program that benefits both the residents and residents' families.

The goal of ActivCare® is to stay on top of the latest research in behavioral management & medication management of behavioral issues.

Town Hall Forum

Seminar Title:

Diagnosis: Probable Alzheimer's-Type Dementia. Now What?

Join us as we spend the morning with medical experts from the

- ActivCare® Medical Advisory Board
- George G. Glenner Alzheimer's Family Centers



Medical experts from the field of geriatric medicine and psychiatry will offer guidance and direction for family caregivers caring for loved ones recently diagnosed with Alzheimer's and other forms of dementia.

- ❖ Treatment Options
- ❖ Legal Decisions
- ❖ Choosing a Health Care Team
- ❖ Placement Decisions
- ❖ When to Seek Help

When: Thursday, Oct. 27th, 2005
8:30 am – 12:30 pm

Where: **Continental Breakfast: 8:30 am**
Scottish Rite Masonic Center
1895 Camino del Rio South
San Diego, CA 92108

To RSVP, please call
ActivCare at Point Loma
(619) 224-7300

Presented by:

ACTIVCARE®
RESIDENTIAL ALZHEIMER'S CARE

and



The George G. Glenner
Alzheimer's Family Centers, Inc.®

with support from
Southern Caregiver Resource Center

and



Dementia Care from the Heart

Think About Your Future. Maintain Your Brain Today.



- **Stay Mentally Active**

Mentally stimulating activities strengthen brain cells and the connections between them, and may even create new nerve cells.

- **Remain Socially Involved:**

Social activity not only makes physical and mental activity more enjoyable, it can reduce stress levels, which helps maintain healthy connections among brain cells.

- **Stay Physically Active**

Physical exercise is essential for maintaining good blood flow to the brain as well as to encourage new brain cells. It also can significantly reduce the risk of heart attack, stroke and diabetes, and thereby protect against those risk factors for Alzheimer's and other dementias.

- **Adopt a Brain Healthy Diet**

Research suggests that high cholesterol may contribute to stroke and brain cell damage. A low fat, low cholesterol diet is advisable. And there is growing evidence that a diet rich in dark vegetables and fruits, which contain antioxidants, may help protect brain cells.

Source: Alzheimer's Association <http://www.alz.org>

Dementia & Alzheimer's Community Resources

- **Alzheimer's Association San Diego:**
<http://www.sanalz.org>
- **Alzheimer's Association Orange County:**
<http://www.alzoc.org>
- **Alzheimer's Association Los Angeles:**
<http://www.alzla.org>
- **Glennier's Alzheimer's Family Centers**
<http://www.alzheimerhelp.org> (619) 543-4700
- **UCSD Alzheimer's Disease Research Center:**
<http://adrc.ucsd.edu>
- **Pomerado Behavioral Health:**
<http://www.pphs.org/body.cfm?id=76>
- **Southern Caregiver Resources Center:**
<http://www.scrs.signonsandiego.com>
- **Alzheimer's of Central Alabama:**
<http://www.alzca.org/>

Is it Alzheimer's Disease or Another Related Dementia?

Ask Your Doctor About Other Possible Causes Of Memory Loss Such As....

1. Possible Medication Interactions– If you take even two medications, you may be experiencing dizziness, memory loss or other symptoms due to medication interactions. Make a list and be sure to tell your physician about all the substances you are taking including prescription medications, vitamins, herbal supplements, over-the-counter medicines, smoking cessation products, water and weight loss products, and topical items.
2. Effect of Weight Loss/Gain & Medications– If you have recently gained or lost even 10 lbs, you should ask your doctor to check your medication levels.
3. Symptoms from Dehydration– If you are dehydrated or malnourished, your body may not be processing medications correctly.
4. Falls & Concussions– If you have fallen or hit your head recently, you could have a concussion which can result in sudden memory loss, dizziness, etc.
5. Depression– A common problem among older adults and affects as many as one in five older people. The symptoms of depression are remarkably similar to those of dementia.
6. Alcohol Use– Consuming too much alcohol, or drinking alcohol while taking certain medications may result in symptoms of memory loss.

Source: Alzheimer's Resource Room <http://www.aoa.gov>

New Products to Assist In Coping with Dementia

THE MEMORY PHONE

Forgetting a telephone number happens to all of us, but when you've been diagnosed with AD, it is especially frightening and frustrating. The problem is solved with the Memory Phone that allows you or your loved one to simply push a "picture" to dial the person you want to reach.

The Memory Phone has eight frames for pictures of friends and family. Want to call Margaret, just push her picture-- the phone does all the rest.



CLOCK WITH DAY & DATE

Here's a dependable precision wall clock that displays not only the time, but reminders of the day and date.

You don't have to have dementia to recognize the benefits!

ActivCare at La Mesa
4960 Mills Street
La Mesa, CA 91941
(619) 644-1100

Lic# 374600596

ActivCare at Point Loma
3423 Channel Way
San Diego, CA 92110
(619) 224-7300

Lic# 374600912

Brittany House
5401 E. Centralia Street
Long Beach, CA 9080
(562) 421-4717

Lic# 191601027

Las Villas Del Norte
Retirement Housing Campus
1325 Las Villas Way
Escondido, CA 92026
(760) 741-1047

Lic# 374600317, 080000277

Rancho Vista
Retirement Housing Campus
760 E. Bobier Drive
Vista, CA 92084
(760) 941-1480

*12 new Private
ActivCare® Accomodations
NOW AVAILABLE!

Lic# 374600370, 080000235

Mount Royal Towers
Retirement Housing Campus
300 Royal Tower Drive
Birmingham, AL 3520
(205) 870-5666

Lic# 5530,5531



**HEALTH
CARE
GROUP**



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www.healthcaregrp.com