Free Memory Screens

Did you know that the East Central Florida Memory Disorder Clinic has been offering free memory screens by appointment in our service area for over 20 years?

Memory screens are a good first step if you have concerns about your memory or if you just want to create a baseline of your cognitive function.

The appointments are 30 minutes in duration, confidential and completed by trained professionals. You will receive the results of your screening and recommended next steps.

Please call the Memory Clinic at (321) 434-7612, press 1 to make an appointment at our office in Melbourne or we will also be offering:

Tuesday, February 4th
Sunflower House
Merritt Square Mall
Call (321) 452-4341
or
Friday, February 7th
Port St. Lucie
Call Mona (772) 579-2485

Balance and Aging

Many older adults assume that sub-par balance is just another side-effect of aging. However, if that is true, why are so many retirees well into their eighties and nineties still playing tennis, hiking, riding bikes, and engaging in other activities that require good balance?

“As we age we commonly experience vision loss, arthritis, and a diminished number of nerve endings in the feet that can negatively affect balance” says Neil Cherian, MD, a neurologist at the Cleveland Clinic. Because of these factors, we’re more likely to trip and fall, something that’s especially dangerous for women as female bones become more brittle after menopause.

“Use it or lose it” is a common cliché that we’ve all heard in reference to our health and fitness. The idea is that if you don’t exercise and use your heart and muscles, they get weaker. The body responds and adapts to the demands (or lack of demands) that you place on it. Your balance is no different. If you don’t regularly put yourself in situations where you need balance, your sense of balance will diminish from disuse. Your sedentary lifestyle is essentially telling your brain and body, “I don’t need to have good balance”. Over time, the body will adapt to this.

The good news is that nearly everyone can become more agile. Just about anything that involves standing and moving will help to improve balance. Scott McCredie, author of Balance: In Search of the Lost Sense, says that activities that challenge your center of gravity, like dancing, involve balance such as Tai Chi or Yoga, or an activity that requires bending and straightening, like gardening, can also keep you steady on your feet. And cardiovascular workouts can help maintain and even improve our equilibrium.

Understand that the amount of activity you engage in now will greatly influence the quality of your balance in the future.

Excerpts from Sarasota Memorial Hospital Memory Disorder Clinic and Oprah.com
Be Aware of Your Surroundings

Paying attention to the details we normally block out can help train us to develop new “good” habits. This extra work might come in handy when you need to recall information, keep safe, and make important decisions.

How do we do this? Good question! Here are some things you might be aware of if you take the initiative to be conscious of your surroundings and to be aware of what’s going on around you:

- What kinds of things are in the room where you are?
- Who is around you?
- What is the temperature?
- What is on the walls?
- What does it smell like?
- What are you wearing?
- Is there music or tv playing in the background?
- What else do you hear?
- What stands out for you in the room?
- What is the color scheme of the room?
- Do you feel safe?
- What else are you thinking about while you read this?
- Are you aware of anything else in the environment that you could be paying attention to?

Practicing being more aware and mindful takes some effort. If you practice asking yourself some of the questions like those above, you will notice that you have to put more effort into how you think about things around you and **you have to work at it.** This does not come naturally! Awareness is a wonderful tool that can help you to concentrate and stay focused. Using awareness can keep you alert and mindful about what’s happening around you.

Total Memory Workout!

This **4 week class series** held in **Cocoa Beach** is for the cognitively well senior to learn 8 easy steps to maximum memory fitness!

Please join **Farah Sivolella**, a certified Total Memory Workout Trainer and the Director of the East Central Florida Memory Disorder Clinic, to learn more about your memory and to practice “memorcises” that are designed to build “memory muscle”.

**Where:** Freedom 7 Senior Community Center @ 5000 Tom Wariner Blvd. in Cocoa Beach

**When:** This 4 week class is every Thursday in the month of March, starting March 6th

**Time:** 10:00am to 11:30am

**How to register:** Call the Freedom 7 Community Center at (321) 783-9505

Research News

UC Davis researchers have found that high levels of “good” cholesterol and low levels of “bad” cholesterol are correlated with lower levels of amyloid plaque deposition in the brain that is a hallmark of Alzheimer’s disease, in a pattern that mirrors the relationship between good and bad cholesterol in cardiovascular disease.

The study, “Associations Between Serum Cholesterol Levels and Cerebral Amyloidosis”, is published online in **JAMA Neurology**.


Educational Classes for February 2014

Making the Right Choice...when your loved one needs care outside the home – Presented on Friday, February 21st from 10:00am to Noon at the Center for Family Caregivers. Facilitated by Pat DeAngelis, RN. Please register by calling (321) 434-7625.

Parkinson’s Disease Family Caregiver Training – Learn more about Parkinson’s disease, its symptoms, progression, medical treatments, and creating a Parkinson-friendly home. Wednesday, February 26th from 10:30am to Noon at the Center for Family Caregivers. Facilitated by Barbara van der Heyden of the Memory Disorder Clinic. Call (321) 434-7625 to reserve. Respite is not available.

Understanding Memory Loss – Hear about normal vs abnormal memory changes and explore some issues that can affect our brains. Wednesday, February 26th from 1:30pm to 2:30pm at the Center for Family Caregivers. Facilitated by Barbara van der Heyden of the Memory Disorder Clinic. Call (321) 434-7625 to reserve. Respite is not available.

Stress-Busting for Family Caregivers – This is a 9 week evidence based program that educates family caregivers of loved ones with Alzheimer’s disease or related dementias about the illness and stress management techniques. Classes are offered at various dates and times throughout the year. Call Lynne at (321) 434-7614 to learn more about the class or to register.

EASE Alumni - If you’ve attended the EASE series, please come to the monthly EASE Alumni group meeting offered in Melbourne on Tuesday, February 25th from 2:00p.m. -3:30p.m. at the Center for Family Caregivers on Babcock St.

Stress-Busting Alumni – Past participants in our Stress-Busting for Family Caregiver’s classes are invited to join our monthly meetings and continue our stress-busting techniques and support! We meet this month on Friday, February 7th from 10:00am to 11:30am in the conference room on the second floor of the Aging Services/Memory Disorder Clinic in Melbourne.

Virtual Dementia Tour - A hands-on experience created for anyone seeking to understand the physical and mental challenges of those with Alzheimer's and other related dementias. The tour is free and available to professionals, caregivers, family and anyone in the community looking to gain an understanding of the daily challenges of dementia patients. Held on Wednesday, February 12th from 3:00pm to 4:30pm at Joe’s Club on Wickham Rd. in Melbourne, you must call to reserve a space. Please call Monday - Friday, 9:00 am to 5:00 pm at: 1-321-253-4430.

Caregiver Café – Take a break and enjoy the company of your fellow caregivers while dining, relaxing, and receiving emotional support. Tuesday, February 25 from 6:00pm to 8:00pm at One Senior Place. Respite is available at Joe’s Club on Wickham Rd. Reservations are required by calling Janet Steiner at (321) 253-4430 or Joyce Kennedy at (321) 434-7625.
Support Groups

**Coping with Caregiving** - A support group that meets weekly on Wednesdays, from 10:30am to 11:30am at the Center for Family Caregivers, and focuses on successful strategies for coping with the concerns, feelings and responsibilities with being a caregiver. Facilitated by Jeanne Simpson, M.S.W. Respite is not available.

**Empowered Caregivers Support Group** – Meets every Thursday at 11am at the Center for Family Caregivers and allows caregivers who care for someone with memory loss to share their journey with those who understand what they’re going through. This group includes group discussions and education and is facilitated by Nick Wilson, MSW.

**Dementia Caregiver Support Group:** Meets on the 1st and 3rd Wednesday (February 5th and 19th) of every month at 10:30am, at Sunflower House in Merritt Island. Facilitated by Sharon Ramsey. Respite is not available.

**Osceola Family Caregiver Support Group** – Meets on the second Friday of each month at 12:00 Noon, at the Osceola Council on Aging, in Kissimmee, FL. This month’s meeting is on Friday, February 14th. For more information, please call Farah at (321) 434-7612, press 5.

### LOCATION ADDRESSES

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone</th>
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</thead>
<tbody>
<tr>
<td>Memory Disorder Clinic</td>
<td>3661 S. Babcock St. (2nd Floor), Melbourne</td>
<td>(321) 434-7612</td>
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<tr>
<td>Center for Family Caregivers</td>
<td>3661 S. Babcock St., Melbourne</td>
<td>(321) 434-7625</td>
</tr>
<tr>
<td>Sunflower House</td>
<td>777 E. Merritt Island Causeway, Merritt Island</td>
<td>(321) 452-4341</td>
</tr>
<tr>
<td>Joe’s Club</td>
<td>4676 N. Wickham Rd., Melbourne</td>
<td>(321) 253-4430</td>
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<tr>
<td>Osceola Council on Aging</td>
<td>700 Generation Point, Kissimmee</td>
<td>(407) 846-8532</td>
</tr>
<tr>
<td>One Senior Place</td>
<td>8085 Spyglass Hill Rd., Viera</td>
<td>(321) 751-6771</td>
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To save trees, the Memory Clinic newsletter is e-mailed out at the beginning of each month from Eldercare to those who have registered.

**To receive or discontinue this newsletter, please contact Lynne Brownrigg at (321) 434-7614, or email her at lynne.brownrigg@health-first.org**

Thank you for your interest in our educational topics and upcoming classes!!

**Brain Workout - States with Two-Word Names**

How many of the 10 states with two word names can you name in 30 seconds?

Don’t peek!!!!

Answers below

North Carolina    South Carolina    New York    New Jersey    New Mexico
North Dakota     South Dakota     New Hampshire    West Virginia    Rhode Island