



Hope, Help & Guidance for Alzheimer's Families

A 501(c)3 Organization

11 YORK STREET, KENNEBUNK, MAINE 04043

207.502.7238



Does Alzheimer's = Type 3 Diabetes?

Is Alzheimer's really a new form of diabetes? While the idea that Alzheimer's might be Type 3 diabetes has been around for several years, the connection between poor diet and Alzheimer's is growing stronger as more studies link the two. People with Type II diabetes are twice as likely to get Alzheimer's. This risk increases when the diabetes is less well-controlled, indicating that good diabetes management is an important factor in preventing Alzheimer's. While diabetes does not cause Alzheimer's, the diseases have the same root: an over consumption of foods that disrupt the role insulin plays in your body. APTS client Edie Rossborough and her sister, Cheryl Phillips-Day, believe that diet was a key factor in their mother Betty's Alzheimer's. "My Mom was petite but her diet was awful," Edie says, "Cookies for breakfast, cheese and butter with everything, and pretty much everything was processed." In response to their mother's disease the sisters have created greenestbeans.com, an online database that helps consumers easily locate healthy foods and other products. The link between diet and dementia negates the notion that Alzheimer's befalls us by chance and gives us hope for both a cure, and maybe someday, prevention.



Thank You

A heartfelt thank you to the *Holy Cross Lutheran Church* and their *Crafters for a Cause*. *A Place to Start* was the recipient of all proceeds from their *Blueberry Festival* held on August 8th. The *Festival* raised **\$3,434** for *APTS*.

A Note from Sally

We have been busy out in the communities. *APTS* has spoken at *Kennebunkport Rotary*, *The York Senior Expo*, *York County Community Senior College*, and had a beautiful table at *The Blueberry Festival*. We feel that it is important for us to be out and speak about *Alzheimer's* and what *APTS* has to offer. **"Everyone with a brain is at risk for Alzheimer's..."**

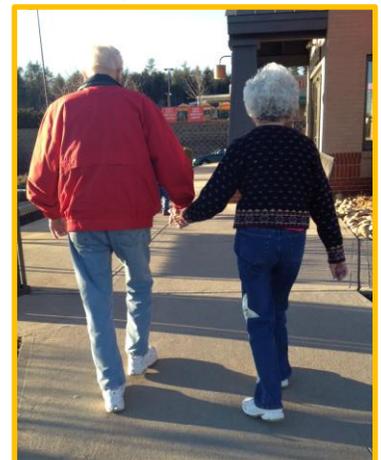
We are super excited about our *Third Annual Big Night Out* being held on **November 14th** at *Duffy's Tavern and Grill in Kennebunk*. It was a wonderful event last year attended by over 160 people. We are working on putting together some great packages for our *raffle*, which was a huge success last year. We are still looking for *sponsorship* or *donations* from businesses. *APTS services are FREE* of charge so we depend on our fundraisers to continue to help families in need. If you would like *to donate* please feel free to call the office at **502-7238**. I look forward to seeing you at the event....

Sally

"Be kind, for everyone you meet is fighting a hard battle."
-Plato

Tips for Caregivers

- ✓ Develop day-to-day routines
 - Keep a sense of structure and familiarity
 - Involve the person in daily activities
- ✓ Communicate
 - Choose simple words and short sentences
 - Use a calm tone of voice
 - Call the person by name
 - Allow time for a response; don't interrupt
- ✓ Eating
 - Aim for a calm, quiet mealtime atmosphere
 - Encourage the person to drink plenty of fluids throughout the day
- ✓ Exercise
 - Incorporate exercise into your daily routine
 - Set realistic goals, start small and build slowly
 - Walking or dancing to music are things that can be enjoyed both by the person with Alzheimer's and the caregiver



Communication Do's & Don'ts

Improved communication skills can make caregiving less stressful for both the caregiver and the patient.

Do

- Keep communication short, simple, and clear, giving one direction or asking one question at a time.
- Get the person's attention by smiling, making eye contact or touching them.
- Speak slowly and use questions that can be answered by "yes" or "no".
- Use distractions or fibs if being honest will upset the person with dementia.
- Maintain your sense of humor. Be sure to laugh with them, not at them.

Don't

- Be patronizing or use baby talk.
- Talk in front of the person as if he or she were not present, be sure to include them in conversations.
- Ask questions that challenge short-term memory.
- Point out the person's memory difficulty.
- Talk about many subjects at once. Keep conversations simple.

Best Alzheimer's Blogs

Alzheimer's Reading Room

Excellent one-stop resource for education and caregiver support

Alzheimer's Front Row

Offers encouragement and support to caregivers and loved ones

Alzheimer's Care at Home

Tips and training for caregiving at home

Early Onset

Tips for caregivers and patients with a humorous but caring approach

Memories from My Life

A daughter shares touching stories of her mother's journey with Alzheimer's



Amazon Smile

Hey, guess what? You can support **A Place to Start** while shopping from the comfort of your home. Simply visit smile.amazon.com, designate **A Place to Start** as your charity, and start shopping. Amazon will donate %0.5 of your eligible purchases to **APTS**. It's really that easy!

5 Surprising Alzheimer's Predictors

- ✓ Sleep problems
 - Sleep disorders have been linked to cognitive deficits.
- ✓ Depression and social withdrawal
 - People who suffer from depression earlier in life are more likely to develop Alzheimer's as they age.
- ✓ Lack of fruits, vegetables and spices in diet
 - Following the Mediterranean Diet is an excellent way to get the foods you need to promote brain health.
- ✓ Diabetes and obesity
 - Insulin-resistant diabetes could double or even quadruple your risk of getting Alzheimer's
- ✓ Heart history
 - Controlling your blood pressure and decreasing stress can help to lower your risk of developing Alzheimer's.

"The purpose of human life is to serve, and to show compassion and the will to help others."
-Albert Schweitzer

Caring for the Caregiver

Practical ways to help the Caregiver (don't wait to be asked):

- ✓ Cook a meal
- ✓ Mow the lawn
- ✓ Walk the dog
- ✓ Call with words of encouragement
- ✓ Pick up groceries



Save the Date!

Our third annual **Big Night Out** will be held on **November 14th, 2015**. We are looking forward to another entertaining evening with amazing raffles, great music and good company coming together for an important local cause. Once again **Duffy's Tavern** is donating their space, **The Sock Puppets Band** is donating their talents, and many local businesses are donating raffle items. **Tickets** are **\$25/each** and will be available online, by calling our office, or from Board members.