



A QUARTERLY
NEWSLETTER
ISSUE NO. 1
FALL - 2008

Alzheimer's Memory Walk 2008



Hello Family and Friends,

Today an estimated 5 million Americans are living with Alzheimer's. And with 78 million baby boomers approaching the age of greatest risk for this fatal disease, the need to find a cure is more urgent than ever.

This will be the second year of our participation in the walk to support individuals and families living

with the disease. For the past two years, the walk has been held at the Dallas Zoo, giving those who may be affected in the future and team Compass ElderCare

Solutions, LLC the opportunity to participate in the Alzheimer's Association Memory Walk® to raise funds and

awareness for Alzheimer's disease. The members of our team brought their kiddos and other

family members and had a wonderful time exploring the Dallas Zoo. So, next year we are encouraging you to do the same and bring your whole family.

The Alzheimer's Association is the leading voluntary health organization in Alzheimer care, support and research, and funds we raise will go directly toward supporting their efforts.

We know we can make a difference with your support. Will you consider making a donation? It's easy to give online by following the link below.

Welcome to the Alzheimer's Donation Page of
Team Compass ElderCare Solutions, LLC

Thank you in advance for your time and generosity – together, we can help to end Alzheimer's!

We'll see you next year for the walk in 2009!!!!

Memory Walk is nationally presented by Genworth Financial.



Compass Eldercare Solutions, LLC never accepts fees for any referral that we make, ensuring that your family gets a completely unbiased opinion on the evaluation given. For more information on the services that Compass Eldercare Solutions, LLC provides, visit our website at www.compasseldercare.com

What we do at Compass Eldercare Solutions, LLC

We help families find and coordinate long-term health care for their loved ones.

- We conduct care planning assessments to identify problems, eligibility for assistance and need for services
- We screen, arrange and monitor in home help or other services
- We review financial, legal or medical issues and offer referrals to geriatric specialists to avoid future problems and conserve assets.
- We provide crisis intervention.
- We act as a liaison to families at a distance, making sure things are going well and alerting families to problems.
- We assist with moving an older person to or from a retirement complex, care home or nursing home.
- We provide consumer education and advocacy.
- We offer counseling and support to elders and their families.
- We advocate for the elder.
- We help save you money by developing a care plan that utilizes funds where they are needed the most.

We provide options, guidance and peace of mind for families needing long term care for a loved one in the Dallas/Ft. Worth area.

Past & Present

Speaking Engagements

Help Restore Ability

“What are Professional Geriatric Care Management Services & How These Services can HELP Your Clients”

Kindred Hospital

Wed. 10-8-08

CMSA

Tues. 12-9-08

Redefining the Senior

“A look at How the Growing Aging Population will Effect the World’s Economy, Workforce & Healthcare System.”

Mayhill Hospital

Friday 9-26-08

Recovery Resource

“How the Role of the Working Caregiver Effects the Corporation’s Bottom Line. What Manager’s & CEO’s Need to Know.”
Wed. 10-15-08

Advanced NAPGCM Retreat

A Retreat Specifically targeting those members of the National Association of Professional Geriatric Care Managers who have been practicing Professional Geriatric Care Management for at least 5 years.

Thurs. 10-23-08

through 10-26-08

Additional Resources:

<http://www.medicare.gov/>
(Medicare Information)

<http://www.dads.state.tx.us/>
(Department of Aging & Disability Services)

<http://www.alz.org/index.asp>
(National Alzheimer’s Association)

www.brainhealth.utdallas.edu
(Center for Brain Health-University of Texas at Dallas)

www.namenda.com
(Namenda-Memantine HCL)

www.aricept.com
Aricept (donepezil HCl)

www.Exelon.com
(Rivastigmine Tartrate)

Did you know...

According to this article written by the Alzheimer's Association...

Helping the person with dementia maintain his or her appearance can promote positive self-esteem. Here are some ways you can assist the person with dressing and grooming routines.

Dressing

Choosing and putting on clothes can be frustrating for the person with dementia. The person may not remember how to dress or may be overwhelmed with the choices or the task itself.

- **Simplify choices.** A person may panic if clothing choices become overwhelming. Try offering just two choices of shirts and pants.
- **Provide direction.** Lay out clothing in the order that each item should be put on. Hand the person one item at a time while giving short, simple instructions such as "Put on your shirt," rather than "Get dressed."
- **Keep the closets free of excess clothing.**
- **Choose comfortable and simple clothing.** Cardigans, shirts and blouses that button in front are easier to work than pullover tops. Substitute Velcro® for buttons, snaps or zippers, which may be too difficult to handle.
- **Choose comfortable shoes.** Make sure the person has comfortable, non-slip shoes.
- **Get duplicate outfits.** If the individual wants to wear the same outfit repeatedly, buy duplicates or have similar options available. It's all right if the person wants to wear several layers of clothing, just make sure he or she doesn't get overheated.
- **Offer praise, not criticism,** if clothing is mismatched.
- **Be patient.** Rushing the person can cause anxiety and frustration.

Grooming

The person with dementia may forget how to comb hair, clip fingernails or shave. He or she may forget what the purpose is for items like nail clippers or a comb.

- **Maintain grooming routines.** If the person goes to the beauty shop or a barber, continue this activity. If the experience becomes overwhelming, ask the barber or hairstylist to come to the person's home.
- **Use favorite toiletries.** Allow the person to use his or her favorite toothpaste, shaving cream, cologne or makeup.
- **Use a "show me" technique.** Take a brush, comb your hair, and encourage the person to copy your motions.
- **Use safer, simpler grooming tools.** Use cardboard nail files and electric shavers that are less threatening than clippers and razors.

Meet the Owners of Compass Eldercare Solutions,
LLC...



Cheryl Lenheiser

Cheryl Lenheiser, LCSW has been practicing since 1990. She earned her Bachelor of Arts at Texas Christian University majoring in psychology with a minor in sociology. She received her Masters of Science in Social Work from the University of Texas at Arlington in 1992. Cheryl has extensive experience in mental health and medical social work and developed a social work department for a Dallas/Fort Worth area hospital. She has developed and taught numerous educational courses on resources across the continuum of care for professional health care workers and lay persons. She has served on several non-profit boards of directors and participates on numerous professional association committees, including the National Association of Professional Geriatric Care Managers and the Society of Social Work Leaders in Health Care. She is an approved supervisor for mentoring younger social workers working towards their Advanced Clinical Practitioner certification. Cheryl is a native of a Fort Worth suburb, currently residing in a suburb of south Denton County with her husband and three children. Cheryl is licensed by the State of Texas as a Licensed Clinical Social Worker.



Michele Osentowski

Michele Osentowski, LMSW-IP has been practicing social work since 1992. Michele earned her Bachelor of Science at the University of North Texas majoring in social work. She went on to complete her Masters of Science in Social Work at the University of Texas at Arlington in 1999. Michele has extensive experience working in the criminal justice system. She authored “An In Depth Look at Housing Locator Services for the Elderly”. She has been a member of the National Association of Professional Geriatric Care Managers since 2001. She has been active on the South Central Chapter of the National Association of Professional Geriatric Care Managers public relations committee. She has been practicing Professional Geriatric Care Management Services since 2001. She is the co-coordinator of monthly events for the Society in Social Workers Leaders in Healthcare Dallas Chapter. She has developed educational programs for the continued development of the Social Work professional. She is a native of Dallas, Texas. Mother of 2 “humans with fur”, Finn, an Anatolian German Shepherd mix and Maestro, a border collie mix. Michele is licensed by the State of Texas as a Licensed Masters of Social Worker. In 2008, she received her Independent Practice designation from the Texas Board of Social Workers.



Member of the
National Association of Geriatric Care Managers