



A QUARTERLY
NEWSLETTER
ISSUE # 2
SUMMER 2009

Alzheimer's Memory Walk 2009

Customer Response to our Care Manager's!

Dear Cheryl,
I can't put into words how helpful you have been to me. Over the last five years you have become like a daughter and I appreciate all you do to assist with the care that I need. I don't know where I would have ended up without your help.

Dear Lezli,
You have been an angel sent to us from God! ☺ WE would be lost without your guidance and support. I tell EVERYONE about you!

Current Engagements

- Please See Our Website for These Event Details
<http://www.compasseldercare.com/events.html>
- Care Giver Workshop
July 14, 2009 Unity Church of Dallas
6525 Forest Lane, Dallas, TX 75230
Tel: 972-233-7106 [Details Here](#)
- Memory Loss Support Group
August 11, 2009 Village Oaks Community
13505 Webb Chapel Rd, Farmers Branch TX
Tel: 972-241-3955 [Details Here](#)
- Aging & Memory Health & Education Conference
September 19, 2009 Concord Baptist Church
8608 Pastor Bailey Dr, Dallas, TX 75237
Tel: 214- 540-2427 [Details Here](#)

Get out your tennis shoes...Compass ElderCare Solutions, LLC is walking for a cause!

Each year the Alzheimer's Association hosts a walk to raise awareness, community support, and funds for Alzheimer's' research and care.

This year team, Compass ElderCare...Compassionate Care for Seniors, is gearing up early to raise awareness and community support for this event.

Alzheimer's Disease and various forms of other dementias are on the rise. According to the Alzheimer's Association of Greater Dallas, "every 70 seconds someone in America develops Alzheimer's disease and it is currently the 6th leading cause of death in the United States."

As Compass ElderCare continues to support seniors and their families within the community, we see the growing needs associated with this devastating disease.

We would like you to join our team in walking for a cause or make a tax-deductible contribution in honor of or in memory of those afflicted with the disease.

This year's walks will be held at the Dallas Zoo, 621 Clarendon Drive, Dallas, Texas, on Saturday, November 21. Registration begins at 8:00am.

Please mark your calendars and spread the word. For more information, contact our Alzheimer's' Walk Team Captain, Lezli Ragland, at lezli@compasseldercare.com

To find out more about Alzheimer Disease and other dementias contact Compass ElderCare Solutions and the Alzheimer's Association of Greater Dallas.

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 please visit our website at www.compasseldercare.com

The History of Dementia

Tam Cummings, M.S., Gerontologist:

For centuries, a disease process we call “dementia” has been described in Western literature. Even the earliest writings of medicine and history describe behaviors, illnesses and deaths which were most probably caused by one of the 48 kinds of dementia. Think about the kings and emperors you’ve read about who went “mad” or references to people who had “shaking disease.”

We read about these people and their loss of ability to use memory (amnesia), to use or understand language (aphasia), their loss of understanding of common objects or people (agnosia) and their inability to coordinate purposeful muscle movement (apraxia) and we recognize these references as descriptions of people who had what we would today call Alzheimer’s disease or Multi-infarct Dementia or Parkinson’s disease.

“Dementia” is a word we get from a French physician named Philippe Pinel. In 1801 he was working with a 34-year-old woman with an unusual disease process. Over a period of just a few years, this young woman lost her memory, speech, ability to walk or use common objects like a fork or a hairbrush and Pinel called this process “demence.” He used the word “demence” to mean an “incoherence” of the mental faculties to describe her disease. Today the word dementia indicates a person having cognitive impairment significant enough to interfere with daily functioning and describes one of more than 48 types of these diseases in the brain.

When Pinel’s patient died, he autopsied her brain. Using a primitive microscope, he studied the brain tissue. With his microscope, he was only able to describe two distinct features of her disease. He wrote that the woman’s brain was full of fluid and it had dramatically shrunk in size.

In 1907, a German physician published a paper on a patient of his who exhibited behaviors similar to Pinel’s patient. This woman was in her fifties and she appeared to have the same disease Pinel described. The woman suffered a “failure of memory, paranoia, loss of reasoning powers, incomprehension and stupor.”

When the German physician looked at her brain however, he had a more advanced microscope, an optical microscope. And in writing a research paper about his patient, Alois Alzheimer described the disease process for which he is known today. Alzheimer described a brain that was (1) shrunken and (2) full of fluid, but also (3) suffered structural damage in the form of neurofibrillary tangles and (4) had bone structures growing in the brain tissues. These are the four hallmark features of a brain with Alzheimer’s disease.

Alzheimer sent his paper documenting his findings to his mentor, Dr. Emil Kraepelin. When Dr. Kraepelin published his eighth medical textbook, Alzheimer’s paper and research were included and the disease became known as Alzheimer’s disease.

One of the challenges for us today is the pronunciation of Alzheimer’s. Some people have a tendency to pronounce Alzheimer’s like the words “Old-Timers,” which continues to enforce the thought that as we age we lose our mental abilities. Alzheimer’s is actually a disease and is not considered a part of the normal aging process. Most people do not develop any type of dementia. And most people remain cognizant throughout their lifetimes. Indeed, people learn at the age of eighty at the same rate they learned at the age of twenty. It may take a little longer to take the test as it’s usually been a long time since an 80-year-old person took a test, but given enough time, persons continue to perform cognitively.

Today more than 4.7 million Americans are diagnosed with Alzheimer’s disease alone. As the baby boomer population ages, that number is expected to increase to 17 to 20 million persons in the United States alone. If you suspect you or someone you love is exhibiting signs of mental confusion or you simply want to learn more about dementia and Alzheimer’s disease, do not hesitate to contact us. We will arrange for a confidential assessment and evaluation. We can also provide a geriatric care manager to speak about Alzheimer’s, other types of dementias or the normal aging process to any group or organization.

Village Oaks Monthly Support Group

Compass ElderCare Solutions, LLC continues to support the community through awareness and educational opportunities. We believe through education and awareness, we can continue helping community seniors and families as they face the many adjustments of the aging journey.

Village Oaks Assisted Living & Memory Care Community of Farmers Branch hosts a monthly Support Group to provide education and support for those affected by memory loss. On Tuesday, August 11, 2009, one of our Professional Geriatric Care Managers, Lezli Ragland LCSW, C-ASWCM, will facilitate the group.

Join us for Heart-to-Heart and learn how to make an emotional connection with their loved ones affected by memory loss.

The Support Group is open to the General Public.

It begins at 5:30pm and is located at 13505 Webb Chapel Road in Farmers Branch.

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 North Texas area from Denton to Austin.

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)



Compass ElderCare Solutions is a member of the
National Association of Geriatric Care Managers

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.

Compass ElderCare Solutions, LLC. Proudly Presents Two of Our Care Managers.



Lezli Ragland, Licensed Clinical Social Worker (LCSW) and Certified-Advanced Social Work Case Manager (C-ASWCM), has been practicing social work since 1998. Lezli completed her Masters of Science in Social Work at the University of Texas at Arlington in 1998, graduating the top of her class. She earned her Bachelor of Arts in communication from the University of North Texas 1985, as well as completed her Bachelors of Science from the University of Texas Southwestern Medical Center Allied Health Sciences School in Rehabilitation Counseling in 1996. Lezli has extensive experience in geriatrics, medical social work, dementia and other memory related illnesses. She is well versed in Advance Directives and the end of life decision making process. She was instrumental in the development of a secured memory loss unit which ranked number one within the company. Her outstanding efforts were recognized by the Dallas Alzheimer's Association and she was awarded the R.J. Roper Caregiver Award for Standard of Excellence in the field of Alzheimer's disease in 2006. Lezli actively participates in fund-raising efforts for the Alzheimer's Association of Greater Dallas to help find a cure for this disease. She has facilitated a number of support and educational groups. Lezli has served on non-profit Board of Directors for organizations advocating on behalf of the indigent elder population. She has guest lectured for Nursing Students, as well as provided formalized training to other professionals and families regarding aging and memory loss. She has completed the American Cancer Society Grief facilitator program. Lezli is an active member of the National Association of Social Workers. Lezli currently lives in Dallas with her husband and two fur kids, Sissy, a golden retriever, and CK, a domestic long hair cat. She actively participates in caring for a registered feral cat colony with the SPCA of Texas.



Donna Work, MFCS; Gerontologist, has been working as an advocate for older adults since 2004. She received her specialist in aging certification from The University of North Texas and earned her Master's degree in Gerontology from Iowa State University. She was a top honor graduate student at both universities. Her undergraduate studies were completed at Texas Christian University where she achieved a Bachelor of Arts degree in Business Management. She is a professional member of the National Gerontology Academic Honor and Professional Society, the Texas Association for Adult Development and Aging, and the Texas Counseling Association. She serves as a member of a non-profit advisory committee as the older adult specialist and has written and edited for a local senior adult publication. She has volunteered for Meals on Wheels delivering meals to the homebound elderly in her area. Her gerontological research interests include the study of centenarians and learning their secrets to longevity of life and also the subject of understanding the health benefits for the spiritual well-being of older adults. She is a native of Fort Worth and currently resides in a suburb between Dallas and Fort Worth with her husband of twenty-nine years.