



A QUARTERLY  
NEWSLETTER  
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## Alzheimer's Memory Walk 2009

### Check Out Our Informative Radio Talk Shows!

Cheryl has addressed many of your questions and concerns in two recent Radio talk shows hosted by:

Criss Murdoch, On the Wings of Angels,  
Caregiving & Cognitive Education Services.

The transcripts are available at [THIS LINK](#) or on the Compass ElderCare Solutions, LLC website at

[www.compasseldercare.com/events.html](http://www.compasseldercare.com/events.html)

### Current Engagements

Please See Our Website for These Event Details

[www.compasseldercare.com/events.html](http://www.compasseldercare.com/events.html)

### Current Memory Walk Donors

#### 50 and Holding

Becky Hopkins, Relator, SRES, GRI Relocation Specialist

Mobile: 972-978-7239 FAX: 972-418-1822

Toll-Free: 1-800-451-8056 X 352

[www.50andholding.com](http://www.50andholding.com)

#### TexCap Concord Insurance Agency

[www.texcap-concord.com](http://www.texcap-concord.com)

And on Our WebSite

[www.compasseldercare.com/preferredvendors.html](http://www.compasseldercare.com/preferredvendors.html)

### 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](mailto: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](http://www.compasseldercare.com)

## Mediterranean Diet Cuts Alzheimer's Risk



(WebMD) People who mostly follow the Mediterranean diet lower their risk of mental decline -- **and** they lower this risk even more if they exercise, new studies suggest.

In a 2006 study, Columbia University Medical Center researcher Nikolaos Scarmeas, MD, and colleagues showed that elderly New Yorkers whose eating habits most resemble the Mediterranean diet have about a 40% lower risk of Alzheimer's disease than do those with poor diets.

A new study of 1,410 older men and women living in France confirms that those who most adhere to the Mediterranean diet have slower age-related cognitive decline than those whose diets least resemble the Mediterranean diet.

And in an update on their earlier study, Scarmeas and colleagues report that among the 1,880 mixed race/ethnicity Americans in their ongoing study, those who get the most physical activity get the least Alzheimer's disease.

These effects add up: The most adherent Mediterranean diet followers who stayed most physically active had a 61% to 67% lower risk of Alzheimer's disease. It's not a matter of eating less and exercising more, Scarmeas tells WebMD -- it's a matter of eating well and staying active.

"It is not how much you eat but how well you eat," he says. "If you take two people at the same weight, the one that exercises or has the healthy diet will have the benefit." The mental health benefits of the Mediterranean diet and of physical activity were very similar, but independent.

"If two people are eating the same healthy diet, that person who also gets physical activity has much lower risk of Alzheimer's disease compared with the person who is not active," Scarmeas says. "And if both are active, the one with the healthy diet has much lower risk than the person with a less healthy diet."

**Mediterranean Diet No Quick Fix for Mental Decline.** Unlike the typical American diet, the Mediterranean diet:

- Is very low in red meat and poultry
- Is very high in fruits, nuts, legumes, vegetables, and cereals
- Is high in fish
- Permits low-to-moderate amounts of wine
- Uses olive oil as the main source of fat

Scarmeas notes that both his study and the French study (in which he served as a co-investigator with study leader Catherine Feart, PhD, of INSERM) do not prove that either the Mediterranean diet or exercise will protect a person against Alzheimer's disease or cognitive decline.

"We need a clinical trial to have a higher degree of certainty, but we know these types of behaviors are beneficial in terms of other conditions and diseases," he says. "So it may be good to follow them even with just this preliminary hint they are good for brain health. And just one of these behaviors may not be enough. It may be best to focus on both eating well and staying active."

Elderly people who have a lower risk of Alzheimer's disease probably did not wait until their 70th birthdays to start a healthy lifestyle, notes Mayo Clinic neurologist David S. Knopman, MD.

"To the extent they have an effect on the brain, healthy diet and physical activity probably act over many decades," Knopman tells WebMD.

Is there some special component of the Mediterranean diet that fights Alzheimer's disease? Maybe. But Knopman notes that the Scarmeas study compared those who most closely followed the Mediterranean diet to those who least followed it.

"In the U.S., those who least adhere to the Mediterranean diet would be eating double cheeseburgers and other fast food," he says. "The findings might mean there's something bad in this diet, rather than something good in the Mediterranean diet."

Knopman says the main message of the Scarmeas and Feart studies is that diet is a very important part of a healthy lifestyle. Studies link the Mediterranean diet not only to slower mental decline but to lower risk of heart disease, cancer and early death.

"This diet can't be so fantastic that it has biochemical effects on all these things -- that stretches credibility," Knopman says. "It seems more likely these studies are picking up on some healthy lifestyle behaviors and other factors that began in childhood."

The Scarmeas and Feart studies, and an editorial by Knopman, appear in the Aug. 12 issue of the Journal of the American Medical Association.

By Daniel J. DeNoon

Reviewed by Louise Chang, MD

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## 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.

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

[www.namenda.com](http://www.namenda.com)  
(Namenda-Memantine HCL)

[www.aricept.com](http://www.aricept.com)  
Aricept (donepezil HCI)

[www.Exelon.com](http://www.Exelon.com)  
(Rivastigmine Tartrate)



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



## Did You Know....

### Emergency Department Visits for Injurious Falls among the Elderly, 2006

**The Agency for Healthcare Research and Quality** reports results from analyses of the Healthcare Cost and Utilization Project-Nationwide Emergency Department Sample regarding ED visits among elderly adults who were coded as sustaining both a fall and an injury. Starting from the vantage point of the ED these analyses highlight the importance of our efforts to reduce falls and illuminate how injurious falls contribute to human suffering, ED overcrowding, hospital costs, admission to long term care facilities as well as private and government health care spending. Having sustained a fall injury requiring a trip to the ED could trigger efforts to identify, track, assess and intervene with these high risk individuals in order to reduce the risk of sustaining another fall. Having fallen is one of the strongest predictors that one will fall again.

#### In the United States in calendar year 2006:

- Injurious falls accounted for 10.5% of all ED visits among adults aged 65+, totaling over 2.1 million visits.
- The rate was 57.4 ED visits for injurious fall injury per 1000 people 65+ years of age.
- Females accounted for 70.2% of the ED visits. Those aged 75-84 had the highest number of visits (40.3%), followed by those 85+ (32.4%) and finally those 65-74 (27.3%). Nearly 1 in 7 women and 1 in 10 men aged 85+ had an ED visit for an injurious fall.
- The most common injuries resulting in an ED visit were fractures (41%); superficial contusions (22.6%); open wounds (21.4%), sprains and strains (10%); internal organ injuries (4.6%) and dislocations (1.5%).
- Hip fractures accounted for about 1 in 8 ED visits among adults aged 65+.
- Nearly 30% of the injurious falls treated in the ED resulted in hospital admissions and these admissions (while not longer) had a higher average cost (\$10,800) relative to older adults admitted from the ED for other reasons (\$9,900).
- The aggregate national cost of hospital care for older adults who came in through the ED for an injurious fall was \$6.8 billion.
- The elderly who were treated in the ED for an injurious fall and then hospitalized were more likely to be discharged to long term care (65.7%) than elderly ED patients hospitalized for other reasons (28.4%). Fractures or internal injuries were most likely to require hospital discharge to a long term care facility.

Owens PL, Russo CA, Spector W and Mutter R. Emergency department visits for injurious falls among the elderly, 2006. HCUP Statistical Brief #80. October 2009. Agency for Healthcare Research and Quality, Rockville, Maryland.

Source: CT Collaboration for Fall Prevention. 2005, Mary E. Tinetti, M.D. All rights reserved.

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



Melinda Chance, LMSW, has been practicing since 1991. She earned her Bachelor of Social Work at the University of Texas at Arlington. She went on to complete her Masters of Social Work at the University of Texas at Arlington in 1994. Melinda has extensive experience in medical social work, specifically, in the areas of hospital, long-term acute care, hospice work and mental health/mental retardation services. She has developed and facilitated a number of support and educational groups. She has served on several nonprofit boards of directors and participates in numerous professional association committees, including the National Association of Social Workers. Melinda lives in a suburb of Fort Worth. Melinda is licensed by the State of Texas as a Licensed Masters Social Worker.



Jennifer R. Owens, L.M.S.W., was formerly the Social Services Director at Good Samaritan Village in Denton, Texas. Jennifer has been a medical social worker since 1991 and has worked extensively with youth, families, and the elderly in schools, group homes and nursing homes across the country. She is currently licensed in Texas as a licensed Master Social Worker. She is a family development specialist and worked as a licensed social worker with the states of New York & Maryland. She is also a certified teacher with the NYS Department of Education and was a college professor at Cazenovia College for seven years. She has consulted in the area of family development and preservation on several occasions as a professional, to domestic violence agencies, youth centers and churches. In addition, she was a diversity trainer and member of the National Coalition Building Institute for several years, and has been an independent contractor in social work since 2006. Jennifer is a graduate of Cazenovia College, in Cazenovia New York State University of New York (SUNY) Brockport and received her Masters Degree in Social Work from Howard University, in Washington, D.C. She and her husband, Timothy Owens own a training and development business in which they teach on various leadership topics and consult businesses about how to develop their teams. In 2004 her leadership organization has also launched a “Nurturing Families” Conference and she traveled to South Africa to complete a community development plan to help empower families and youth.

