



# Alzheimer INSIGHT

Alzheimer's...  
Remember To Care

## MEMORY LOSS

### The Single Greatest Threat to the Health of Americans

by Dr. James Sorensen, Ed.D

The population of our country is facing a great health risk as we begin to age. It is memory loss – dementia or Alzheimer's and is sometimes related to other health factors such as obesity, high cholesterol, high blood pressure, heart disease and diabetes. There is no direct cause and effect relationship existing between these factors and memory loss, but they do affect it. Our sedentary lifestyle also affects the brain health of most Americans.

On an opinion page in the New York Times, October 27, 2010, Sandra Day O'Connor, Stanley Prusiner and Ken Dychtwald wrote an Op Ed article called "The Age of Alzheimer's". In this article they stated "... what is likely to become the single greatest threat to the health of Americans: Alzheimer's disease, an illness that is 100 percent incurable and 100 percent fatal. It attacks rich and poor, white-collar and blue, and women and men, without regard to party. A degenerative disease, it steadily robs its victims of memory, judgment and dignity, leaves them unable to care for themselves and destroys their brain and their identity – often depleting their caregivers and families both emotionally and financially."

Why is this a concern at this time? Starting January 1, 2011, 79 million baby-boomers begin turning 65. This milestone is the point at which Americans are, and should be, more concerned about memory loss and dementias of all kinds, but particularly Alzheimer's disease. One in ten Americans age 65 is affected by dementia and by age 85 it is one in two. Currently in America 5.1 million people suffer from Alzheimer's and 15 million are anticipated by the year 2050.

President Obama did sign the historic National Alzheimer's Project Act into law on January 4, 2011, paving the way for the nation's first national and comprehensive strategy to prevent and treat Alzheimer's disease. The act establishes an inter-agency council that will work with the U.S. Secretary of Health and Human Services to help address care, research and support. With the lead of the Alzheimer's Foundation of America (our affiliate) more than 100 organizations had signed a letter of support for passage of the act. The Alzheimer Society of Washington was one of those supporting organizations. Eric J. Hall, (AFA's president and CEO) stated "the act offers hope for the approximately 5.1 million Americans living with the disease, and their families, and comes at a significant time since baby boomers' advancing in age put them at greater risk for the disease.

At some time in the near future we hope a cure is discovered, but at this time knowledge, advocacy and support of family caregivers and those suffering from memory loss is the only way to maintain their quality of life. Through the programs offered by the Alzheimer Society of Washington some assistance is provided and much more can be done. It is critical that ALL of us are considered to be "someone who cares" in this fight against memory loss, dementia and Alzheimer's.

Please – *Remember to Care.*

## Maintaining a Brain-Healthy Lifestyle

by Dr. James Sorensen, Ed.D

One of the facts that many Americans probably have not considered is a healthy Brain. Some memory loss is probably accepted as being a normal part of aging and we assume we either have a good memory or we don't. However, there are things we can do to maintain brain health the same as we do to maintain a healthy body.

### Treat high blood pressure.

A critical factor is to treat high blood pressure. Many of us as aging adults suffer from high blood pressure and it is critical to keep it under control. The recommended level is 120/80 and helps prevent strokes and maximizes blood flow to the heart. John Hopkins University reports that 40 million Americans suffer from high blood pressure and only 10 million have it under control.

### Eat a balanced diet.

Eating a balanced diet low in fat, low in cholesterol is advisable with nine servings of fruits and vegetables. "Foods

See **MAINTAINING A BRAIN-HEALTHY LIFESTYLE**, page 2

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## My Mommy Had Alzheimer's

by Chris Sorensen

My mother had Alzheimer's and passed away on Christmas Eve day at the age of 89. Yes, it affected our holiday spirit. We were saddened by the fact that she was no longer with us, yet rejoiced that she got to spend Christmas in heaven with daddy.

I am very fortunate to be part of a large, loving family. I have five sisters and three brothers and I'm right in the middle. As is quite often the case, the oldest sibling has the responsibility of taking care of the aging parents. Of course it helped that she lived next door. I never really realized the stress that was put on her by having this responsibility until the last couple of years.

We had been living out of the area for most of the time, and saw our parents only several times a year. Mom started showing signs that something wasn't right in her mid to late 70's, each year becoming more difficult for her. I remember hearing that she would claim to be the old lady that couldn't remember why she couldn't remember.

At first I didn't think too much about it. It wasn't my problem. Even after mom and dad went to Lynden Manor, I still thought they were just old folks that couldn't care for

themselves anymore. I didn't see them as often as I could have or should have. I was too busy with my life and my problems. Daddy passed away in 2006. Not long after that I ended up coming back to the area and saw the constant love and care that my oldest sister provided our mother. She was busy caring for her husband who has Parkinson's, yet she always made time to care for mom, taking her to the doctor, getting her hair done, sitting with her, listening to her stories as long as mom was still able to communicate, and anything else that mom needed. I never heard her complain about the added responsibility, but I watched her get more tired and weary. I wanted to help but didn't know how.

As mom's Alzheimer's progressed, it was more and more evident. She was still my mommy even though she didn't know who I was. Once when I called her mamma, she looked at me and said "you look like you could use a mamma, I guess I could be your mamma today". On her last birthday in September, I asked her if I could give her a hug and she whispered to me, "I have to ask my mommy first". I assured her that I had asked her mommy and she said it was ok. We shared a hug and that was the last time she actually said anything to me.

In early November mom fell again (she did that a lot) and spent the day in the hospital before being transferred to the Lynden Christian Care Center. I spent that day with her in the hospital, stroking her forehead, singing to her, feeding her (what little she would take), and just being with her. I will treasure that day forever. At that time we were told that she was expected to live only a day or two, maybe a week at the most. She really surprised us by hanging on until late December. I treasure the many memories I have of my mother even in her final stages of Alzheimer's, and I treasure my sister for her loving care.

It was because of my sister's involvement with the Alzheimer Society that my husband and I became interested. They were the ones she called when she didn't know where to turn, didn't know who to talk to for help in dealing with the many issues surrounding Alzheimer's. What would you do, where would you turn for help when your loved one faces the challenges of Alzheimer's or other forms of dementia? The Alzheimer Society of Washington is here to help you.

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## MAINTAINING A BRAIN-HEALTHY LIFESTYLE

(continued from page 1)

rich in Omega-3 fats (especially wild salmon, mackerel, trout, sardines, walnuts and flaxseed) may be particularly beneficial for brain function."

### **Stay physically active – exercise.**

Maintaining a normal exercise routine by walking several days (3 or more) per week not only increases blood flow to the brain, it promotes general brain health by encouraging new brain cells. This is in general the same recommendation given to reduce heart attacks, strokes and diabetes which help protect against risk factors associated with Alzheimer's and other forms of dementia.

### **Remain socially active.**

Social activity can make physical and mental activity more enjoyable and helps maintain healthy connections among brain cells.

### **Drink only in moderation.**

Moderate alcohol consumption (no more than 4 oz. of wine, 1 oz. of spirits or 10 oz. of beer) may actually lower the risk of memory loss. People who drink excessively more than 4 times the recommendation, increase their risk of memory loss by 1 ½ times.

### **Check your medicine cabinet.**

There are a number of drugs that can impair your memory and your physician may be able to adjust those – ask. Medications which can impact your memory or slow your memory include; analgesics, anti-anxiety drugs, antibiotics, antidepressants, antihistamines, anti-nausea drugs, antihypertensives, anti-psychotics, antiulcer drugs, hormones, pain drugs, Parkinson's drugs, seizure medications, sleep medication, and steroids. For a more complete listing visit John Hopkins Medicine Special Report "Medications and the Brain" at [www.memorybulletin.com](http://www.memorybulletin.com). Most importantly you should talk to your doctor about potential changes if you seem to be impacted by any of the drugs given for ulcers, pain, depression, anxiety, hypertension, Parkinson's disease, thyroid conditions or other medical problems. Seek immediate medical assistance if you or a family member notices a decline in memory functioning.

### **Get enough sleep.**

A lack of sleep can stress the brain and affect your ability to learn, concentrate and recall information. Don't suffer from sleep deprivation; it can affect your mental alertness.

See **MAINTAINING A BRAIN-HEALTHY LIFESTYLE**, page 3

## Early Memory Loss Program

by Madaleine Lippert, RN MSN Educational Consultant

The Alzheimer Society of Washington will be offering the Early Memory Loss Program for persons with early memory loss difficulties and their family caregivers weekly in September through November 2011. Persons with memory loss problems due to Alzheimer or any other related dementia could be eligible to attend this program. The classes will offer educational, social, and psychological learning opportunities, as well as support, community resources and planning for the future.

Names are being accepted at this time for persons experiencing early memory loss and their caregivers who are interested in attending the program and are living at home. This may seem early to be planning a class for September, however the class does fill up quickly and there will be a limited number of participants accepted in this class.

The class has been presented several times in past years and has been extremely helpful in understanding the challenges of daily care, where to get help, the need for future planning and much more, for the caregiver and the person they are caring for at home.

### Program for 2011 will include:

#### Introductory Session: Goals and Ground Rules

An opportunity to learn the purpose and structure of the group and to become acquainted with one another and the program leaders.

#### Coping with Memory Problems

This session provides an opportunity to explore the impact of memory loss on the lives of the person experiencing the loss and their loved ones. We will review coping strategies and offer suggestions.

#### Medical Update

A guest from the medical profession will share the latest information about Alzheimer's and related dementias diagnosis, research, and available treatment.

#### Daily Living Skills and Driving Concerns

We will consider the ways memory loss impacts daily living, discuss driving and safety issues.

#### Alzheimer Society of Washington 25th Annual Fall Conference

We will attend part of the conference.

#### Social and Family Relationships and Health Considerations

Family and social dynamics may change as the result of memory loss. We will address maintaining and improving these relationships. We will explore disclosure of the diagnosis and health considerations.

#### Self Esteem, Wellness and Stress Management

This session will look at where and how you are, and provide tools to maintain your well-being.

#### Legal and Financial Considerations

A guest from the legal profession will discuss legal and financial issues and be available to answer questions concerning long-term care and estate planning.

#### Planning for the Future

This session will look at your present living arrangements, future needs, and available community resources. There will be guest speakers to discuss resources.

#### Summary and Closure

We will summarize the sessions and discuss future opportunities for participants.

**FOR ADDITIONAL INFORMATION OR  
TO REGISTER FOR THE PROGRAM  
PLEASE CALL ASW (360) 671-3316 OR 1(800) 493-3959**

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## MAINTAINING A BRAIN-HEALTHY LIFESTYLE

(continued from page 2)

#### Stay mentally active.

Mentally stimulating activities strengthen your brain cells, the connections between them, and can create new nerve cells. Learn a language, play chess, take a class, play the piano or other musical instruments, read, do cross-work puzzles or word search, as well as other intellectual challenging activities. If these don't prevent dementia, they will at least improve your quality of life and lower your risk of depression. Unfortunately, watching television is not very effective.

#### Protect your head.

Avoid all situations where you might fall, such as climbing ladders to do household chores. Get rid of tripping hazards such as light cords, throw rugs and furniture which could be a tripping hazard. If you engage in sports such as bike riding, protect your head with a helmet. People who have had severe head injury are more likely to develop Alzheimer's disease or other forms of dementia.

#### Therefore, to maintain a brain healthy lifestyle:

Treat high blood pressure	Remain socially active	Get enough sleep
Eat a balanced diet	Drink only in moderation	Stay mentally active
Stay physically active	Check your medicine cabinet	Protect your head

Remember, if you have concerns, or engage in many of the above good habits, check with your doctor first to be sure you are physically capable or to review other factors.

For more complete information see [www.memorybulletin.com](http://www.memorybulletin.com) by John Hopkins Medicine

**Alzheimer Society of Washington** *presents*  
**2011 Spring Workshop**



Presented by  
**Teepa Snow**  
 MS, OTR/L, FAOTA  
*Dementia Care & Training Specialist*

**Friday, April 29, 2011**  
**8:15 am to 4:30 pm**

**St. Luke's Health Education Center**  
**3333 Squalicum Parkway**  
**Bellingham, WA**

6 CEUs available

Information & registration: (360) 671-3316 or (800) 493-3959 Visit our website: [www.alzsociety.org](http://www.alzsociety.org)

**Registration or Vendor Form**  
**Spring Workshop, April 29, 2011**  
*Pre-registration required*

Please complete one form for each participant

Name \_\_\_\_\_  
 Agency \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ Zip \_\_\_\_\_  
 State \_\_\_\_\_  
 Phone \_\_\_\_\_

**COST**

Members Early Registration	\$40
Non-Members Early Registration	\$60
<b>AFTER APRIL 8, 2011</b>	
Members Registration	\$60
Non-Members Registration	\$80
<b>VENDOR TABLES</b>	\$125

Checks: Please make payable to  
**Alzheimer Society of Washington**  
 and mail to PO Box 4104, Bellingham, WA 98227

**Credit Card:**  
 VISA  MC Expiration Date: \_\_\_\_\_  
 Acct. # \_\_\_\_\_

**Register by Phone:** 360-671-3316 or 800-493-3959  
**Visit our Website:** [www.alzsociety.org](http://www.alzsociety.org)

For Respite Care call NWRRC 360-676-6749 before April 8.  
 For scholarship information call Alzheimer Society at 671-3316.

*No refunds after April 22, 2011*

# Annual Membership 2011 or make a "Remember to Care" donation

Dear Friends,

You can change lives. Indeed, you already have.

As you probably already know, the Alzheimer Society of Washington serves the individual and families of those affected by Alzheimer's Disease (AD) or other dementing illnesses. With your generosity this past year the Alzheimer Society of Washington has been able to provide education, support, and services to many families in Northwest Washington dealing with AD and other forms of dementia.

We see the impact of your membership and your gifts to ASW every day:

- *in the eyes of individuals served by us*
- *in our "Staying Connected" group*
- *in our caregiver support groups*
- *in our Memory Awareness Screenings*
- *in our "Early Memory Loss" classes*
- *in our Fall and Spring conferences providing education for professional and family caregivers*
- *and in Project Lifesaver, an electronic bracelet worn by individuals who have a tendency to wander, saving precious time in locating them when lost.*

Again, we need your membership and gifts to support these essential and needed services provided by the Alzheimer Society of Washington.

Membership provides you with a reduced registration rate for our Spring Workshop and Fall Conference and access to our library of books and videos.

Please return the membership form on **page 7** of this newsletter today or consider providing a **gift of support** to the Alzheimer Society of Washington.

*Remember to care...*

**Annual Membership 2011**

Please fill out completely, attach payment and send to:  
**Alzheimer Society of Washington, PO Box 4104, Bellingham, WA 98227**  
 360-671-3316 800-493-3959 Fax: 360-715-9940 Email: [alz@alzsociety.org](mailto:alz@alzsociety.org)

Membership is for one year.

Name \_\_\_\_\_ Phone \_\_\_\_\_  
 Address \_\_\_\_\_ Email \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

\$25 Individual  
 \$40 Adult Family Home  
 \$40 Family  
 \$50 Service Agency  
 Other  
 \$75 Licensed Care Facility

## MEMORIALS AND DONATIONS

**Memorials and donations received from  
December 2010 through January 2011**

We make every effort to acknowledge all contributions and spell names correctly. We apologize if we have omitted or misspelled your name.

**MEMORIALS****Ronald V. Armes**

A.C. Patton

**Jenn Chase**

Lynn &amp; Leslie Blackwell

**Mary Sue Chestnut**

James D. Gillmore

**Bridget Elkington**

Marion A. Hamalainea

**Katherine Fast**

Her Children - as a gift from

Betty Martinson

Kenneth E. Langel

Dodie Perry

Clifford &amp; Jane Fast

Katherine Heibert

Ron &amp; Jan VanderWerff

Marvin Heibert

**Marie Hagard**

Beatrice Flatness

**Carol and Ken King**

Bruce &amp; Glyn Devereaux

Bob &amp; Sandy King

**Frances Morgan**

Judy Strwart

**Chuck Oltman**

Dee Hickey

Bob &amp; Lou Hofmann

&amp; family

Mary Jo Grider

Matt Grider

Tammy Grider Fastabend

Gayle Grider McDonald

Theresa Grider Hill

**Dick Peterson**

Donna Towle

**Robert Schnoor**

Mary E. Schnoor

Casey &amp; Marlisa Schnoor

Jeff &amp; Annie Schnoor

Dan &amp; Helen Green

Dana &amp; Wayne Gibson

Jan &amp; Judy Pool

**John Som**

Ester Neyens

Dixie A. Mitchell

Bill and Sharon Schneider

**Merle Vernia**

Margaret L. McGillivray

**Wayne Watkinson**

J. Clifford Lund

Danya Parker

Lois J. Pederson

Lloyd Jennings Jr.

Elaine Eliason

Wayne Booth Jr.

**Roena Wendover**

Hazel Olson

Virginia Hawley

James &amp; Margaret Haugen

Grant &amp; Dorothy Von Walter

Annette Spencer

Carla Olson

Suzie Anderson

Rosa May Rieman

Mildred Holtcamp

**DONATIONS**

Marilyn Flint

Victor J. Yalden

Richard Prieve

Denise Weeks

Frances Roberts (a gift from

Vicki Jo Lootens)

Ron Freeman

Robert Rieke

Whidbey Island Bank

Whatcom County Association

of Realtors

Marilyn Waldron

Myron &amp; Judy Hendrickson

Helen Trot

Hilde Heimhilger

Kevin Parris

Yorkston Oil Co., Inc.

Susan Echols-Orton

Lynn Blackwell

## SUPPORT GROUP MEETINGS

**Subject to change, please phone ahead.**

**BENTON/FRANKLIN COUNTIES**

**Kennewick** Callaway Gardens  
5505 W Skagit Ct  
Dorothy Lang  
509-783-2239  
• 3rd Thursday, 5:30-7:00 PM  
Light meal served

**Pasco** Tri Cities Retirement Inn  
2000 N 22nd St  
Dorothy Lang 509-738-2239  
• 2nd Wednesday, 5:30-6:30 PM

**Richland** Guardian Angel, Tudor House  
245 Van Giesen St.  
Mildred Walton 509-946-4581  
Alexandra Olson 509-946-4239  
• 3rd Thursday, 12:00-1:30 PM  
Light Meal Served

**ISLAND COUNTY**

**Oak Harbor** HomePlace at Oak Harbor  
171 SW 6th Ave  
Wendy Sines 360-279-2555  
• 1st Thursday, 2:30-4:30 PM

**S Whidbey** Senior Center  
Hwy 525 – Bayview  
360-321-1600  
Hestia Laitala 360-321-1600  
• 1st & 3rd Tuesdays,  
10AM-Noon

**SAN JUAN COUNTY**

**Orcas Island** Orcas Senior Center  
Janet Kidder 360-376-4950  
• Every Monday, 1:00-2:30 PM

**SKAGIT COUNTY**

**Anacortes** Westminster Presbyterian  
Church  
1300 9th Street  
Ann Giboney 360-299-9569  
• 1st Monday, 6:30-8:30 PM  
• 3rd Monday, 1:00-3:00 PM

**Burlington** HomePlace Special Care  
210 N Skagit St  
360-755-7000  
• Monthly – Please call for  
information

Parkinson's Support Group  
HomePlace Special Care  
210 N Skagit St  
360-755-7000  
• 2nd Tuesday, 2:00-3:30 PM

**Sedro-Woolley** United General Hospital  
2000 Hospital Dr. Room 502  
Ginny Berube 360-671-3316 or  
Jill Eelkema 360-856-7245  
• 2nd Thursday, 3:00-5:00 PM

Birchview Memory Care  
925 Dunlop Ave  
• 3rd Thursday, 2:00-4:00 PM  
For more information call  
Kirk Blankenship 360-856-1911

**SNOHOMISH COUNTY**

**Arlington** Stillaguamish Senior Center  
18308 Smokey Point Blvd  
Debra Cook 360-653-4551  
• Every Tuesday, 10 AM - 1 PM

**WHATCOM COUNTY**

**Bellingham** Alzheimer Society Office  
1308 Meador Avenue, C-1  
Leslie Jackson  
360-671-3316  
• 2nd Thursday, 1:30-3:00 PM

**Evening Support Group  
for Adults Caring for a Parent**

St. Joseph Hospital –  
Adult Day Health  
809 E. Chestnut St.  
Julie Johnson 360-676-6749  
• 2nd Wednesday, 6:00-7:30 PM

**Blaine** Good Samaritan Society – Stafholt  
456 "C" St  
Leslie Jackson  
360-671-3316  
• 1st Tuesday, 1:30-3:00 PM

**Lynden** Lynden Manor  
905 Aaron Dr  
Leslie Jackson  
360-671-3316  
• 1st Tuesday, 10:00 AM–12:00

## CALENDAR OF EVENTS

## 2011

**Memory Awareness Screening**  
3rd Tuesday of each month

St. Luke's Health Education Center  
3333 Squalicum Pkwy, Bellingham, WA  
Call for an appointment: 360-671-3316  
or drop in between  
10:30 am and 12:30 pm

## 2011

**Evening Support Group**

for adults caring for a parent with  
dementia or memory loss.

**2nd Wednesday of every month**  
6:00-7:30 pm

at St. Joseph Hospital-Adult Day Health  
809 E. Chestnut St., Bellingham, WA

For more information contact Julie Johnson  
at Northwest Regional Council:

360-676-6749

## 2011

**Staying Connected**

A free weekly program for  
people with early memory loss  
or early dementia.

Call Alzheimer Society of  
Washington for information:  
360-671-3316

## 2011

**Project Lifesaver**

A public safety program to locate  
people who may become lost.

Please call Alzheimer Society  
for information:  
360-671-3316.

## APRIL 2011

**Spring Workshop**

Pre-Registration Required

*Problem Solving the Challenges of  
Caregiving When Someone Has Dementia –  
Getting Out Of The Box*

April 29, 2011

St. Luke's Health Education Center  
3333 Squalicum Pkwy., Bellingham, WA

Please see page 4 for details and registration.

## AUGUST 2011

**SAVE THE DATE!**

12th Annual  
*Miles for Memories*  
*Walk/Run*

August 20, 2011

Fairhaven Village Green

Visit Our Web Site: [www.alzsociety.org](http://www.alzsociety.org)

## BECOME A MEMBER!

As a charitable, non-profit 501c(3) organization, we depend on your membership to enable us to provide memory awareness screenings for the general public; support groups for people with memory loss and their caregivers; educational resources; telephone and walk-in support; newsletters; educational conferences and specialized training programs for family and professionals. Our mailing list information is kept strictly confidential.

Please join us!

**Annual Membership 2011**

Please fill out completely, attach payment and send to:

Alzheimer Society of Washington, PO Box 4104, Bellingham, WA 98227

360-671-3316 800-493-3959 Fax: 360-715-9940 Email: [alz@alzsociety.org](mailto:alz@alzsociety.org)

*Membership is for one year.*

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ Email \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

- \$25 Individual       \$40 Family       Other \_\_\_\_\_  
 \$40 Adult Family Home       \$50 Service Agency       \$75 Licensed Care Facility

**Alzheimer**

Society of Washington

PO Box 4104  
Bellingham, WA 98227-4104

360-671-3316

1-800-493-3959

Fax 360-715-9940

E-mail: [alz@alzsociety.org](mailto:alz@alzsociety.org)

Web: [www.alzsociety.org](http://www.alzsociety.org)

*We look forward*

*to your comments.*

*Please feel free to contact  
the Alzheimer Society.*

## A New “Staying Connected” Class is Being Planned

A “Staying Connected” class is a free weekly program for people in the early stages of memory loss or dementia. The new class is being planned for participants in rural Whatcom County. It will be located at the Lynden Manor, 905 Aaron Drive, Lynden, WA 98264.

Staying Connected is a supportive program meeting three hours per week and includes social interaction, physical activities and cognitive stimulation. The class is highly received by participants and one of our most rewarding activities.

For further information call 360-671-3316.

## New Memory Awareness Screenings Scheduled

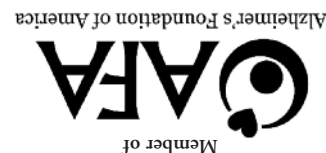
Memory awareness screenings are being expanded in Whatcom County to meet the need of our local citizens as baby boomers begin to reach the age of 65 this year. This is the age when many need to be cognizant of dementia which begins to impact as many and one in every ten at age 65 and by age 85 will impact one out of every two individuals.

There is no known cure of Alzheimer’s disease or other forms of dementia, but early diagnosis can improve the quality of life as we age.



### Eldercare Locator

If you need information regarding In-Home Care, Medical Assistance, Family Caregiver Support, Long-term Care Options, and General Resources for someone age 60 and over in any area of the country call, toll-free, the Eldercare Locator at 1-800-677-1116.



RETURN SERVICE REQUESTED

Bellingham, WA 98227-4104  
PO Box 4104

**Alzheimer Society of Washington**

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