

ACTION NEWS



Our mission is to educate the citizens and businesses of our communities about the impact of dementia, the compassionate response needed, and support available, so all who are affected feel embraced, supported, and accepted while on their challenging

ACT LAUNCHES WEBSITE!!

The ACT on Alzheimer's Lakes Area team is excited to announce the creation and launch of our website! This goal has been on our wish list for some time and we were finally able to bring it to fruition.

The team hired Eric Aaland of Pepin Internet Marketing and Eric did an amazing job! We wanted a website that could be updated with minimal effort, is easy to navigate, and would help keep our community up to date and informed about dementia. Eric delivered on all that and more!

This website will help

us reach many more people giving us the opportunity to share information, new ideas, resources, support, and so much more on a much greater level.

Our website includes our story ~ how and why did we start, where we're going and plans on how to get there!

We will be offering periodic trainings on various subject

including dementia and aging. Those events can be found on our calendar of events which will include not only ACT events but also other community events/meetings that pertain to dementia and senior health.

Please take a look and let us know what you think!

actonalzlakesarea.org



We will find a cure and in the mean time lets make our communities dementia friendly!!



NEWSLETTER GOES HAND IN HAND WITH WEBSITE!

Imbedded within the website we are developing this newsletter. The newsletter will be used for immediate news and ever

changing information about dementia. We hope to include many articles from dementia professionals as well as personal

experiences from family and caregivers living with dementia. Please feel free to help us spread the word!!

Alzheimer's and Dementia Research: Five Things We Learned in 2019

It has been a remarkable year in the field of Alzheimer's and dementia research. As 2019 comes to a close, let's look back at the innovative and meaningful insights we gained into the causes, risk factors and treatment of Alzheimer's disease and other dementias.

Blood Tests = A New Reality On the Horizon

Ten years ago, a blood test for Alzheimer's was wishful thinking, but not so today. Researchers are actively working to develop a simple blood test that can detect signs of Alzheimer's both early and accurately. We learned that blood tests are easier to administer, less invasive and more accessible and affordable than many technologies currently available for Alzheimer's research and diagnosis.

Once these tests become available in doctors' offices, they may also play a role in early detection. This would give families affected by Alzheimer's and dementia more time to plan for the future and get needed care and support services.

Lifestyle Matters

Research reported at the 2019 Alzheimer's Association International Conference (AAIC), where researchers gather to share learnings and knowledge, suggested that making multiple healthy lifestyle choices may decrease dementia risk. This

includes eating a low-fat, high vegetable diet, not smoking, getting regular exercise and engaging in cognitive stimulation.

Researchers also learned that intensive high blood pressure treatment can significantly reduce the occurrence of mild cognitive impairment, which often leads to dementia. Learn more about lifestyle research reported at AAIC 2019.

Sensory Impairments in Older Adults May Increase Risk

New research suggests that vision and/or hearing loss, common in older adults, may increase risk for cognitive decline and Alzheimer's, especially when someone experiences both. While more research is needed, sensory impairment screening by clinicians may help identify older adults at higher risk of developing dementia, which could mean that preventing or correcting these common impairments may help to reduce risk.

Alzheimer's Differs in Men and Women

Although two-thirds of people living with Alzheimer's disease in the United States are women, scientists still aren't exactly sure why. This year, researchers uncovered more

learnings, including a number of differences in risk and progression of Alzheimer's between women and men, which include specific sex-based differences in how Alzheimer's may spread in the brain. Learn more about this research out of AAIC 2019.

Researchers Are Looking at New Alzheimer's Drug Targets

As of 2019, more than 500 new potential drug targets have been identified, which address everything from reducing inflammation in the brain to protecting nerve cell health. The Alzheimer's Association's Part the Cloud initiative awards scientists with grants that help fund this type of cutting-edge research. This allows new findings to move from labs through clinical trials and into possible therapies for the millions affected by Alzheimer's and dementia.

Thanks to increased research funding, researchers are poised to uncover even more findings in the years to come. Stay tuned for our look at where research is heading in a new post in early 2020.

As the largest, private, non-profit funder of Alzheimer's and dementia research, the Alzheimer's Association leads, convenes and accelerates research in order to create a world without Alzheimer's and other dementias.

Reprinted from Alzheimer's Association website/blog 12/26/2019

CAREGIVER SUPPORT CELEBRATES 4TH ANNIVERSARY!!

We are proud to share that our Memory Loss Support Group has reached their fourth anniversary!

Our group is piloted by Jim Roe a member of the ACT on Alzheimer's Lakes Area group.

Jim is a retired minister who has over twelve years experience caring for his wife who lived with Lewy Body Dementia. Jim is a great leader who councils from his experience and with his heart.

We would love to have you at the table. If you're not ready to share, but you'd like to feel supported, join us ~ you will be surprised!



**3rd SATURDAY OF EACH MONTH
10:00 ~ 11:30 a.m.
Cherrywood Pointe of Forest Lake
Private Dining Room
231 W Broadway Avenue
Forest Lake, MN 55025
Contact us with questions ~
actlakesarea@gmail.com
actonalzlakesarea.org**

"Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says 'I'll try again tomorrow'"

MEMORY CAFÉ ~ AVAILABLE TO EVERYONE EVERY MONTH!!

**Our Memory Café is held the
1st Thursday of the month
10:00 ~ 11:00 a.m.
At the Forest Lake Sr Center
767 SW 4th Street
Forest Lake, MN 55025**

Did you know ACT hosts a monthly Memory Café!?? Do you know what a Memory Café is? Don't feel bad I've been in senior care for almost twenty years and I didn't know what it was until this year!

A Memory Café is a social gathering for people with memory loss, mild cognitive

impairment, Alzheimer's or other dementias and their loved ones and caregivers. We call it a social gathering but it is so much more! Anyone who has cared for someone with dementia knows how hard it can be socializing. The constant feeling like you have to explain your loved ones actions/ words/looks. And lets face it not everyone gets it so now you're getting looks and comments, snickers, and worse.

With Memory Café we've created a "safe" space.

There are no expectations and everyone understands the path that the other is walking.

Memory Café is a great place to build support systems, get practical ideas and solutions to problem or issues you may be dealing with. It's a place for you to take your hat off and take a breath. Just enjoy, feel comfortable and safe!

Please join us ~ there is no cost only friendship with open arms!

ACT on
Alzheimer's
Lakes Area

231 W Broadway Avenue
Forest Lake, MN 55025
actonalzlakesarea.org
actlakesarea@gmail.com

**TOGETHER WE
DO MAKE A
DIFFERENCE!!**



Lakes Area

Who are we?

ACT on Alzheimer's is a grassroots organization developed by the Alzheimer's Association with the sole purpose of creating dementia friendly communities. Forest Lake was picked as one of the first of seven pilot projects in Minnesota. We have been working as a team since 2013 and currently boast a very active membership of 20.

If you would like more information, please feel free to [contact us](#) any time!

Ann Grode ~ Meadows on Fairview
April Christensen ~ Edina Realty
Bridget Algieri ~ Frandsen Bank and Trust
Collette Colucci ~ Family Pathways
Dee Dee Anderson ~ Community Advocate for Seniors
Gary Lee ~ Community Advocate for Seniors
Greg Getchell ~ Amada Senior Living
Jim Roe ~ Community Advocate for Seniors
Jenny Lorge ~ Edina Realty
Jules Benson ~ Cherrywood Pointe of Forest Lake
Miriam Aaland ~ Cherrywood Pointe of Forest Lake
Nancy Carlson ~ Forest Lake Police Department
Natalie Mattewson ~ Central Minnesota Council on Aging
Paul Peterson ~ LATV
Sarah Adams ~ Family Means
Stacie Sisterman ~ Prairie River Home Care
Stev Stegner ~ Rapid Press Printing
Susan Taylor ~ Community Advocate for Seniors
Trey Jensen ~ Bridges and Pathways

Check us Out!
actonalzlakesarea.org

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