

ACTION NEWS



What if I need to move?

By Jules Benson

Let's face it, each and every one of us wants to live in our own homes with perfect health both mental and physical and at the ripe old age of 97 go to bed after a fabulously fun day and simply not wake up in the morning. Unfortunately, statistics show that's not very likely! So wouldn't it be better to have a plan, to make decisions about where and how YOU will live when/if that situation should arise? This author believes being pro-active is always a better choice.

How do you find a "facility" to live the rest of your days? Oh my, what a daunting, depressing, horrible task! Well the first thing to do is change your attitude! The senior living communities of today are NOTHING like days of old. They are vibrant, fun, interactive, inclusive, buildings where seniors live finding their greatest potential and living to their greatest abilities.

So how do you do that? Just

like any other move in your life, what are your priorities? What is important to you, location, apartment size, building amenities, large outdoor spaces, multi-level building, services offered. It can all seem a little daunting when you begin, but don't despair, with a little education things will become clear. A little research is in order. Decide what area of the country you'd like to live then Google for senior communities in that area. It is a good idea to find a community that offers different services, such as Independent Living, Assisted Living, and Memory Care. By having different services within the same campus IF your health would decline you would be able to receive the cares that you need without moving out of your apartment or at least off the campus. This secures continuity of care, keeps you in familiar surroundings and staff. Plus it eases stress for you as well as your family.

Once you have determined potential places, call and make appointments to tour. Plan on 1.5 to 2 hours per tour ~ you may have to spread this out over a couple of days! Create a list of questions you'd like answered; ask for input on this from family and friends ~ this is a case where two heads are better than one! Some ideas are ~ What services are offered and what the general process is to increase services. What is the timing/process of moving. What security/safety measures are offered to residents. How many staff are on site at any given time. Is there meal services available, is this included in the price. What is the parking situation. Are there set visiting hours or can you and your guests come and go as you want. There are many, many more to ask. No question is off base or unnecessary. It is a guarantee that if the question has come to you, it's come to someone else!

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While touring, look for engagement within other residents, staff, other visitors; you may not be extroverted but you're going to want your care team to be a bit outgoing and comfortable with what they do and with whom they are interacting. This should be communal living at its best ~ engagement, inclusion, interest, curiosity, and kindness, are all good things. One more thing ~ pay attention to how you feel while moving through a community. Does it feel safe and comfortable, are the hallways and public spaces clean and well cared for? Does the apartment feel/look clean, smell good, well-tended?

Finally you need to decide is if it's affordable for you. The person touring you should be able to answer all your questions about rent, services offered and the charges associated with them. Be realistic in your expectations. Things may seem very expensive so break it down into individual services and items and it will make a little more sense.

One last thing, most likely you will be downsizing and that can be very difficult for some people. If you have difficulties with this you may want to call in a professional to help organize and plan what needs to be moved, stored, donated, or thrown.

Please go into this moving process open-minded and excited about something new and different. Changes can be scary and uncertain, but if you are willing to do some research, look at your choices realistically and with some enthusiasm you will find a new world and a potential new chapter in your

TIPS FOR DEMENTIA CAREGIVERS AT HOME REGARDING COVID-19

Caregivers of individuals living with Alzheimer's and all other dementia should follow guidelines from the [Centers for Disease Control \(CDC\)](#), and consider the following tips:

- ◆ For people living with dementia, increased confusion is often the first symptom of any illness. If a person living with dementia shows rapidly increased confusion, contact your health care provider for advice. Unless the person is having difficulty breathing or a very high fever, it is recommended that you call your health care provider instead of going directly to an emergency room. Your doctor may be able to treat the person without a visit to the hospital. People living with dementia may need extra and/or written reminders and support to remember important hygienic practices from one day to the next.
- ◆ Consider placing signs in the bathroom and elsewhere to remind people with dementia to wash their hands with soap for 20 seconds.
- ◆ Demonstrate thorough hand-washing.
- ◆ Alcohol-based hand sanitizer with at least 60% alcohol can be a quick alternative to hand-washing if the person with dementia cannot get to a sink or wash his/her hands easily.
- ◆ Ask your pharmacist or doctor about filling prescriptions for a greater number of days to reduce trips to the pharmacy.
- ◆ Think ahead and make alternative plans for the person with dementia should adult day care, respite, etc. be modified or cancelled in response to COVID-19.
- ◆ Think ahead and make alternative plans for care management if the primary caregiver should become sick.

Reprint from the Alzheimer's Association Website

CAN EXERCISE PREVENT MEMORY LOSS AND IMPROVE COGNITIVE FUNCTION?

Answer From Jonathan Graff-Radford, M.D.

Possibly. Exercise has many known benefits, including reducing the risk of cardiovascular disease and diabetes, strengthening the bones and muscles, and reducing stress.

It also appears that regular physical activity benefits the brain. Studies show that people who are physically active are less likely to experience a decline in their mental function, have a lowered risk of developing Alzheimer's disease, and possibly have improved thinking among people with vascular cognitive impairment.

Exercising several times a week for 30 to 60 minutes may:

- Keep thinking, reasoning and learning skills sharp for healthy individuals
- Improve memory, reasoning, judgment and thinking skills (cognitive function) for people with mild Alzheimer's disease or mild cognitive impairment
- Delay the start of Alzheimer's for people at risk of developing the disease or slow the progress of the disease

Physical activity seems to help your brain not only by keeping the blood flowing but also by increasing chemicals that protect the brain. Physical activity also tends to counter some of the natural reduction in brain connections that occurs with aging.

More research is needed to know to what degree adding physical activity improves memory or slows the progression of cognitive decline. Nonetheless, regular exercise is important to stay physically and mentally fit.



Great Resource!!

The **Senior LinkAge Line**[®] is a service of the Minnesota Board on Aging in partnership with Minnesota's Area Agencies on Aging. It is a *free* service of the state of Minnesota that connects older Minnesotans and their families with the help they need. They can help get you connected with just about any service you need!!

Contact them today!
1-800-333-2433



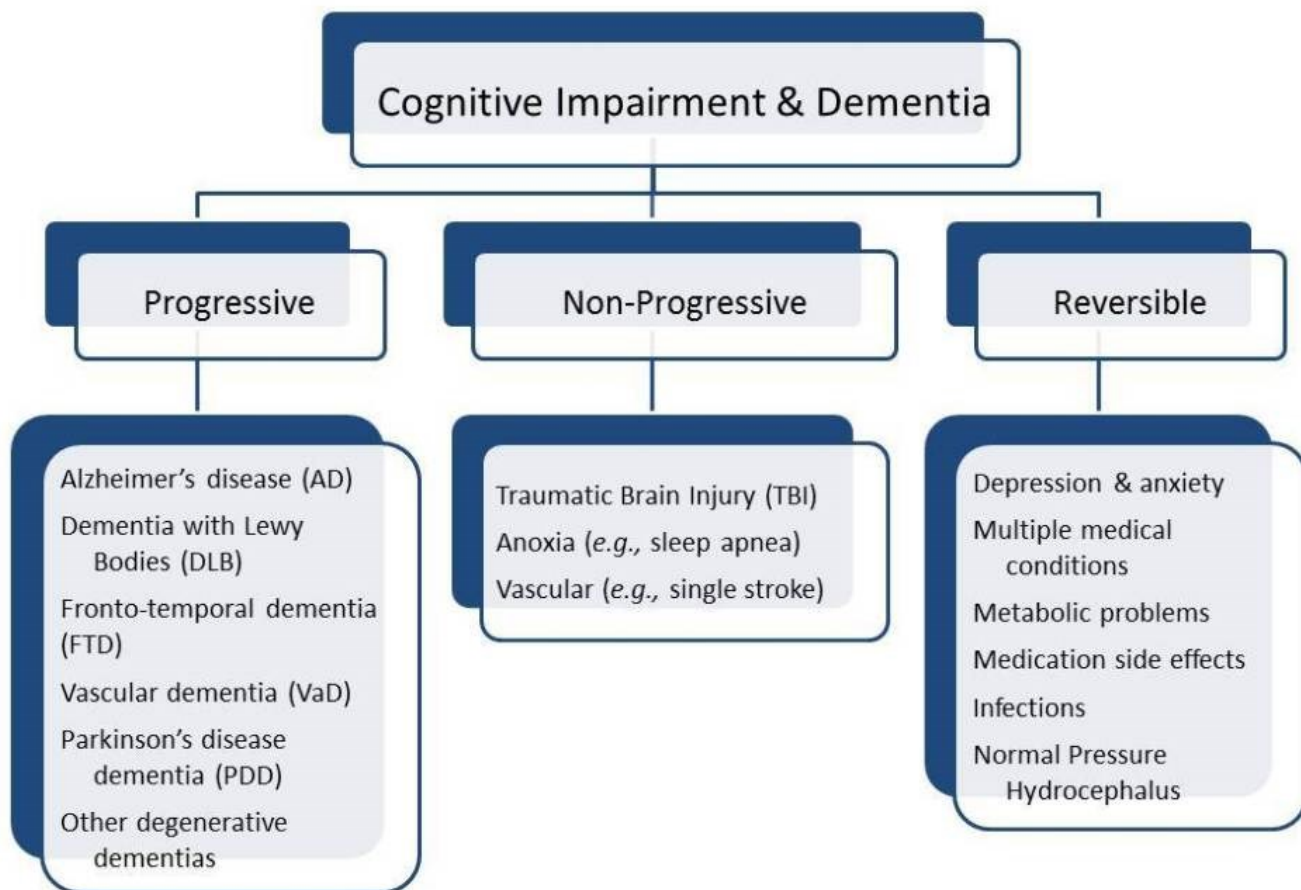
ACT on
Alzheimer's
Lakes Area

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We are terribly sorry but ~
All programs hosted by ACT on Alzheimer's Lakes Area will be on
hold or done virtually until Covid-19 is over.

Please watch our website actonalzlakesarea.org for any further
updates.

Take care, be safe, stay healthy, and STAY HOME!



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



Lakes Area

Check us Out!
actonalzlakesarea.org



Life is about change.
Sometimes it's painful.
Sometimes it's beautiful.
But most of the time,
it's both.

Lana Lang