



Human Resources
Department
1201 E. 8th Street
Mission, TX 78572
956-580-8631
www.missiontexas.us



Welcome to this month's edition of Live Well, Work Well. In this issue we will be focusing on the importance of Alzheimer's Awareness.

What is Alzheimer's Disease?

Dr. Alois Alzheimer first identified the disease in 1906. He described the two hallmarks of the disease: "**plaques**," which are numerous tiny, dense deposits scattered throughout the brain that become toxic to brain cells at excessive levels, and "**tangles**," which interfere with vital processes, eventually choking off the living cells. When brain cells degenerate and die, the brain markedly shrinks in some regions.

"**Plaques**" are deposits of a protein called "beta amyloid," or A-beta. When A-beta molecules clump together in the brain, they form plaques which prevent signals from being transferred between nerve cells in the brain, ultimately causing the cells to die.

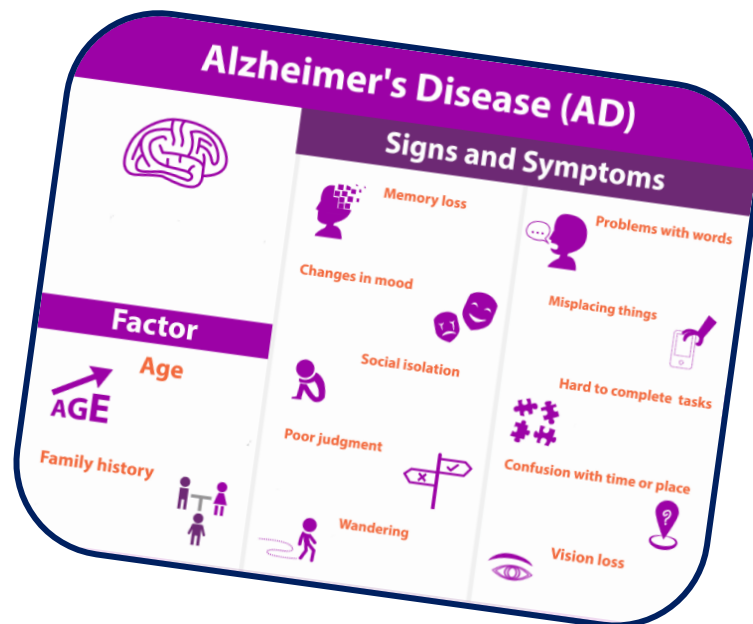
"**Tangles**" are fiber clumps of a protein called Tau. Tau proteins can be seen as parallel railroad tracks within the brain. Nutrients and other important material are transported along those tracks, keeping brain cells alive.

In healthy brain areas, tau proteins make sure that nutrients can reach their destination.

In unhealthy brain areas, the tau protein collapses and twists, forming tangles which prevent nutrients from reaching brain cells, resulting in cell death.

What are the symptoms of early onset Alzheimer's disease?

- Memory Loss
- Difficulty planning and solving problems
- Difficulty completing familiar tasks
- Difficulty determining time or place
- Vision loss
- Difficulty finding the right words
- Misplacing items often
- Difficulty making decisions
- Withdrawing from work and social events
- Experiencing personality and mood changes



Source: <https://www.healthline.com/health/alzheimers-disease/signs-of-early-onset-alzheimers#support>

Risk Factors to Consider



Although Alzheimer's Disease isn't an expected part of advancing age, you're at increased risk as you age. Adults over age 85 have nearly a 50 percent risk of developing this disease.

You may also have an increased risk of developing Alzheimer's Disease if a parent, sibling, or child has the disease. If more than one family member has Alzheimer's Disease your risk increases.

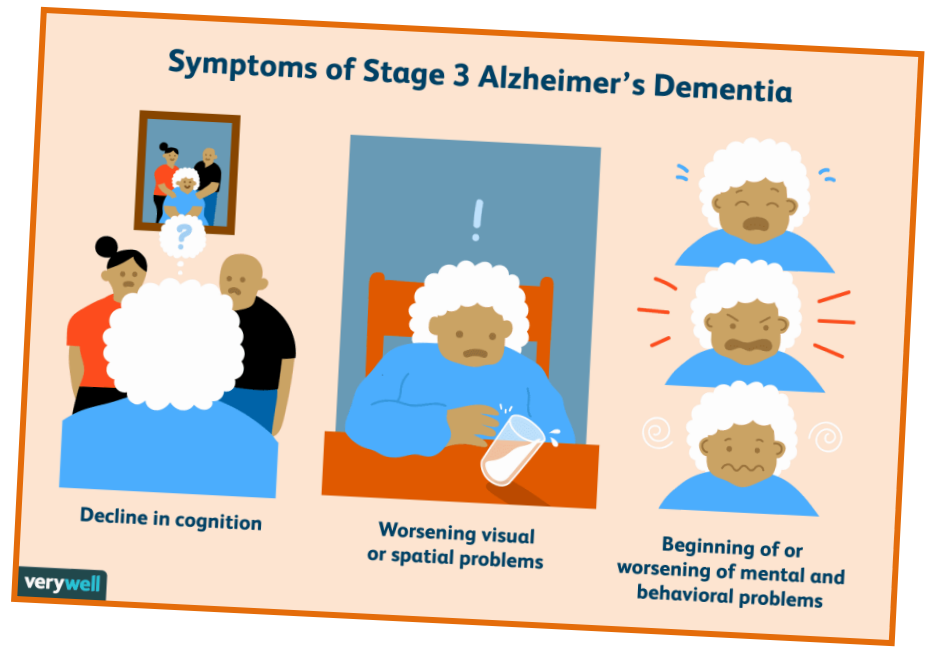
Source: <https://www.healthline.com/health/alzheimers-disease/signs-of-early-onset-alzheimers#support>

Stages of Alzheimer's Disease

Alzheimer's disease locks all the doors and exits. There is no reprieve, no escape.

Patti Davis

PICTUREQUOTES.COM



Alzheimer's disease is a brain disease where brain cells progressively degenerate. Alzheimer's disease typically follows certain stages which will bring about changes in the person's and family's lives. Because the disease affects each individual differently, the symptoms, the order in which they appear, and the duration of each stage vary from person to person. In most cases, the disease progresses slowly, and the symptoms of each stage may overlap, often making the move from one stage to another quite subtle.

There is currently no cure for Alzheimer's disease nor can its progression be reversed. Present treatment options and lifestyle choices, however, can often significantly slow the progression of the disease.

Early Stage

The term "early stage" refers to individuals of any age who have mild impairment due to symptoms of Alzheimer's disease. Common symptoms include forgetfulness, communication difficulties, and changes in mood and behavior. People in this stage retain many of their functional capabilities and require minimal assistance. They may have insight into their changing abilities, and, therefore, can inform others of their experience of living with the disease and help to plan and direct their future care.

Middle Stage

This stage brings a greater decline in the person's cognitive and functional abilities. Memory and other cognitive abilities will continue to deteriorate although people at this stage may still have some awareness of their condition. Assistance with many daily tasks, such as shopping, homemaking, dressing, bathing and toileting will eventually become necessary. With increasing need to provide care, everyone involved will need help and support.

Late Stage

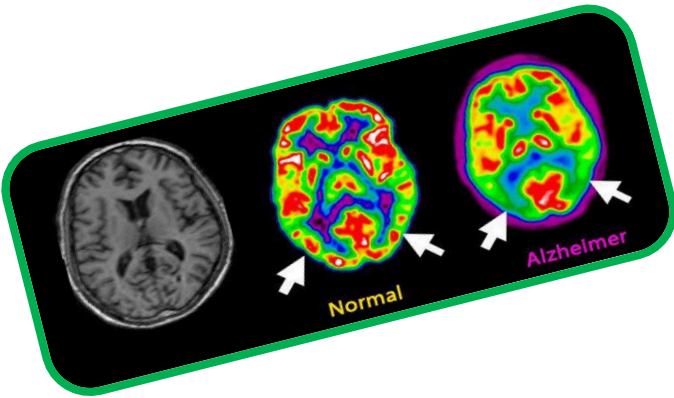
The late stage of Alzheimer's disease may also be called "severe" or "advanced" stage. In this stage, the person eventually becomes unable to communicate verbally or look after themselves. Care is required 24 hours a day. The goal of care at this stage is to continue to support the person to ensure the highest quality of life possible.

End of Life

People in final months of dementia will experience increased mental and physical deterioration and eventually need care for 24 hours per day. The progressive nature of dementia means symptoms will ultimately worsen over time. How quickly this occurs varies from person to person.

When the person nears death, comfort measures become the focus. As in the care of any person living with a terminal illness, physical as well as emotional and spiritual needs must be carefully considered and attended to, focusing on quality of life and comfort.

How is Alzheimer's Disease Diagnosed?



Talk to a doctor if you or a loved one is finding it increasingly difficult to perform day-to-day tasks, or if you or a loved one is experiencing increased memory loss. They may refer you to a doctor who specialized in AD.

They'll conduct a medical exam and a neurological exam to aid in the diagnosis. They may also choose to complete an imaging test of your brain. They can only make a diagnosis after the medical evaluation is completed.

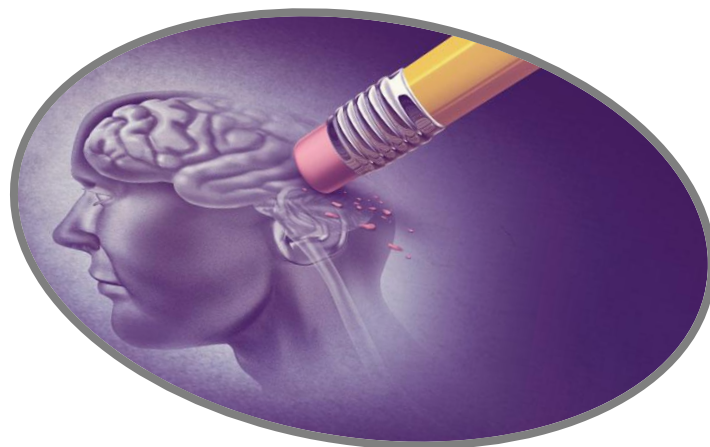
Source: <https://www.healthline.com/health/alzheimers-disease/signs-of-early-onset-alzheimers#support>

The Effects of Alzheimer's Disease

Alzheimer's disease is a fatal disease that eventually affects all aspects of a person's life: how they think, feel, and act. Each person is affected differently. It is difficult to predict symptoms, the order in which they will appear, or the speed of their progression.

The following are some of the changes you may expect as the disease progresses.

- Cognitive and functional abilities
- Emotional/Moody
- Behavior Change
- Physical Abilities



Source: https://alzheimer.ca/en/Home/About-dementia/Alzheimers-disease?gclid=Cj0KCQjwzZj2BRDVARIsABs3l9Jg64claKTQzPOC4TnbX6Gx028ai0FHOW4E88AKiQL_Vx1iaRqmx8aAnOBEALw_wcB

COVID-19 – What you can do:

- Do not report to work or go home if you are sick.
- Maintain social distancing practices in the workplace.
- Follow cleaning product instructions when cleaning your work areas.
- Wash your hands frequently or use hand sanitizer.
- Cover your nose and mouth when sneezing or coughing.
- Avoid touching your face.
- Wear a face covering.
- Replace handshakes with head nods and waves.
- Avoid using other employees' phones, desks, offices or other work tools and equipment, when possible.
- Talk to your supervisor if you have concerns specific to your circumstances, such as a health condition that places you or someone in your household at high risk.
- Follow all company policies and practices.
- Be kind. Understand that this is a stressful time for everyone, and an extra bit of kindness right now can go a long way.

Let's Get Moving!

Move of the Month



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Make 3-Minute Trail Mix and prep other healthy snacks.	1 cardio legs 10 minutes 35 minutes	2 cardio arms 10 minutes 20 minutes	3 Find an inspirational quote to hang on the fridge <small>rest day</small>	4 bodyweight workout 30 minutes	5 outdoor walk or jog 20-30 minutes	6 Enjoy the sun! And do something active!
7 Burn some calories by tackling yard work! <small>rest day</small>	8 cardio arms + back 15 minutes 30 minutes	9 cardio legs 15 minutes 35 minutes	10 yoga 30 minutes	11 Invite someone to workout with you tomorrow! <small>rest day</small>	12 cardio abs 15 minutes 35 minutes	13 Enjoy the sun! And do something active!
14 your choice 30 minutes	15 outdoor walk or jog 20-30 minutes	16 TRX arm workout 30 minutes	17 Celebrate national picnic day! Great menu here! <small>rest day</small>	18 cardio legs 20 minutes 20 minutes	19 kettlebell workout 30 minutes	20 Enjoy the sun! And spend time with dad!
21 Plan some healthy meals today. <small>rest day</small>	22 core 30 minutes	23 bodyweight workout 30 minutes	24 yoga 30 minutes	25 Look up your local farmer's market and plan a trip. <small>rest day</small>	26 your choice 45 minutes	27 Enjoy the sun! And do something active!
28 cardio legs 10 minutes 35 minutes	29 rowing (water or gym) 60 minutes	30 Print out the July Workout Calendar - available today on the blog. <small>rest day</small>				

Last Month's Events:

Thursday, May 21, 2020
"ICMA-RC Service Day"

Wednesday, May 27, 2020
"Nationwide Service Day"

Upcoming Events:

Thursday, June 11, 2020
TMRS Service Day
Time: 9:00AM – 11:00AM