

Alzheimer's Awareness

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?

Alzheimer's is a type of dementia that affects memory, thinking and behavior. Symptoms eventually grow severe enough to interfere with daily tasks.

Alzheimer's is the most common cause of dementia, a general term for memory loss and other cognitive abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 60-80% of dementia cases.

Alzheimer's worsens over time. Alzheimer's is a progressive disease, where dementia symptoms gradually worsen over a number of years. In its early stages, memory loss is mild, but with late-stage Alzheimer's, individuals lose the ability to carry on a conversation and respond to their environment. Alzheimer's is the sixth-leading cause of death in the United States. On average, a person with Alzheimer's lives 4 to 8 years after diagnosis but can live as long as 20 years, depending on other factors.

Source: <https://www.alz.org/alzheimers-dementia/what-is-alzheimers>



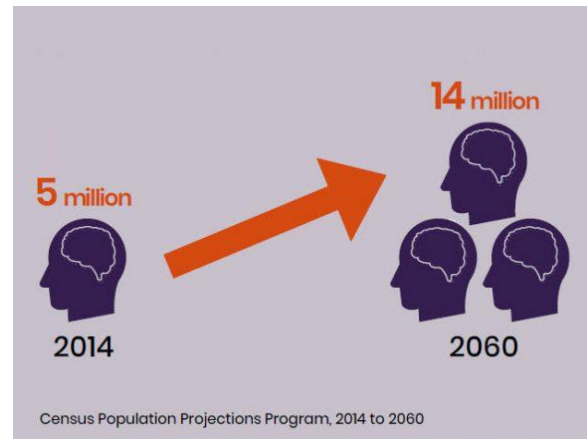
HUMAN RESOURCES DEPARTMENT

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WHO HAS ALZHEIMER'S DISEASE?

- In 2020, as many as 5.8 million Americans were living with Alzheimer's disease.
- Younger people may get Alzheimer's disease, but it is less common.
- The number of people living with the disease doubles every 5 years beyond age 65.
- This number is projected to nearly triple to 14 million people by 2060.
- Symptoms of the disease can first appear after age 60, and the risk increases with age.



Source: <https://www.cdc.gov/aging/aginginfo/alzheimers.htm#How>

What to do if you suspect Alzheimer's Disease

Getting checked by your healthcare provider can help determine if the symptoms you are experiencing are related to Alzheimer's Disease, or a more treatable conditions such as a vitamin deficiency or a side effect from medication. Early and accurate diagnosis also provides opportunities for you and your family to consider financial planning, develop advance directives, enroll in clinical trials, and anticipate care needs.

Source: <https://www.cdc.gov/aging/aginginfo/alzheimers.htm#How>

SUPPORT FOR FAMILY AND FRIENDS

Currently, many people living with Alzheimer's disease are cared for at home by family members. Caregiving can have positive aspects for the caregiver as well as the person being cared for. It may bring personal fulfillment to the caregiver, such as satisfaction from helping a family member or friend, and lead to the development of new skills and improved family relationships.

Although most people willingly provide care to their loved ones and friends, caring for a person with Alzheimer's disease at home can be a difficult task and may become overwhelming at times. Each day brings new challenges as the caregiver copes with changing levels of ability and new patterns of behavior. As the disease gets worse, people living with Alzheimer's disease often need more intensive care.



Source: <https://www.cdc.gov/aging/aginginfo/alzheimers.htm#How>

WHAT IS THE BURDEN OF ALZHEIMER'S DISEASE IN THE UNITED STATES?

- Alzheimer's disease is one of the top 10 leading causes of death in the United States.
- The 6th leading cause of death among US adults.
- The 5th leading cause of death among adults aged 65 or older.

In 2020, an estimated 5.8 million Americans aged 65 years or older had Alzheimer's disease. This number is projected to nearly triple to 14 million people by 2060.

In 2010, the cost of treating Alzheimer's disease were projected to fall between \$159 and \$215 billion. By 2040, these costs are projected to jump to between \$379 and more than \$500 billion annually.

Death rates for Alzheimer's disease are increasing, unlike heart disease and cancer death rates that are on the decline. Dementia, including Alzheimer's disease, has been shown to be under-reported in death certificates and therefore the proportion of older people who die from Alzheimer's may be considerably higher.

Source: <https://www.cdc.gov/aging/aginginfo/alzheimers.htm#How>

10 EARLY SIGNS AND SYMPTOMS OF ALZHEIMER'S

Memory loss that disrupts daily life may be a symptom of Alzheimer's or other dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. There are 10 warning signs and symptoms. If you notice any of them, don't ignore them.

- **Memory loss that disrupts daily life.** One of the most common signs of Alzheimer's disease, especially in the early stage, is forgetting recently learned information. Other include forgetting important dates or events, asking for the same questions over and over, and increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own.
- **Challenges in planning or solving problems.** Some people living with dementia may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.
- **Difficulty completing familiar tasks.** People with Alzheimer's often find it hard to complete daily tasks. Sometimes they may have trouble driving to a familiar location, organizing a grocery list or remembering the rules of a favorite game.
- **Confusion with time or place.** People living with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.
- **Trouble understanding visual images and spatial relationships.** For some people, having vision problems is a sign of Alzheimer's, this may lead to difficulty with balance or trouble reading. They may also have problems judging distance and determining color or contrast, causing issues with driving.
- **New problems with words in speaking or writing.** People living with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have trouble naming a familiar object or use the wrong name.
- **Misplacing things and losing the ability to retrace steps.** A person living with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. He or she may accuse others of stealing, especially as the disease progresses.
- **Decreased or poor judgment.** Individuals may experience changes in judgement or decision-making. For example, they may use poor judgment when dealing with money or pay less attention to grooming or keeping themselves clean.
- **Withdrawal from work or social activities.** A person living with Alzheimer's disease may experience changes in the ability to hold or follow a conversation. As a result, he or she may withdraw from hobbies, social activities or other engagements. They may have trouble keeping up with a favorite team or activity.
- **Changes in mood and personality.** Individuals living with Alzheimer's may experience mood and personality changes. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, with friends or when out of their comfort zone.

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WHAT ARE THE STAGES OF ALZHEIMER'S?

Alzheimer's disease slowly gets worse over time. People with this disease progress at different rates and in several stages. Symptoms may get worse and then improve, but until an effective treatment for the disease itself is found, the person's ability will continue to decline over the course of the disease.

Early-stage Alzheimer's is when a person begins to experience memory loss and other cognitive difficulties, though the symptoms appear gradual to the person and their family. Alzheimer's disease is often diagnosed at this stage.

During **middle-stage Alzheimer's**, damage occurs in areas of the brain that control language, reasoning, sensory processing, and conscious thought. People at this stage may have more confusion and trouble recognizing family and friends.

In **late-stage Alzheimer's**, a person cannot communicate, is completely dependent on others for care, and may be in bed most or all the time as the body shuts down.

How long a person can live with Alzheimer's disease varies. A person may live as few as three or four years if he or she is older than 80 when diagnosed, to as long as 10 or more years if the person is younger. Older adults with Alzheimer's disease need to know their end-of-life care options and express their wishes to caregivers as early as possible after a diagnosis, before their thinking and speaking abilities fail.

Stages of Alzheimer's		
Early	Middle	Late
Alzheimer's symptoms are mild and characterized by general forgetfulness.	Alzheimer's symptoms are more disabling and additional care may be needed.	Alzheimer's symptoms are significant and apparent.
<p>Symptoms include</p> <ul style="list-style-type: none"> • Forgets recently read material • Trouble organizing/ planning • Forgets where valuables have been placed • Trouble managing money • Forgets recent events, names, details about own identity, & dates • Trouble with challenging tasks at work • Wanders & becomes lost in familiar places 	<p>Symptoms include</p> <ul style="list-style-type: none"> • Delusions, compulsions, or repetitive behavior • Agitation, restlessness, & anxiety • Needs assistance with getting dressed • Bladder & bowel function issues • Trouble learning new things • Problems with reading & writing • Loses track of time or surroundings • Sleep disturbances 	<p>Symptoms include</p> <ul style="list-style-type: none"> • Significant personality & behavior changes • Loss of ability to hold a conversation • Difficulty moving, eating, & swallowing • Loss of bladder & bowel control • Lack of awareness of recent activities or surroundings • Highly susceptible to infections like pneumonia

Last Month's Events:

November 9, 2021
 "Veterans Day Appreciation Luncheon"

November 30, 2021
 "Diabetes Awareness Seminar"



Upcoming Events:

Consultations
 "Lab Work Results"
 Wednesday, December 1, 2021
 9:00 a.m. - 11:00 a.m.

Health & Wellness Seminar
 "Alzheimer's Awareness"
 Thursday, December 16, 2021
 2:30 p.m. - 3:30 p.m.

SOFA - Financial Blunders
 Thursday, December 2, 2021
 2:30pm - 3:30pm

Let's Get Moving!

DECEMBER

full body challenge

Day 1: 10 Pushups 30 Crunches 15 Squats	Day 2: 10 Pushups 40 Crunches 16 Squats	Day 3: 11 Pushups 45 Crunches 17 Squats	Day 4: Rest	Day 5: 11 Pushups 45 Crunches 18 Squats	Day 6: 12 Pushups 50 Crunches 19 Squats
Day 7: Rest	Day 8: 12 Pushups 50 Crunches 20 Squats	Day 9: 13 Pushups 55 Crunches 20 Squats	Day 10: 13 Pushups 60 Crunches 25 Squats	Day 11: Rest	Day 12: 14 Pushups 60 Crunches 25 Squats
Day 13: 14 Pushups 65 Crunches 30 Squats	Day 14: Rest	Day 15: 15 Pushups 65 Crunches 30 Squats	Day 16: 15 Pushups 70 Crunches 35 Squats	Day 17: 16 Pushups 75 Crunches 35 Squats	Day 18: Rest
Day 19: 16 Pushups 75 Crunches 40 Squats	Day 20: 17 Pushups 80 Crunches 40 Squats	Day 21: Rest	Day 22: 17 Pushups 80 Crunches 45 Squats	Day 23: 18 Pushups 85 Crunches 45 Squats	Day 24: Rest
Day 25: 18 Pushups 85 Crunches 50 Squats	Day 26: 19 Pushups 90 Crunches 50 Squats	Day 27: Rest	Day 28: 19 Pushups 90 Crunches 55 Squats	Day 29: 20 Pushups 95 Crunches 55 Squats	Day 30: Rest
Day 31: 20 Pushups 100 Crunches 60 Squats					