



Resourceful Thinking

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OLDER AMERICANS MONTH; WORKSHOPS ON THE SCHEDULE; BRAIN IMAGING EXPLAINED

OLDER AMERICANS MONTH

Every May, the Administration for Community Living leads our nation's observance of Older Americans Month.

We are pleased to announce the 2019 theme, *Connect, Create, Contribute*, which encourages older adults and their communities to:

- *Connect with friends, family, and services that support participation.
- *Create by engaging in activities that promote learning, health, and personal enrichment.
- *Contribute time, talent, and life experience to benefit others.

Communities that encourage the contributions of older adults are stronger! By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks, and lives.

[Source: <https://acl.gov/oam/2019/older-americans-month-2019>]

UPCOMING WORKSHOPS: SAVE THE DATES!

Here are the upcoming workshops in 2019.

**Ethics Audit* workshop with Kathy Shelek-Furbee, MSW, LCSW on June 25, from 9am-11am.

**Medication Education* with Tiffany Turner, RPh on September 17, from 9am-11am

**Modern Workplace Practices* with Zach Abraham on October 15, from 9am-11am

*a Veterans program will be held in November, details to be announced.

Each workshop will offer two CEU credits for social workers through Bethany College (490052).

Additional information will be available through email, on our website, on

our Facebook page, and in future newsletters.

THE LONGEST DAY DEMENTIA PROGRAM

Once again, Good Shepherd Nursing Home is partnering with us to bring a FREE program on dementia to the community. J.T. Hunter, Physician Outreach Specialist with the WV Alzheimer's Association will present "Effective Communication" and "Understanding & Responding to Dementia-Related Behaviors" on June 21, 2019 from 1pm-3pm. Sign in starts at 12:30pm. The program will be held at Good Shepherd Nursing Home, 159 Edgington Lane, Wheeling in the 1 South Education Room. Seating is limited! Call me at 304 243-0996 to reserve your seat!

BRAIN IMAGING: WHAT ARE THOSE TESTS?

The diagnostic process for patients with memory loss and other neurological concerns may involve brain scans, or perhaps you or a loved one is exploring participation in a research trial. Brain imaging is also used in research settings. What are they? What do they do? How do they work?

Brain imaging (or brain scans) can tell doctors a lot about the brain. Brain scans can measure changes in the size of the brain, identify and measure specific brain regions, and detect biochemical changes and vascular damage. Doctors can use brain scans to find evidence of brain disorders such as stroke or tumors.

A Computerized Tomography or CT scan is a type of x-ray that uses radiation to produce images of the brain. CT scans provide greater detail than traditional x-rays but a less detailed picture than magnetic resonance imaging (MRI) and cannot easily

measure changes over time. The person who is having the test, lies in a scanner for 10-20 minutes, and a donut-shaped device moves around the body to produce the image.

Magnetic resonance imaging (MRI) uses magnetic fields and radio waves to produce detailed images of body structures, including the size and shape of the brain and brain regions. MRI may be able to identify some causes of dementia symptoms such as tumor, stroke or head injury. MRI may also show whether areas of the brain have atrophied or shrunk. The person who is having the MRI lies still in a tunnel-shaped scanner for about 30 minutes. (Time may vary if it's a test for research purposes.) MRI does not involve radioactivity. The test is noisy, and people may find the closeness uncomfortable. Because MRI uses magnetic fields to obtain images, people with certain types of metal in their bodies cannot undergo the procedure.

Positron-emission Tomography or a PET scan uses small amounts of a radioactive substance called a tracer to measure specific activity in different brain regions. The person having the PET scan receives an injection of a radioactive tracer, then lies on a table that is moved into a donut-shaped scanner. The entire process takes about an hour. This scan is much quieter than the MRI. Scans measure different things. The FDG PET scan measures glucose use in the brain. Amyloid PET scans measure abnormal deposits of a protein called beta-amyloid. Tau PET scans detect abnormal accumulation of a protein called tau.

Talk to your doctor and ask questions if he/she orders these tests. Why are they being ordered? What is the doctor looking for? What does your doctor need to know? Is insurance coverage a concern? Let them know if you have a pacemaker or metal in your body or if you have had any reactions to tracers (PET).

Be an informed consumer, be your own best health advocate, and be an active part of your health care team!

[Source: ADRC Pathways, Winter 2019 from the National Institute on Aging, National Institutes of Health, NIH publication # 18-18-AG-8044, April 2018]

RESEARCH STUDIES @ ADRC, UPMC

The Alzheimer's Disease Research Center of UPMC in Pittsburgh needs participants for research studies.

Dementia with Lewy Bodies Consortium

The purpose of the study is to collect clinical information, brain imaging scans, and biological samples from people who have dementia with Lewy Bodies. The study length is 5 years. Study requirements are 40-90 years of age; diagnosis of DLB or high likelihood; and, a study partner who will accompany the person to all visits.

Escitalopram for Agitation in Alzheimer's Disease

This study is designed to examine the efficacy and safety of escitalopram in combination with a psychosocial intervention as treatment for agitation in AD patients. The study length is 6 months. Study requirements are diagnosis of AD with significant agitation/aggression, and a study partner who will accompany the person to all visits.

Connections in Brain Aging

The study will determine how different parts of the brain are connected and how these connections allow people to think, behave, and feel. The study will involve 2-3 days of scanning and tests, and some people will be asked to return after two years. The study length is 2-3 days for all participants, two years for some participants. Study requirements are 50-89 years of age; normal cognition or a diagnosis of mild cognitive impairment or AD.

There are additional studies being done on *Lithium as a Treatment to prevent Impairment of Cognition in Elders, T2 Protect AD, and Alzheimer's Neuroimaging Initiative 3*. Contact MaryAnn Oakley at 412 692-2721 or oakleym@upmc.edu.

For general information on clinical trials, go to <https://www.nia.nih.gov/research/clinical-trials> and for information on Alzheimer's / dementia clinical trials, go to <https://www.nia.nih.gov/alzheimers/clinical-trials>. These two pages from the National Institutes on Health / National Institute on Aging offer information on the many clinical trials that are taking place, where to find them, and what they entail.

[Sources: ADRC Pathways, Research Studies, Winter 2019 and National Institutes on Health / National Institute on Aging webpage]

MEDICATION MANAGEMENT ASSISTANCE

Managing our medications and those of our loved ones can be a daunting task. Quite often, we are trying to determine what the pill is (they often look very similar in shape, size and color!), how often we take it, at what times, how many, do we take it with

food, do we need to avoid certain foods – the list of concerns goes on! We also need to track our creams, inhalers, supplements and over-the-counter drugs. It can be a challenge!

There are programs at pharmacies to help with medication compliance (quite simply, taking medications correctly). Medication synchronization and management services are great helps to individuals and to caregivers. Generally, the pharmacy works with you and your prescriber to coordinate all of your maintenance or on-going prescriptions, placing pre-packaged meds together by the time the dosage(s) are due. Medications, descriptions, color and size are noted on the package. Some programs have a reminder insert for other medications or PRN medications so the consumer knows to take that particular medication (for example, inhalers or injections). Refills are set up on a regular schedule so you don't have to make several trips to the pharmacy or have multiple deliveries. Delivery or shipping services are most often available.

On-going communication helps with medication reviews so you can notify your pharmacist of changes (dosages, discontinuations, etc). This is a big help for those who have challenges tracking their own medications, and for those who are providing care to a loved one. Your maintenance meds are in one place and are labeled.

The names of the programs may vary but generally, meds are organized in easy-to-understand and dispense packaging, and the pharmacies work with the consumer and physician (as needed) to coordinate refills, organize new meds, and maintain communication.

Ask your pharmacy if they offer medication management and synchronization services. You can also check into pillpack.com, an Amazon company for medication management.

This service can help consumers take their meds when and how they are supposed to be taken!

US BIRTHS IN 2018 HIT LONG TIME LOW

According to the Wall Street Journal, the number of babies born in the U.S. last year fell to a 32-year low, which is reshaping America's future workforce. Of babies born in 2018, there was a 2% decline from the previous year which marked the fourth year in a row that the number fell. The trend of decline has implications for the economy

and the workforce. The U.S. could see population declines and a workforce too small to support a growing economy. There has been a decline in birthrates (especially among teens ages 15-19), women are waiting longer to have children (resulting in fewer children), contraceptive use has expanded, and women with higher levels of education have fewer children (there is an increased number of women getting bachelor's degrees).

[Source: Wall Street Journal, Wednesday May 15, 2019, "U.S. Births in 2018 Hit 32-Year Low"]

THANKS TO OUR PRESENTER!

Thanks to Marty Cornett, RN, Certified Wellness Coach, for her workshop presentation "*Self-Care for the Professional*" on March 12 which honored social workers for National Social Work Month. We appreciate the information and insights on taking care of ourselves as we take care of others!

ADULT SERVICES COALITIONS

There are numerous opportunities for professionals to get together, network and learn about services and programs. Group meetings are held in Belmont County, Jefferson County, and Columbiana County in Ohio and in Marshall County, Ohio County, and Hancock/Brooke County in West Virginia. Contact me for information.

RESOURCEFUL THINKING

If you would need any changes made, please contact me at 304 243-0996 or email me at akoegler1995@gmail.com. You can also access our newsletter on our website. If you would like to be removed from our mail list, contact me.

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Let us be
Your Gateway to Care for Older Adults!

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Monday – Friday
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