



You are the salt of the Earth

Ministry of Health and Wholeness

Caring for Our Brain: Risk Reduction, Diagnosis and Care of Alzheimer's Disease

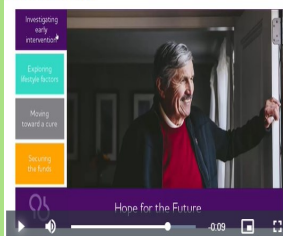
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Special points of interest:

Free online class for understanding Alzheimer's Disease:

Understanding Alzheimer's and Dementia



<https://tinyurl.com/wv5a8njr>

- **Practice:**
- G**– greens & grains
- R**– rest/ relax
- A**– activity & exercise
- C**³– cease smoking, control drinking, contact people
- E**– emotional centering with contemplative practice

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Alzheimer's Disease (all information taken from <https://www.alz.org>)

55 Million people worldwide live with Alzheimer's Disease and other dementias.

What is Alzheimer's?:

- Alzheimer's disease is a degenerative brain disease and the most common form of dementia.
- Dementia is not a specific disease, but a term describing a group of symptoms.
- Roughly 18% of people over the age of 60 live with Mild Cognitive Impairment. MCI can progress to dementia
- MCI is sometimes diagnosed as Early Stage Alzheimer's

Early Signs of Alzheimer's

1. Memory loss that disrupts daily life
2. Challenges in planning or solving problems.
3. Difficulty completing familiar tasks.
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships.
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps.
8. Decreased or poor judgment.
9. Withdrawal from work or social activities
10. Changes in mood and personality.

MCI Symptoms:

- ◆ Memory related: Forgetting appointments, conversations, or recent events
- ◆ Thinking related: involves thinking skills needed to make sound decisions, judge time and sequence, and disturbances of visual perception

Risk Factors for all dementias:

- ◆ Advancing age
- ◆ Family history
- ◆ Cardiovascular disease
- ◆ Heart health
- ◆ Head injury
- ◆ Lifestyle habits including diet, exercise, social engagement, tobacco/alcohol use

Stages of Alzheimer's

- I. Early Stage: (Mild)
 - ⇒Symptoms not widely apparent
 - ⇒Can function independently
 - ⇒Difficulty with right word or name
 - ⇒Remembering new names
 - ⇒Difficulty with tasks
 - ⇒Forgetting material just read
 - ⇒Losing or misplacing a valuable object
 - ⇒Trouble with planning or organizing
- II. Middle Stage: (Moderate)
 - ⇒Can participate in activities with assistance
 - ⇒Confuse words
 - ⇒Forgets personal history

- ⇒Moody or withdrawn
- ⇒Difficulty with personal information
- ⇒Confusion regarding location and time
- ⇒Tendency to wander and get lost
- ⇒Change in sleep patterns
- ⇒Personality and behavioral changes

III. Late Stage:

- ⇒Requires constant supervision
- ⇒Difficulty communicating
- ⇒Changes in physical abilities
- ⇒Vulnerable to infection

LiveWell with Alzheimer's Disease: (G.R.A.C.E.)

Living a healthy life with Alzheimer's involves the following:

- * Diet of green vegetables and fruit
- * Rest and Exercise Activities
- * Avoid alcohol and tobacco
- * Maintain social contact
- * Maintain mindfulness practice for emotional regulation
- * Maintain spiritual practices
- * Maintain mental stimulation

*****New Research:** A new study found that previously sedentary 70- 80-year-olds who started exercising, including some who had already experienced some cognitive decline, showed improvement in their brain function after exercise.



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Health in the Headlines:

Reduce the Risk of De- mentia: (Washington Post)

Dementia is not normal aging

- * Physical activity
- * Control blood pressure and diabetes
- * Quit smoking/limit alcohol
- * Reduce obesity
- * Avoid air pollution
- * Stay socially engaged
- * Get influenza vaccines

Avoid Forever Chemicals (PFAS) in Your Food (Washington Post)

PFAS are associated with serious health effects including cancer. To avoid:

- * Cut back on fast food
- * Skip microwave popcorn and cake mixes
- * Avoid non-stick cookware
- * Store in glass containers
- * Drink filtered water
- * Know source of fish

Ministry of Health and Wholeness: Pondering the Sacred

"And amazement seized them all, and they glorified God and were filled with awe, saying, "We have seen extraordinary things today." Luke 5:26

When Walking Is More Than a Workout (Submitted by Janet Axtman!!)

Dacher Keltner, a professor of psychology at UC Berkley and author of *Awe: The New Science of Everyday Wonder and How It Can Transform Your Life*, explained that "awe is a complex emotion we experience when encountering something so vast that our sense of self recedes." Awe in its pleasant positive form can be experienced in moments of wonder and humility. This type of awe can be associated with places such as the Grand Canyon or can also be found in response to the nighttime sky blazing with stars.

Awe is more accessible than we might think and current research suggests that it is also good for your health. Awe is reported to "calm the nervous system, reduce inflammation and foster a sense of community (even when experiencing the emotion alone!). People who took awe walks one study found felt more upbeat and hopeful than walkers who did not."

Dr. Keltner also reports awe walks have restorative benefits. He watched the benefits with his daughter who suffered from anxiety. They took nightly walks to a giant cedar tree to touch the bark and wonder at the cycle of life. The awe walk became a healing ritual. Twelve years later walks are still made to touch that tree.

Here's how to try it:

1. **Decide on a place.** After arriving give yourself 20 minutes of uninterrupted time. Take deep breaths, breathing in to the count of 4, holding for the count of 4 and out to the count of 6. Repeat several times and start walking
2. **Pay attention to your senses. *Look, listen, smell, feel.*** When something catches your attention stop and pay attention.
3. **Start small.** Stop, pay attention to details and above all, **wonder.**

And its FREE!! Exercise with God. Experience the intersection of faith and health.

"The heavens keep telling the wonders of God, and the skies declare what he has done."
Psalm 19:1

"The whole earth is filled with awe at your wonders; where morning dawns, where evening fades, you call forth songs of joy." Psalm 65:8 **(So Beautiful-Thank you Janet!)+**

Opportunities to Boost Health and Practice G.R.A.C.E. at Living Saviour

Tuesday: Steps to Wellbeing for ALL 10:30 AM

Thursday: Chair Yoga 11:00 AM

Saturday: Active Workout 10:00 AM

Wednesday, June 14 at 11:30: Lunch and Learn on Alzheimer's Risk Reduction Diagnosis and Care. Contact Laura Michael at **980-214-7171 to order lunch or bring your own bag lunch.**

All are welcome to all activities.

***Assistance from Faith Community Nurses by Appointment