

## WHAT IS DEMENTIA/ALZHEIMER'S DISEASE?

Alzheimer's disease is a progressive brain disorder that impacts memory, thinking & language skills, and the ability to carry out the simplest tasks. Alzheimer's disease is the most common cause of dementia. Dementia is a term to describe symptoms such as loss of memory, loss of judgment & other intellectual functions. Alzheimer's disease is a form of dementia.

## WHAT ARE SIGNS AND SYMPTOMS OF DEMENTIA/ALZHEIMER'S?

Although each individual is unique, experts have identified common warning signs of Alzheimer's disease, including:

- Memory loss, especially of recent events, names, places and other new information
- Confusion about time and place
- Struggling to complete common tasks such as brushing teeth
- Trouble finding appropriate words for a sentence
- Difficulties in judging situations
- Changes in mood and personality

## WHAT ARE THE STAGES OF ALZHEIMER'S DISEASE?

Alzheimer's Foundation of America follows the National Institutes of Health's National Institute on Aging in describing the disease in three stages early (mild), middle (moderate) & late (severe).



### •**Early (Mild)**

- Forget words or misplace objects
- Forget something they just read
- Ask the same question over & over
- Increasing trouble making plans or organizing
- Not remember names when meeting new people

### •**Middle (Moderate)**

- Increased memory loss & confusion
- Problems recognizing family & friends
- Continuously repeating stories, favorite wants (foods, places, songs, etc.),
- Decreased ability to perform complex tasks (planning dinner) or handle personal finances
- Lack of concern for hygiene & appearance
- Requiring assistance in choosing proper clothing

### •**Late (Severe)**

- Recognize faces but forget names
- Mistake a person for someone else
- Delusions—such as thinking he/she needs to go to work — even though he/she no longer has a job
- There is a strong need for holding something close for tactile stimulation, nurturing, companionship, etc...



*...offering support & education for those that are caring for loved ones with memory issues.*

## January – June 2019 Meetings

*\*First Wednesday of each month*

Fireside Room, 7:00pm  
Jenkins Living Center, Inc.  
215 S Maple St  
Watertown, SD 57201

Find us on [Facebook](#) at  
Watertown Memory Care  
Support Group

Sponsored by:





# JANUARY–JUNE 2019

## January 2, 2019

Topic: **Understanding the Person with Dementia**

Speaker: Connie Lake, Support Group Facilitator

## February 6, 2019

Topic: **Dementia Behaviors & Medications**

Speaker: Mark Geerdes, RPH  
Avera Pharmacy for LTC

## March 6, 2019

Topic: **Assistance for the Caregiver**

Speaker: Carmen Spurling,  
Active Generations in SF

## April 3, 2019

Topic: **Q & A with Dr. Shives**

Speaker: Aaron Shives, MD &  
Jenkins Medical Director

## May 1, 2019

Topic: **Offering Insight into Personal Journey of other Caregivers**

Speakers: Caregiver Forum



## June 5, 2019

Topic: **In Home Services & Ombudsman Services**

Speakers: Anna Jennings & Christie Ruml,  
Long Term Care Services & Supports, State of SD



### **\*FREE ON-SITE SUPERVISION**

of those with Alzheimer's/dementia, so that caregivers may attend the meetings.

*Funded by the Watertown Alzheimer's Council.*

The Support Group is facilitated by **Connie Lake, Recreation Coordinator** of Wrage Village at Jenkins Living Center, Inc.

Connie develops & organizes all activities for those with dementia or Alzheimer's in the Wrage Village. Her 40+years of hands-on experience provide attendees with the comfort in a caring and sharing environment.

Connie Lake,  
Support Group Coordinator  
www.jenkinslc.com  
(605) 886-1493  
1-877-358-5777

**Watertown Alzheimer's Walk**  
held every September to raise funds & awareness!

### **\*Mary Drake Resource Library**

available in the Lobby at Jenkins from 7am-9pm every day.

**\*Memory Screenings** by appointment at Jenkins & also host an off-site Annual Memory Screening Event.

**\*RE\$PITE CARE** Program provides **Financial Assistance** for caregivers to get some much needed relief.

These and other programs sponsored by:

