



Alzheimer's and Brain Awareness Month

The Alzheimer's Association declares the month of June as Alzheimer's and Brain Awareness Month. President Ronald Reagan initiated the observance in 1983 to raise awareness about Alzheimer's and to get the nation more involved in the recognition of the disease as well as showing support for the millions of people worldwide living with Alzheimer's or another form of dementia.

Caregivers are also recognized for the support they provide to persons living with any form of dementia. In some instances, several individuals work together to provide different components of care and support. In other situations a single individual may provide the full care and support for a friend or loved one.

Worldwide, more than 55 million people are living with Alzheimer's or another form of dementia. The color purple

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has been chosen as a way to show support and raise awareness. The Alzheimer's Association invites everyone to join in and "go purple." What are some of the ways you can participate?

Dress in purple. Throughout the month wear purple hats, dresses, shirts, purses and even shoes to show your support and raise awareness.



Share your story. If you have been impacted by Alzheimer's or another form of dementia through a friend or family member, help raise awareness by telling friends, coworkers or social media followers about your experience.

Honor caregivers. If you know someone who is caring for a friend or relative do something special for them to show your support.

Participate in an event. Show your support by volunteering for or participating in an awareness event in your area. To make a donation or find events in your area visit the Alzheimer's Association's website at www.alz.org.

Educate yourself. Learn the signs of Alzheimer's. It is important to know the signs not only for our own health but to be able to recognize them in friends and family members.

Decorate your community. Help your community become more aware by decorating your yard, door, trees or community spaces in purple.

Become an advocate. Use your voice to raise awareness and help educate elected officials as an Alzheimer's Association advocate.

Help with fundraising. Join a fundraiser, or make a financial donation. Your gift helps to accelerate the Alzheimer's Association's mission to eliminate Alzheimer's disease and to provide the best care and support to those living with Alzheimer's

Each of us can make a difference by bringing awareness. The purple ribbon on your mailbox or sign in your yard may bring about conversations with neighbors who are interested in learning more. Your purple neck tie or hat may encourage comments from coworkers and open the door to a deeper conversation.

The Alzheimer's Association has a wide variety of information available at www.alz.org or by calling their 24/7 helpline at 800-272-3900.



Dementia Awareness Sessions Offered

Dementia Friends USA is part of a global movement that is changing the way people think, act, and talk about dementia. By helping members of our community understand what dementia is and how it affects those who are touched by it, each of us can make a difference.

In the fall of 2021 Aging Best began offering one-hour Dementia Friends informational sessions. The program is not part of a grant but something we voluntarily offer to community members as a way to raise awareness.

"This is a great session for individuals of all ages," said Melissa Schulte, Dementia Champion and session presenter. "It is often a family member, neighbor or community service provider who first notices the signs. Being able to recognize those signs is the first step in helping someone who may be in the early stages."

Schulte has presented sessions for a wide variety of organizations including, pharmacies, church groups, rotary clubs, food pantries, retirement communities and healthcare groups throughout Aging Best's 19-county service area.

During the session participants learn the ten signs of Alzheimer's we should all be

aware of. We compare those signs with the signs of normal aging which often worry us if we are not well-informed.



Melissa Schulte speaks at Columbia Rotary South's May meeting at the Country Club of Missouri.

"Dementia is a serious topic, but we have a good time at the sessions looking at the normal aging process and forgetful things we are all doing," says Schulte. "At the same time, we are learning to spot the red flags of Alzheimer's that many are unaware of. This is great information for anyone who works with or has close contact with aging individuals."

If you are interested in a Dementia Friends session for your staff or organization please do not hesitate to contact Melissa at 573-489-3260 or mschulte@agingbest.org.

Sessions are offered day or evening to accommodate staff and community members. The schedule does stay busy, but if you are flexible on dates we can definitely find a time that works for you.



An in-service meeting was held May 27th at Aging Best in Columbia. Ombudsmen Kathryn Hermann, Lew Pitchford, Lauren Schubert, Roberta Cupp, Linda Sommers and Stephanie Young were in attendance along with Rebecca Baker, Regional Ombudsman Coordinator and Ronda Giger, Regional Ombudsman Program Director. Rachel Forker, Hospice Care Consultant for Compassus, shared information about palliative care and hospice.



Memory Café

The Memory Café held at Daniel Boone Regional Library is a relaxed, social gathering that allows individuals experiencing memory loss along with their caregivers to connect, socialize and build new support networks. Library staff facilitate discussion and activities based on available library resources, such as the program's new Memory Care Kits.



L to R: Kathryn Hermann, Lew Pitchford, Lauren Schubert, Roberta Cupp, Linda Sommers and Stephanie Young.

In-service meetings provide an opportunity to discuss cases and share ideas. If you are interested in learning more about the Long-Term Care Ombudsman Program please contact Ronda Giger, Regional Ombudsman Program Director or Rebecca Baker, Regional Ombudsman Coordinator at 573-443-5823 or rgiger@agingbest.org.

The Memory Café is a dementia-friendly event where you and your loved one can enjoy an outing in a safe and comfortable environment. Participants benefit from a wide range of experiences. They enjoy connections made through music, dancing, crafts, guided reminiscing, painting and exercising. Each event is different.

The program is not a respite care or support group. Participants with dementia or memory loss must be accompanied by a family member or care partner during the program. For more information, call (573) 817-7097 or email ccain@dbrl.org.

Missouri Senior Farmers' Market Nutrition Program

The Missouri Senior Farmers' Market Nutrition Program (MoSFMNP) provides benefit vouchers to low-income seniors (60 years of age or older) residing in one of 46 Missouri counties.

Eligible seniors receive 10 vouchers (\$5 each), totaling \$50 annually. Vouchers can be exchanged for eligible foods at a farmers' market or roadside stand with an authorized farmer.

Benefit vouchers issued: **June 1 - Sept. 30**

Participants can redeem vouchers: **June 1 - Oct. 31**

Eligible foods include:

- Fresh, unprocessed vegetables
- Fresh, unprocessed fruits
- Fresh cut herbs
- Pure/raw honey

*Vouchers can **ONLY** be redeemed at a farmers' market or roadside stand!*

Contact your Area Agency on Aging to register:

Aging Best 1-800-369-5211

This institution is an equal opportunity provider.

