

calendar

SPRING 2007

CLASSES

Unless otherwise noted classes cost \$5.

Surviving Symptoms of Alzheimer’s

This class will help families and caregivers understand definitions, diagnosis, successful communication strategies and changing behaviors that may result from Alzheimer’s Disease and related dementias. Hand-outs, a question and answer session, and resource referral will be available. The class is not appropriate for the memory-impaired person. Call Senior Care at 425-688-5800 to register.
When: June 18, 6 – 9 pm
Where: Bellevue Community College, North Campus, 10700 Northup Way, Room 106, Bellevue

Fighting Back Against Brain Attack

Strokes are the third leading cause of death in the US, however there have been significant advances in treatment. Overlake Hospital Stroke Coordinator Carole Hardy, RN, will discuss risk factors and how to reduce them. Cost is \$6 to Bellevue residents, \$7 to non-residents. Register at 425-452-7681 for class number #19614.
When: June 25, 1 – 2:30 pm
Where: North Bellevue Community Senior Center, 4063 148th Ave. NE, Bellevue

The Aging Foot

Over a normal life the average person walks over 115,000 miles! The American College of Foot and Ankle Surgeons found that 66% of people surveyed state that their feet hurt on a regular basis. Many foot problems can be prevented with proper foot care. Overlake podiatrist Doug Ichikawa, DPM, will review tips for preventing and treating common foot problems. Class is free for YMCA members, \$5 for non-members. No registration required. For more information, call 425-746-9900.
When: June 13, 11:30 am - 12:30 pm
Where: Bellevue Family YMCA, 14230 Bel-Red Rd., Bellevue

Breast Cancer in Senior Women

Family history, reproductive history and treatment for thyroid cancer increase the chances of getting breast cancer, but age remains the larger risk factor. Kathleen Kelly, MD, will discuss risk factors, preventive measures and current treatment options. Class is FREE. Advanced registration is required at 425-556-2314.
When: May 14, 10:15 - 11:30 am
Where: Redmond Senior Center, 8703 160th Ave. NE, Redmond

Vitamin Supplements: What’s All the Buzz About?

Every year we are bombarded by reports relating to vitamins, minerals, and other nutrients, but the information can be overwhelming. Overlake’s wellness dietitian, Peggy Swistak, RD, will provide an overview of vitamin usage including the benefits and dangers of various supplements. Members free, \$5 at the door for non-members. Advance registration is required by calling 425-821-0882.
When: May 17, noon – 1pm
Where: Juanita Athletic Club, 11450 – 98th Ave. NE, Kirkland

Acting Against Osteoporosis

Although there are an estimated 1.5 million fractures annually, osteoporosis is felt to be one of the most under recognized and under treated diseases. Danielle Debelak, MD, will discuss risk factors, review how the condition is diagnosed and offer information on how to manage the disease. Advance registration is required by calling 425-688-5800.
When: May 15, 9:30 -10:30 am
Where: Issaquah Meadow Creek Office Park, 22510 SE 64th Place, Suite 120, Issaquah

Alzheimer’s Family Support Group

meets the 3rd Monday each month, 3-4:30 pm, EADS - Bellevue Center. Call 425-688-5800.

Stroke Support Group

for stroke survivors and caregivers meets the 1st, 2nd and 3rd Mondays each month, 1-2:30 pm, St. Andrews Lutheran Church. Call 425-641-4415.

Parkinson’s Group

4th Tuesday each month, 2:30 pm, North Bellevue Community Senior Center. Call 206-230-0166.

Bereavement Support Group

2nd and 4th Mondays each month, 7-8:30 pm, Overlake Cancer Resource Center. Call 425-688-5986.

Caregivers Support Group

3rd Tuesdays, 1 - 2 pm, Sno-Valley Senior Center. Call 425-333-4152.

Parkinson’s Caregivers Group

2nd Thursdays 1:30pm, Community Center at Mercer View. Call 206-230-0166.

Alzheimer’s Caregivers Group

1st and 3rd Thursdays each month, 3-4:30 pm, Community Center at Mercer View. Call 206-230-0166.

Caregivers of Older Adults

2nd and 4th Thursdays, 3-4:30 pm, Overlake Senior Health Center. Call 425-688-5807.

Caregivers Support Group

2nd and 4th Mondays, 10-11:30 am, Northshore Senior Center. Call 425-486-4564.

Low Vision Support Group

4th Thursday, 1:30 pm, Community Center at Mercer View. Call 206-230-0166.

Parkinson’s Support Group

2nd Tuesdays, 9:30-11:30am, Northshore Senior Center. Call 425-486-4564.

care

SHARING

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Overlake Hospital Medical Center
1035-116th Avenue N.E.
Bellevue, Washington 98004
425-688-5800

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care SHARING

Resources for Family Caregivers of Older Adults

Understanding your loved one’s current level of cognitive function can be useful in diagnosis and treatment.

The mind’s warning signs

While changes in mental function are all alarming they can have many different causes and outcomes.

“Mrs. Crenna’s” family had become concerned about her recent changes in behavior and cognition. Just two weeks earlier, Mrs. Crenna had been a high functioning, independent 81-year-old woman who cooked and cleaned for herself. But over the course of ten days, she had become increasingly confused, inattentive and disoriented. She had difficulty preparing the same lasagna recipe that she had been making for 50 years, could not stay focused in simple conversations, and had to be continually reminded which day it was. Her family worried that their mother was experiencing some sort of dementia. “Can she develop symptoms that quickly?” they wondered.

After taking Mrs. Crenna to the doctor, the family discovered the real culprit behind their mother’s odd behaviors: the primary care physician informed them that Mrs. Crenna had a delirium precipitated by a urinary tract infection. Their mother was given a course of antibiotics and over a short period of time returned to her baseline level of behavioral and mental function.

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Spring 2007

2002 National Mature Media Awards

Winner

Caregiver Friendly Award

CAREGIVER

2003

For your free subscription to the Caresharing newsletter call Overlake Hospital Senior Care at 425-688-5800

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Drink up

Help is here

Pancake breakfast

Delirium

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Caresharing is published by the Eastside Caregivers Coalition – a collaboration of Overlake Hospital Medical Center and other community agencies to provide information, support and education to family caregivers.

Editor: Alison Nesmith

Supporters include:

Home Instead Senior Care

Wynwood of Bellevue

Brighton Gardens of Bellevue

Overlake Lifeline

Sonja Potter Senior Care Auxiliary

The mind's warning signs
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Delirium vs. dementia

Because delirium and dementia are the most common causes of mental dysfunction (and they sound alike!) people sometimes get the two terms and conditions confused. While they can occur together, they are separate conditions with different causes.

According to The Merck Manual, a medical reference book, **dementia** is “a slow, progressive decline in mental functioning in which memory, thinking and judgment and the ability to learn are impaired.” Dementia is not a normal part of aging, but rather is caused by a disease such as Alzheimer’s, Parkinson’s or stroke. As people age, there is some normal decline in short term memory and learning ability, but dementia is a much more serious loss of mental ability that worsens with time.

Delirium is a term used to describe a recent decline in attention, perception and cognition. It affects approximately 10-20% of all hospitalized patients and 30-40% of elderly hospitalized patients (Wikipedia). It is not considered to be a disease, but instead a clinical syndrome characterized by disordered thinking, confusion, short term memory loss and a reduced ability to focus. It can cause changes in mood, including anxiety, agitation and aggression. The onset of this syndrome may range from hours to days and may fluctuate in severity. The duration is affected by the underlying cause. (See article page 3). For instance, in Mrs. Crenna’s case, the symptoms of delirium cleared as her urinary tract infection was treated.

In short, delirium begins suddenly, and is **usually reversible**. Dementia begins gradually, is slowly progressive and is **irreversible**. (Merck). It is important to note that older adults are more prone to

delirium due to age related physiologic changes, especially if they have a history of stroke, visual or hearing impairment, brain injuries or a pre-existing dementia.

Diagnosing and treating delirium

When diagnosing delirium, the physician will want to know your family member’s normal level of functioning or “baseline.” The doctor may ask many questions about how your loved one usually behaves and how well they can perform their

Finding and treating the root cause of the delirium and returning the family member to their baseline level of functioning is the goal. It is important to re-orient the person to time and place if possible, use their assistive devices, such as glasses and hearing aids, provide for good nutrition and make sure they get ample uninterrupted sleep. Family members can help by providing comfort and support and, if the person is hospitalized, by bringing in personal items from home that might provide comfort—like a favorite pillow or blanket.

Know the baseline

As mentioned earlier, dementia and delirium can occur together. Delirium can be difficult to assess in the person with dementia due to the overlapping features. Nonetheless delirium can substantially worsen the long-term outcomes for patients with dementia, including leading to longer hospitalizations, further decline in functioning, re-hospitalization, or even death. This makes it all the more important to know the current, normal level of functioning for the family member, not how they functioned ten years ago. The input of the family members who know the patient best is a valuable tool in making an accurate diagnosis. When you begin to see changes in the behaviors and cognitive abilities of your loved one, whether they are at home or in the hospital, take note and address them with your healthcare professional.

Overlake Hospital Senior Care can provide you and your family with more information on recognizing and coping with delirium. Please call Senior Care at 425-688-5800.

This article was written by Jeanne Morrow of Overlake Hospital’s Senior Care Program.

Avoiding confusion during hospitalization

Hospitalizations can be particularly difficult for elderly patients. The following tips may help you and your family reduce the stress and confusion for your loved one.

1. Bring to the hospital a complete list of medications (with dosages) as well as any over the counter medication .
2. Prepare a medical information sheet listing all allergies, names and phone numbers for physicians, name and phone number of pharmacists and all known medical conditions.
3. Bring glasses, hearing aids, (with fresh batteries) and dentures to hospital.
4. Bring a few familiar objects from home. (a blanket, book, CD’s etc.)
5. Help orient the patient throughout the day. Speak in a calm, assuring tone.
6. When giving instructions, state one fact or simple task at a time.
7. Massage can be soothing for some patients.
8. Stay with patient as much as possible. During acute delirium, relatives should try to arrange shifts so someone can be present around the clock.
9. If you detect new signs that could indicate delirium, it is important to discuss these with the nurses or physicians as soon as you can. Family members are often the first to notice subtle changes.

daily activities of living such as cooking, reading, bathing and conversing appropriately. They may ask when you noticed changes in these behaviors and what those changes were.

Rejuvenate yourself with yoga

Many Eastside seniors are discovering the therapeutic effects of yoga through classes designed especially for them. Yoga’s breathe-oriented practice helps increase circulation, release tension, tone muscles and renew energy. It offers an excellent way to keep both body and mind, healthy and strong and can be adapted to all levels.



Cold drinks in summer months

It has been a long winter hasn’t it? As we look forward to summer and warmer days it is a good idea to remember the importance of good hydration. Dehydration occurs when people do not have enough fluid in their bodies. Dehydration can lead to constipation, weight loss, dry skin, infection, dizziness and weakness.

One of the difficult aspects of dehydration is that people are not always aware of when they are dehydrated. Especially as we age, the sense of thirst can diminish so we may not even feel thirsty. To ensure that you and your loved ones stay hydrated this summer, keep a pitcher of water handy and remind your family members to drink plenty of fluids. Offer assistance if your elderly loved ones cannot drink without help.

There is a lot of discussion about how much water people need to drink daily. As a guideline, consider that the Institute of Medicine recommends women consume about 9 cups of fluid and men consume about 13 cups daily. By being aware of the importance of fluid intake, you can help prevent dehydration from affecting your loved ones. □

Overlake Senior Care is partnering with the Yoga Barn to encourage seniors to try this holistic and health-promoting form of exercise. **The Yoga Barn at 660 Gilman Blvd, # C-6, in Issaquah** offers Yoga for Seniors throughout the year and also provides a special introductory class for new students. Check the list here to find a session that fits your schedule. Each six-week session costs \$50.



Beginner’s Yoga for Seniors
Mondays, June 4 to July 2, 3 to 4:15 pm.

Yoga for Seniors – Mondays
June 4 to July 2, 1:15 to 2:30 pm

Yoga for Seniors - Tuesdays
May 29 to June 26, 1:15 to 2:30 pm. □

Save the date!

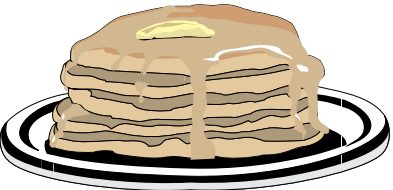
Annual Pancake Breakfast and Silent Auction

Saturday June 9, 8:30 to 11:30 a.m.

North Bellevue Community Senior Center

Savor a satisfying breakfast and see Overlake’s “All Star” physician chefs flipping flapjacks as the Sonja Potter Auxiliary presents its **Annual Pancake Breakfast and Silent Auction**. Overlake Hospital physicians Dr. Hank Williams, Dr. Richard Kaner, Dr. Daniel Raskind and Dr. Arti Tayade will do the honors at the griddle.

This annual event, open to all our friends on the Eastside, is sponsored by Sunrise of Bellevue, Sunrise of Mercer Island and Brighton Gardens of Bellevue. For more information please call **425-688-5527**. □



Common causes of delirium

- Medications, (especially some sleeping pills, over-the-counter medications and pain medications)
- Withdrawal from certain medications
- Infections
- Fever / dehydration
- Trauma
- Severe illness
- Lack of sleep
- Poor nutrition
- Pain
- Shock / grief / fear