It's not the workout but the intensity

John Lewis, CEO

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How To Keep Your Brain Healthy and Functional
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Director, Minority Engagement Core
Schedule your Medicare Annual Wellness Visit (AWV) today

This establishes your Personalized Prevention Plan for health.

The plan includes:

- Memory loss and depression screening
- Screening for all chronic diseases
- Update medical history, medications, family history
- Update immunizations
- Schedule hearing evaluation
- Maintain annual oral health visit
Control Chronic Diseases

Heart disease, diabetes, COPD, and high blood pressure can cause strokes. Strokes can cause some types of dementia.

- Diabetes control with A1C less than 8
- Blood pressure controlled with systolic less than 150/diastolic less than 90
- Cholesterol less than 200; HDL greater than 60
- Stop smoking
- Take your prescribed medicines daily
- Get screened for hearing loss
- See your dentist every six months
Eat Healthy Foods
The proper diet can help slow decline in reasoning and understanding.

- Eat heart-healthy low-fat, lean-meat and vegetable-rich meals
- Mediterranean, MIND and DASH diets are suggested
- Visit [www.myplate.gov](http://www.myplate.gov) for specific recommendations
Stay Physically Active

Daily exercise maintains strength, controls chronic disease and the ability to live independently.

- 150 minutes of aerobic activity per week
- Examples are walking, swimming, dancing, cycling and gardening
Maintain Brain Connections

Learning new things
- Music, language hobbies
- Play games-
  - Bridge
  - Chess
  - Crossword puzzles

Social Engagement
- Positive interactions improve well being and prevent mood disorders
  - Attend Church, family and community events
  - Engage in those activities that give YOU purpose

Adapted from the Brain Strong Flyer
Websites

- **www.alzu.org** Tutorial about the disease
- **www.alz.org** Resources for caregivers
- **www.alzheimers.emory.edu** Emory Alzheimer’s Disease Research Center
Managing Behavioral Symptoms in Dementia Using A Non-Pharmacological Approach

Ken Hepburn, PhD
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Nell Hodgson Woodruff School of Nursing

Emory University
What Do we Mean: Behavioral* Symptoms?

Symptom: a sign of or something produced by an underlying condition

- Sneezing → allergy season; common cold
- Clutching one’s stomach in pain → indigestion; ulcer; food poisoning; hunger

A Symptom is something to be observed, not treated

The underlying condition is where the answer lies

* “Behavior” can be a charged word – being sent to the principal’s office for bad behavior

Behavior is just “doing something”
What’s the Underlying Condition in Alzheimer’s?

Progressive Global Losses in Everything the Brain Lets Us do

- Thinking (memory; reasoning; judgment; perception; etc.)
- Self-control of behavior
- Self-control of emotional responses to stimuli
- The ability to do everyday things
Staying in the Zone

Potential catastrophic reaction due to overstimulation

Potential catastrophic reaction due to under stimulation

Based on Buckwalter and Hall’s Progressively Lowered Stress Threshold Theory
What are Some Actions that are Commonly Termed “Behavioral Symptoms in Dementia”?

• Agitation
• Pacing
• Verbally or physically striking out
• Withdrawal
• Paranoia or accusations
• Refusals
A Non-Pharmacological Approach to Behaviors Flowing from this Condition

Act like a clinician:

- Don’t jump in till you figure out what’s going on
- What losses are causing what you’re seeing?
- What is the person experiencing that she cannot process?

And Then:
- In what ways can I make this better?

And Only Then:
- Do Something

- See what happens and learn from it
- Scope out what’s going on
- Plot out what might work here
- Set the plan in motion
Making Accusations.

• The person is losing his grip on the world
  • It’s being stolen from her
  • That’s terrifying – and produces anger and a need to strike out
    • Perhaps he’s saying that something (keys, wallet, checkbook, valuables) is missing – and therefore surely stolen – most likely by you

• And you walk onto the scene

• An explosion ensues
Stop to Consider

• There is Confusion
  • The person has a sense something is wrong
  • The illness prevents him from thinking it through
  • Similarly, the illness makes it unlikely you can reason with him

• Calm is needed
  • Offer reassurance and support
  • Don’t argue

• Provide a diversion
  • Offer a likely alternative
Example: Person exhibits agitated behavior – pacing, fussing, seeming upset

First: Check for what might have triggered this:

- Is there any change in the person’s physical condition? Might the person be ill or in pain – or hungry or needing to use the toilet?
- What’s going on around the person – big family gathering? Crowded space?
- Any patterns? Is this happening at a certain time of the day? At certain places? Or when certain people are around?
- Is it happening in response to some particular task or activity?
An Example, Continued

Next, identify a target:
• What would be a good alternative to the current behavior?
  • For example: sitting calmly; drinking tea; looking at photos; walking outside

Next, Based on what you assessed the trigger(s) to be, consider how to change the trigger condition:
• Attend to physical needs
• Change the scene/stimuli/task challenge
• Identify tasks/activities that will engage, rather than threaten the person
• Identify locations that are calming for the person
Avoiding Scams

By: Danielle Humphrey, JD, CELA
Senior Scams

- Phishing scams utilizing fraudulent emails or texts
- Keep your computers and mobile devices up to date and use quality computer security software
- Avoid bogus links in emails
- Change your security settings to enable multi-factor authentication for your accounts
### Senior Scams COVID-19

<table>
<thead>
<tr>
<th>Ignore</th>
<th>Ignore offers for COVID-19 vaccine, cure or treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rely</td>
<td>Only rely on official sources for the most up-to-date information on COVID-19 such as the CDC website or Georgia’s Health Department website</td>
</tr>
<tr>
<td>Wary</td>
<td>Be wary of any business, charity or individual requesting COVID-19 related payments or donations</td>
</tr>
<tr>
<td>Help</td>
<td>Help others by reporting any COVID-19 related scams at attic.gov/coronavirus</td>
</tr>
</tbody>
</table>
Senior Scams

- The safest place for your money is the bank

- Before you make any investment, remember the high potential for fraud right now

- Phone calls notifying you of technical problems with your computer

- Phone calls claiming to be the IRS

- Lottery/unclaimed winnings
What is the curve in “flatten the curve”?  
The curve is referencing an epidemiological curve or epi curve of an outbreak. 
This is a visual aid and can tell us:

- If an outbreak is most likely due to a point source or person-to-person transmission
- If an outbreak is increasing or waning
- If the pathogen has a long or short incubation period

Adopted from the CDC
What does flatten the curve mean and why is it important?

- **Flatten the curve** refers to the rate of COVID-19 infection over time.
- Implementing **social distancing, stay-at-home orders** and other measures can help “flatten the curve” by reducing the number of people who are infected within a specific time period.
What does flatten the curve mean and why is it important?

• A slower infection rate also lowers the demand for health care services at any one time and spreads this demand over a longer period of time.

The goal is for the need for healthcare services never to exceed the capacity of our healthcare resources.
Ways we can flatten the curve:

• Stay home
• Avoid touching your eyes, nose and mouth
• Wash your hands
• Social distance
• Routine cleaning of high touch surfaces
• Good respiratory etiquette:
  - Coughing into elbow/ tissue
  - Sneeze into elbow/ tissue
  - Immediately washing or sanitizing hands afterwards
Closing thoughts

With Georgia opening up businesses and things starting to get back to normal; now more than ever we need to ensure that we stay vigilant in our efforts to reduce transmission to ensure we maintain and sustain resources to be able to care for patients in a safe manner if they become ill.

This means we should still follow the flattening the curve tactics.