



A+ Senior Care
We Are Here To Serve You

Newsletter

VOLUME 1, ISSUE 7

MARCH 2012

SPECIAL POINTS OF INTEREST:

- The greatest risk factor for Alzheimer's disease is advancing age, but Alzheimer's is not a normal part of aging.
- Alzheimer's is a specific, progressive disease that causes dementia by destroying brain cells.
- Alzheimer's Association's 24/7 Helpline (1-800-272-3900)

INSIDE

- Alzheimer's Disease 1
- About Us: A+ Senior Care 2

Alzheimer's Disease

One of the most profoundly emotional experiences you can have is watching a loved one suffer from Alzheimer's. This disease doesn't just impact Mom or Dad – it also affects your own health and emotional well-being.

According to the Alzheimer's Association's (AA) 2011 Alzheimer's Disease Facts and Figures report, "The greatest risk factor for Alzheimer's disease is advancing age, but Alzheimer's is not a normal part of aging." While "dementia" refers to loss of memory and thinking processes, it can be a symptom, like a fever, with multiple causes. Alzheimer's is a specific, progressive disease that causes dementia by destroying brain cells. Linda Copinger and Sorida Lopez of the AA's Delaware Valley Chapter (South Jersey Regional Office) told us that "It's really important to get a clear, proper diagnosis of the disease, because it may not be Alzheimer's."

There are three major stages of Alzheimer's, but seven stages in total; the stages often overlap. During the Early stage, initial signs of memory

loss are typically attributed to aging, tiredness, or simple mistakes. In the Middle stage, memory lapses and forgetful or disoriented behaviors become more frequent and harder to "explain away." Some help with daily activities may be needed. By the Late stage, loss of cognitive and bodily functioning leads to immobility and complete dependency on others. This is the hardest stage of all.

When caring for someone with Alzheimer's, it's easy to become overwhelmed with feelings of sadness, anger, and guilt. We urge you to use the resources available to you as a family caregiver, including the Alzheimer's Association's 24/7 Helpline (1-800-272-3900). Don't hesitate to ask other family members or friends for help so you can take time off to balance life's responsibilities and breathe. If your personal network is limited, consider respite care services. Never feel you have to face this difficult journey alone.

While there is no known cure for Alzheimer's, purposeful efforts



are ongoing. Recently, the Obama administration announced a \$130 million increase for research through the preliminary National Alzheimer's Disease Plan. Also, the AA offers a free program (TrialMatch™) that identifies available clinical drug trials, so you can determine if your loved one qualifies for enrollment. Where there is research, there is hope.

Resources:

- www.alz.org
- www.alzheimersreadingroom.com
- www.alz.org/downloads/Facts_Figures_2011.pdf



A+ Senior Care was established 4 years ago and is owned and managed by healthcare professionals.

At the core of our business is genuine interest in quality patient care.

About Us: A+ Senior Care

At A+ Senior Care, we are driven to provide heartfelt A+ service to all our clients. Our clients reside in their homes, independent living communities, Assisted living communities, and other Long Term Care (LTC) facilities. We'll work hard to create a relationship of collaboration, trust, and dependability.

A+ Senior Care was established 4 years ago and is owned and managed by healthcare professionals. At the core of our business is genuine interest in quality patient care. Whether a person's healthcare needs are minimal or have reached a

critical moment, we truly understand that pressing desire to maintain a safe, independent lifestyle at home. Because home is a familiar, treasured haven for all of us. We have no levels of bureaucracy here, only direct accountability to you.



Gail Jones (Owner and Director of Operations) holds an MS degree in Health Law & Policy from Seton Hall University in New Jersey, and Karlyn Williams (Owner and Director of Client Services) holds an MS degree in Health Services Administration from the University of Delaware. Between us, we have over 15 years of hands-on experience with every home care and LTC facility issue imaginable. Call us today, we are here to serve you.

**Call A+ Senior Care today at (609) 450-1719
or (856) 470-9018**