

MAXIMIZING YOUR MEMORY: USE IT OR LOSE IT!

Are you concerned about your memory? Are you a caring for someone with memory loss and think it's "rubbing off" on you? Join us for a FREE seminar on **Tuesday, February 24, 2004 from 10:00 AM –12:00 Noon**. Based on the latest research on the importance of keeping the brain active as we age, this workshop provides interactive activities that exercise both hemispheres of the brain to help keep it functioning properly. Current research says "use it or lose it," so this workshop will help you use it in fun interactive ways. Join us as Dr. Alice Jacobs, Education Physiologist and pioneer in the field of senior learning will explore how the memory works, how memory changes, factors that impact memory, and techniques for improving memory.

This event will be held at **St. Mark's United Methodist Church, 2391 St. Mark's Way in Sacramento**. Seating is limited, so make your reservations early. If you need someone to care for your loved one so that you may attend, limited in-home care is available. Please indicate your need for respite care upon registering. Call Del Oro Caregiver Resource Center at **(916) 971-0893** or **1-800-635-0220**.

MEN AS CAREGIVERS: BEYOND TOUGHING IT OUT

Caregiving is an intense experience. For men, extended caregiving often results in a reexamination of the typical male role of husband, son, brother or friend. As male caregivers, we face unique challenges in discovering the balance between coping and caring. Join us on **Wednesday, March 24, 2004 from 2:00-4:15 PM** as John Jeffery, M. Div, provides an afternoon of information and sharing about the unique male caregiver role.

This event will be held at **St. Mark's United Methodist Church, 2391 St. Mark's Way in Sacramento**. Seating is limited, so make your reservations early. If you need someone to care for your loved one so that you may attend, limited in-home care is available. Please indicate your need for respite care upon registering. Call Del Oro Caregiver Resource Center at **(916) 971-0893** or **1-800-635-0220**.

DID YOU KNOW:

- *March is National Professional Social Workers Month*
- *According to Government Health Statistics, 60% of Mental Health Services are delivered by Social Workers*
- *Del Oro Caregiver Resource Center would like to take this opportunity to thank our staff of Social Workers for the care and concern they provide our clients*
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INSIDE THIS ISSUE:

DIRECTOR'S MESSAGE	2
POWERFUL TOOLS FOR CAREGIVING	3
THE FORGETTING AND INSPIRING WORDS	4
EDUCATIONAL WORKSHOPS	5
SUPPORT GROUPS	6
COMMUNITY RESOURCES	7
CALIFORNIA'S LONG-TERM TAX CREDIT	8
FDA APPROVES MEMANTINE	9

DIRECTOR'S CORNER

JANET E. CLAYPOOLE, MSW

Starting the New Year is a time of reflection for many of us. The holidays are behind us with the busy pace of gift-buying, celebrating family traditions, traveling, and balancing it all without becoming too stressed out. January arrives and the pace slows down, we can rest from the holidays and regroup. We can reflect on the previous year and make plans (and resolutions!) for the coming year.

Del Oro receives many phone calls in early January from family who have visited their parents or loved ones and have seen a change in their health and are concerned. They want to make plans for their loved ones' care and make their own resolutions to be more involved and supportive of the caregiver. They want to know how they can help, what resources and services are available to support the family, and to better understand the disease and how this impacts their entire family. Del Oro has Family Consultants available to help families with these inquiries by evaluating their caregiving situation and developing a care plan with the family to address their long term care needs. I encourage families to follow through on these resolutions to become educated about the health condition of their loved one and stay connected with the caregiver to be a strong support for them as well.

Educating the caregiver and family about the disease process is an important step. Del Oro has partnered with KVIE Channel 6, the local PBS television station, to educate families about Alzheimer's disease and how the family can cope with this devastating disease. *The Forgetting: A Portrait of Alzheimer's* will be broadcast nationally on PBS stations on January 21, 2004. KVIE will broadcast this event at 8PM that evening with a locally produced program, *Caring and Coping: Living with Alzheimer's*, presented at 9:30PM, which features information about diagnosis, caregiving resources, and support programs in the Sacramento region. Del Oro staff are featured and we are especially grateful to Mr. Stephen Halton, who agreed to share his experience of caring for his beloved wife, Johanna, affected by Alzheimer's for the past 6 years. Please tune in to this local broadcast, hosted by Pat McConahay, to learn about available resources for caregivers.

Del Oro continues to receive resources and financial support from Area 4 Agency on Aging (A4AA) as a recipient of Title III-E federal funds from the National Family Caregiver Support Program. We were recently awarded One Time Only funds for Respite care by A4AA. Many families received Holiday Respite in December from these funds and thanks to A4AA for providing funds to ease the stress of caregiving at a busy and stressful time of year for many families.

As we move into a new year, we also see changes occur within our agency. We bid farewell to Kelley Donato, Family Services Manager, who left our agency in November. She is well known to many families and professionals as she coordinated respite, legal, and counseling services for caregivers. Con-

gratulations to Lisa Choquette, our new Family Services Manager, who will manage the coordination of these services to caregivers throughout the 13-county service area. We also welcome Jennifer Higgins, Program Assistant, who is the first contact for callers and will help get caregivers connected to the Caregiver Resource Center services.

I encourage caregivers to stay connected with Del Oro to cope with the changes we are seeing on a statewide level, too. As the Legislature and new Governor struggle with plans to reduce the fiscal crisis that California is facing, the Caregiver Resource Center system is on the alert as to how these new plans will affect family caregivers and programs that support the physically and cognitively impaired. When we become aware of the impact of any planned budget cuts, we will be calling on family caregivers and health care professionals to share their concerns with their local representatives in order to preserve much-needed programs during this time of difficult financial decisions.

Del Oro's resolutions for the New Year are to preserve the ongoing supportive services available to caregivers in our 13-county service region, and to continue to assist family caregivers in the daily care of their loved one. I wish you all a New Year filled with hope, peace, kindness, and resolutions that come true.



GIFTS FROM THE HEART

Neil Evenson
Lee Firkins
Jacqueline Fisher
Jolly Guinto-Litton
Tomi Menard
Norma Miller
Marvin Olson
Joan White

In Memory/Honor of Rose Fujita—Amy Kawahara

In Memory/Honor of Katherine Yrigoyen—Jess Yrigoyen

Taking Care of You: Powerful Tools for Caregiving

If you're caring for an older adult with a chronic condition, (e.g., Parkinson's, Alzheimer's, Stroke, Congestive Heart Failure, Cancer) you'll benefit—whether helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country.

THIS SIX-WEEK CLASS WILL GIVE YOU THE TOOLS TO:

- * *Take care of yourself*
- * *Reduce guilt, anger & depression*
- * *Help you to reduce stress*
- * *Make tough decisions*
- * *Communicate more effectively with family members, your doctor, paid help*
- * *Set goals and problem-solve*

WHEN: Six 2½ hour sessions held on consecutive Tuesdays beginning March 16 through April 20, 2004 from 1:00—3:30 PM

WHERE: Sacramento, CA

COST: FREE; a \$25.00 donation to cover the cost of materials would be appreciated

TO REGISTER: *Pre-registration is required.* Registrants must plan on attending all six sessions as each class builds upon knowledge/skills learned from the previous class. Contact Del Oro Caregiver Resource Center at **1-800-635-0220** to register or for more information.

If you need someone to care for your loved one so you can attend, limited in-home care is available. Please request this service at least two weeks in advance of the first class.

Sponsored by:
DEL ORO CAREGIVER RESOURCE CENTER

This program is funded in part through Area 4 Agency on Aging and the National Family Caregiver Support Program

THE FORGETTING: A PORTRAIT OF ALZHEIMER'S

COMING TO PBS—KVIE
JANUARY 21, 2004

The Forgetting: A Portrait of Alzheimer's is a 90-minute high-impact television special event aimed at helping Americans better understand and cope with the fearsome disease of Alzheimer's. Broadcast nationally on PBS this winter and based on David Shenk's extraordinary best-selling book, *The Forgetting—Alzheimer's: Portrait of an Epidemic* presents a dramatic, compassionate, all-encompassing look at Alzheimer's and weaves together the history and biology of the disease.

Following the national broadcast, KVIE will air a locally produced half-hour program entitled *Caring and Coping: Living with Alzheimer's*, that will help connect those affected by this devastating disease with vital services in the Sacramento region. You'll learn where you can go for a diagnosis, how to find appropriate care, and what support programs are available for caregivers and families.

For more information visit www.kvie.org.

ANNUAL ALZHEIMER'S CONFERENCE SCHEDULED

Mark Your Calendars! The annual Alzheimer's Association Conference, "*Understanding Memory Loss: Strategies For Success*" is scheduled for **Wednesday, April 7, 2004** at CSUS. This one-day conference is designed to offer comprehensive educational opportunities for family caregivers and professionals involved in the care of persons with Alzheimer's disease and other related dementias.

The event will be held at California State University, Sacramento in the University Union Ballroom, 6000 J Street in Sacramento. CSUS will be on Spring break so parking will be easy and FREE!

Register by March 31, 2004 and take advantage of early bird registration rates of \$25.00 for family caregivers and students. Scholarships are available. This event is also open to professionals for \$50.00 (early bird rate), CEU's are \$10.00. For more information call the Alzheimer's Association at **(916) 930-9080**.

"The grand essentials of happiness are: something to do, something to love and something to hope for."

- Allen K. Chalmers

WHAT INSPIRES YOU?

A dose of motivation helps us to cope with the challenges we face daily, giving us strength and reinforcing our beliefs in our abilities. It can help lift your spirits, restore your confidence as a caregiver and ignite your creative energy.

Is there a passage or quote that inspires you as a caregiver? We welcome your submissions and encourage you to help inspire other caregivers along the way! Please send your submissions to Michelle Nevins, *Pathways* Editor, Del Oro Caregiver Resource Center, 5723A Marconi Ave., Carmichael, CA 95608, or via email to mnevins@deloro.org.

Look for a dose of motivation and inspiration in future editions of *Pathways*!

EDUCATIONAL PROGRAMS FOR CAREGIVERS

There are many different training programs occurring throughout Del Oro CRC's service area. The following is a list of events that Del Oro is co-sponsoring or helping to promote. Please contact the designated phone number listed after each event for further details.

"Legal and Financial Planning for Today and Tomorrow"
Thomas R. Higelin, Attorney at Law, will provide information about a subject that concerns us all—how to effectively plan for our loved ones and ourselves as we meet the challenge of growing older and/or face incapacity.

Tuesday, January 13, 2004 from 6-7:30 PM at the Rocklin Branch Library, 5460 5th Street in Rocklin. For more information call Del Oro CRC at **(800) 635-0220**.

"Parkinson's Update" Join the Woodland Parkinson's Disease Support Group as they kick off their first meeting with the latest information on Parkinson's Disease from Dr. Beyer. Learn more about current medications, drug interactions, DBS and other surgery options. Tuesday, January 27, 2004 from 1:00—1:45 PM at the Woodland Senior Center, 630 Lincoln Ave. in Woodland. For more information call Frank Bruno at **(530) 681-2054**.

"Is Anyone Listening?" Join us as Laura Wayman, Certified Gerontologist, discusses—techniques to communicate effectively with a person who has memory loss; family interaction with dementia patients; behavior management through communication techniques and task segmentation. The following dates are offered:

Friday, January 30, 2004 10:00 AM—11:30 AM

Wednesday, February 11, 2004—Time TBA

Judy Brown Adult Day Health Center, 224 S. Sutter Street in Stockton. For more information call (209) 466-9524 and ask for Rita or Janet.

"Yes I Can!" You can be a great caregiver! This half-day workshop is designed to provide instruction and support for caregivers who are caring for family members and friends at home. Become familiar with basic preventive measures, aids and equipment used in incontinence management and understand the general principals of skin care. Also covered will be information on transfers and fall prevention.

Wednesday, February 18, 2004 9:00 AM to 12:00 noon at the Elk Grove Senior Center, 8830 Sharke Ave in Elk Grove. For more information or to register call **(800) 635-0220**.

"It Takes Two" is a unique approach to understanding Dementia behavior. Caregivers will learn new skills to handle troubling behavior and learn more about how to communicate with your loved one. This is a four week class. Class sized is limited and pre-registration is required.

February 19, 26 and March 4, 11, 2004 from 1:00—3:00 PM Sierra Nevada Home Care, 1020 McCourtney Rd. in Grass Valley. For more information call **(530) 274-1005**.

"Cooking Class for Caregiving Men Only" Are you the cook/

caregiver for another adult over 60 years of age OR are you over 60 and raising a grandchild? If so, these FREE classes are for you! Learn how to make fast, easy and nutritious meals; receive recipes and cooking aides and have FUN!

This is a 5 week class that begins Monday, February 23, 2004 If you are interested, contact Area 4 Agency on Aging at **(916) 486-1876**.

"Legal and Financial Planning for Today and Tomorrow"
Please come and attend this FREE workshop about a subject that concerns us all— how to effectively plan for our loved ones and ourselves as we meet the challenge of growing older and / or face incapacity. Randy Rosa', Attorney at Law, will discuss current information on Durable Powers of Attorney, Wills and Probate, Estate Planning and Conservatorship. Tuesday, March 30, 2004 from 10:30 AM—12:00 Noon West Sacramento Senior Center, 664 Cummins Way in West Sacramento. For more information or to register, call Del oro CRC at **(800) 635-0220**.

SAVE THE DATE! RETIRING THE CHAMP, STORYTELLER JUDITH BLACK TO VISIT IN APRIL



Retiring the Champ is a story written and performed by Judith Black about coaching life's last big bout. This is a story about coaching feisty prizewinner though her last big bout, only this one is visited by landmarks of laughter and redemption. The paradox is that at 83, she was still throwing punches, but forgetting which direction her opponents were coming from. This is a story about Alzheimer's and the journey that will warm your heart.

There will be two dates and locations offered for this event:

April 27, 2004 in Yolo County

April 28, 2004 in San Joaquin County

For more information or to pre-register contact Del Oro at **(800) 635-0220**.

"Retiring the Champ!" by Storyteller Judith Black

AREA SUPPORT GROUPS

The following are just a few of the support groups available in the 13 County Service Area of Del Oro Caregiver Resource Center. Please contact us at **(800) 635-0220** if you would like a comprehensive list of support groups.

Adult Children with Aging Relatives Support Group

Lodi
2nd Wednesday 4:30 PM
Hutchins Street Square Senior Center
125 S. Hutchins Street
Terri Whitmire, MA 209/369-6921

ALS Support Group

Sacramento
3rd Saturday 10:00 AM
Kaiser Permanente
2025 Morse Avenue
916/979-9265

Alzheimer's Disease Support Group

Roseville
2nd Wednesday 6:00 PM
Somers Park
1 Somers Ridge Dr.
Trish Driver 916/773-5955

Caregiver Support Group Jackson

4th Wednesday 10:00 AM
Senior Center
229 New York Ranch Rd.
Laurie Webb 800/540-3340

Alzheimer's Disease Support Group

Manteca
4th Tuesday 1:30 PM
Palm Haven Care Center
469 E. North Street
Janell Davis 800/540-3340

Caregiver Support Group

Auburn
2nd Thursday 1-2:30 PM
Health For All ADCRC
4065 Grass Valley Hwy., #206
Louise Anderson 530/885-2655

Caregiver Support Group

West Sacramento
1st Thursday 1-3:00 PM
West Sacramento Senior Center
664 Cummins Way
Peggy Phelps 530/681-2054

Caregiver's Support Group

Placerville

1st Friday 1:30-3:00 PM
Placerville Senior Center
937 Spring St.
530/621-6120

NEW! Family Caregiver Support Group

Georgetown
4th Tuesday 3 PM
Fire Station No. 61
6281 Main Street
El Dorado FCSP 530/621-6151

Dementia Support Group for Caregivers

Roseville
3rd Thursday 1:00 PM
The Church of Jesus Christ of Latter Day Saints
615 Clarice Lane
Faye Roskelley 916/783-8090

NEW! Family and Friends of Aging Adults

Carmichael
2nd Thursday 6:00 -8:00 PM
Eskaton Adult Day Healthcare Center
5105 Manzanita Ave.
Eskaton 916/334-1072

Depression Management Support Group

Auburn
Every Thursday 2:00 - 3:30 PM
Placer Independent Resource Services
11768 Atwood Rd., Suite 29
PIRS 530/885-6100

Head Trauma Caregivers/Families Support Group

Sacramento
Every Thursday 7:00 - 9:00 PM
Easter Seal Society
3205 Hurley Way
Holly Bleasdale 916/734-3467

Huntingtons Disease Support Group

Sacramento
2nd Wednesday 7-8:30 PM
UCD Medical Center, Cancer Cntr.
4501 X Street
Susan George 916/971-0893

Multiple Sclerosis Support Group

Roseville

Last Tuesday 7:00 PM
Roseville Main Library
225 Taylor St.
Debbie Newton 916/723-2577

NEW! Woodland Parkinson's Disease Support Group

4th Tuesday 1:00 PM
Woodland Senior Center
630 Lincoln Ave.
Frank Bruno 530/666-5124

North Area Parkinson's Support Group

Carmichael
4th Friday 10:00 AM
El Camino Gardens
2426 Garfield Ave.
Maxine Krugman 916/ 489-0226

NEW! South Area Parkinson's Support Group

Sacramento
2nd Thursday 1:00 PM
Asian Community Center
7375 Park City Drive
916/489-0226

Tri-County Parkinson's Disease Support Group

Yuba City
1st Monday 2:00 PM
St. Andrew Presbyterian Church
Marge Kowolik 530/674-0642
Jan Medley 530/674-5557

Stroke Survivor/Caregiver Support Group

Sacramento
Every Tuesday 2:00 - 3:30 PM
UCD Medical Center Ellison Bldg.
4860 Y Street
Holly Bleasdale 916/734-3467

Saint Joseph's Hospital Stroke Club

Stockton
1st Wednesday 3:00 PM
Saint Joseph's Hospital
1800 North California St.
209/467-6345

LOCAL AGENCY PROVIDES FAMILIES HELP WITH NURSING HOME PLACEMENT

After providing assistance to families looking for independent living, assisted living, residential care homes, and other senior resources for over seven years, Senior Care Solutions has expanded their services to include education and assistance to families looking for skilled nursing options.

Senior Care Solutions was founded by Senior Housing and Care Specialist, Carol Kinsel, in 1997 after going through a journey with her own father during his battle with Alzheimer's disease. Carol and her team of family consultants understand the needs of seniors and their families. Together the staff has over 30 years of professional and personal assistance in the healthcare and senior care industry.

For more information or to have one of their family consultants assist you in finding placement, call Senior Care Solutions at **(916) 965-5565**.

MOVING COORDINATION SERVICES AVAILABLE

Moving can be a very stressful and difficult time for seniors and their families. Eskaton Senior Residences and Services can help guide you through this transition by coordinating all or part of your relocation activities. Services available include:

- * Identification and coordination of moving and packing services
- Moving* Arrangement for cleaning and home repairs
- Coordina-* Space planning
- tion Ser-* Disposition of remaining belongings, including hauling, arrangement for consignment store, and moving sales
- ices are provided
- on an* Disconnection / Connection of utilities as needed
- hourly ba-* Coordination of address notification
- sis. Please* Unpacking
- call **(916)*** Arrangement of furniture and hanging pictures
- 334-1072**
- to arrange
- your FREE consultation.

HAVE YOU RECENTLY PLACED YOUR LOVED ONE? THIS WORKSHOP MIGHT BENEFIT YOU!

Feelings of grief, guilt and relief are often the aftermath of a decision to place a loved one in a facility. Del Oro Caregiver Resource Center is pleased to offer a two-part series on the emotions that placement evokes, how to better communicate with the facility and understanding your new role. Guest Speaker, Connie Massie, LCSW will help you:

This event will consist of two 5 hour sessions to be held on

- con -* *Understand the emotions associated with placement of your loved one*
- * *Reduce guilt, anger and depression*
- * *Develop realistic expectations with facility staff*
- * *Learn effective communication tools for working with facility staff and problem solving techniques*
- * *Understand your new role*

secutive Thursdays, **February 19, 2004** and **February 26, 2004** from **10:00—3:00 PM** at St. Mark's Methodist Church, 2391 Saint Marks Way in Sacramento. Lunch and snacks will

be provided.

Connie Massie, our workshop facilitator, is a licensed clinical social worker with more than a decade of experience in working with family caregivers and persons with Dementia. She is a certified Geriatric Care Manager and Master Trainer for Legacy Healthcare. An now, Connie would like to share her insights on placement with you.

Pre-registration is required. Registrants should plan on attending both sessions as the second class builds upon knowledge/skills learned from the first class. If you need someone to care for your loved one so that you can attend, limited in-home care is available. For more information or to register contact Del Oro Caregiver Resource Center at **(800) 635-0220**.

CALIFORNIA LONG-TERM CARE TAX CREDIT

“THE TAX CREDIT REFLECTS A GROWING PUBLIC AWARENESS OF THE IMPORTANT AND DIFFICULT WORK OF FAMILY CAREGIVERS.”

Before filing taxes, California caregivers may want to see if they qualify for the California Long-Term Care tax break. As part of the Aging with Dignity Initiative, the California Legislature enacted legislation (AB 2871) on January 1, 2000 to offer a modest \$500 state tax credit for long-term care. Designed to provide some financial relief from the direct costs of long-term care, the tax credit reflects a growing public awareness of the important and difficult work of family caregivers.

Because this credit is unique to California, the Franchise Tax Board wants to ensure taxpayers are familiar with this credit. The non-refundable credit is available for the qualifying individual—the one who needs the care—who has long-term care needs that will last for at least 180 consecutive days. The qualifying individual includes the taxpayer, a spouse or dependent. The credit is available to taxpayers whose California adjusted gross income is under \$100,000. The person receiving the care must meet age-related, long-term care requirements as explained in FTB Form 3504, Long-Term Care Credit. To claim the credit, taxpayers must provide the name of the individual needing the long-term care, the individual's taxpayer ID number, and the medical license number of the physician who has certified the individual as needing the long-term care.

The caregiver should fill out Form FTB 3504, Long-Term Care Credit, in addition to his or her California state income tax forms. Instructions for filling out Form 3504 are located on the form itself. To order state tax forms or receive further assistance, the caregiver should contact the California Franchise Tax Board.

Resources:

- * California Franchise Tax Board, Long-Term Care Credit: Frequently Asked Questions
www.ftb.ca.gov/forms/misc/802.pdf
- * State Form FTB 3504, Long-Term Care Credit
www.ftb.ca.gov/forms/01_form/01_3504.pdf



GET CONNECTED! ON-LINE RESOURCES

Help finding a quality nursing home is just a click away at www.calnhs.org. **California Nursing Home Search** web site was developed by the California HealthCare Foundation to help people make informed choices about nursing home care. The site allows you to search by zip code, city and county in an effort to obtain information about:

- The Na -
- * The type of services provided including Alzheimer's care
 - * Type of payment accepted
 - * Publicly reported complaints, citations and deficiencies
 - * Whether nurse staffing levels meet state staffing requirements

tional Institute on Aging and the National Library of Medicine have developed a talking web site! The site, www.NIHSeniorhealth.gov makes aging-related health information easily accessible for family members and friends seeking reliable, easy to understand online health information. Each health topic includes general background information, open-captioned videos, quizzes and answers to frequently asked questions.

Ethnic Elders Care Network www.ethnicelderscare.net is a site designed specifically for people who are currently or will be caregivers to ethnic elders with Alzheimer's disease and related disorders. Ethnic elders is dedicated to promoting research, prevention and treatment of Alzheimer's and related disorders and to providing education, support and assistance to ethnic minority elderly patients, their families and caregiver.

FDA APPROVES MEMANTINE FOR TREATMENT OF MODERATE TO SEVERE ALZHEIMER'S DISEASE

NEW YORK—October 17, 2003—Forest Laboratories, Inc. announced today that Memantine, the first of a new class of drugs for Alzheimer's disease, was approved by the U.S. Food and Drug Administration (FDA) for the treatment of moderate to severe Alzheimer's disease. Forest expects Memantine to be available to physicians, patients, and pharmacies in January 2004.

"The approval of Memantine offers an important new therapeutic option for patients suffering from moderate to severe Alzheimer's disease," said Howard Solomon, Chairman and Chief Executive Officer of Forest Laboratories. "Previously patients with moderate disease had only one class of options; now they have an additional therapy available. And patients who had progressed beyond the moderate stage of Alzheimer's disease had no approved therapeutic option at all. We believe Memantine will provide a meaningful benefit to millions of American suffering from Alzheimer's disease, whether as a patient, caregiver, or a family member."

Memantine appears to regulate the activity of glutamate, one of the brain's specialized messenger chemicals. At normal concentrations, glutamate plays an essential role in learning and memory. Imbalances in glutamate levels are thought to be one factor that may contribute to Alzheimer-related memory problems and to damage or destroy nerve cells. Because these interactions are out of balance in Alzheimer's disease and some related disorders, the drug may help maintain normal processes that promote cell health.

The four currently approved drugs for Alzheimer's disease are all indicated for use in patients with mild to moderate disease. Memantine is the first drug indicated for moderate to severe Alzheimer's disease.

For more information visit Forest Laboratories web site at www.frx.com.

A CALL TO CAREGIVERS—MAKING YOURSELF THE PRIORITY IN 2004

We hear this often: "My husband is the person with Alzheimer's, but now I'm the one in the hospital!" This situation is all too common. Researchers know a lot about the effects of caregiving on health and well being. According to a recent article in JAMA, entitled *Caregiving as a Risk for Mortality: The Caregiving Health Effects Study*, if you are a caregiving spouse between the ages of 66 and 96 and are experiencing mental or emotional strain, you have a risk of dying that is 63 percent higher than that of people your age who are not caregivers.

You cannot stop the impact of a chronic or progressive illness or a debilitating injury on someone for whom you are providing care for. But there is a great deal that you can do to take responsibility for your personal well being and to get your own needs met. The following are some tools to help you make yourself a priority in the New Year:

- * Learn and use stress-reduction techniques.
- * Attend to your own healthcare needs
- * Get proper rest and nutrition
- * Exercise regularly
- * Set Goals—goals are generally too big to work on all at

- * Take time off without feeling guilty
- * Participate in pleasant, nurturing activities
- * Seek and accept the support of others
- * Seek supportive counseling when you need it, or talk to a trusted counselor or friend.
- * Identify and acknowledge your feelings
- * Change the negative ways you view situations
- * Set goals

Information adapted from the Fact Sheet *Taking Care Of YOU: Self-Care for Family Caregivers* from Family Caregiver Alliance. The entire Fact Sheet can be obtained by visiting FCA's web site at www.caregiver.org.



Your contributions help fund critical programs for family caregivers. Donations or memorial gifts of any size are most welcome.

Please accept my tax-deductible donation of \$ _____

Name:
Address:
Telephone number:
This gift is <input type="checkbox"/> in honor of <input type="checkbox"/> in memory of Name:

Please make your check payable to Del Oro Caregiver Resource Center and send to:

Del Oro Caregiver Resource Center
5723A Marconi Avenue
Carmichael, CA 95608

THANK YOU!



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For information or assistance, contact Del Oro CRC at (800) 635-0220 or www.deloro.org