



Elders First Adult Day Services

P.O. Box 332966, Murfreesboro, TN 37133 ☀ 615-542-4371 ☀ eldersfirst@dtccom.net

Located at New Vision Baptist Church – 1750 N. Thompson Lane – Murfreesboro, TN 37129

We invite you to visit Elders First ADS!



Betty Davis and Joan Gowen enjoy each other's friendship during the day and return home to their families at night!

Early Stage Memory Loss Support Group
Sponsored by the Alzheimer's Association
Mid State Chapter

Moved to New Vision Baptist Church
1750 N. Thompson Lane, Murfreesboro TN
For persons with memory loss who would like to talk & gain support from others. Caregiver group meets at same location.

Nov. 18 10:30 – 11:30 am

Dec. 16 10:30 – 11:30 am

Contact Tina ♥ 615-418-5587♥ for Information

HOLIDAYS – WE WILL BE CLOSED

Nov. 25 & 26 Thanksgiving

Dec. 24 Christmas Eve

Dec. 31 New Year's Eve

THANKSGIVING LUNCHEON

12:00 PM Wednesday, Nov 24th

Special thanks to our volunteer Board for their dedication and *many* hours of personal time and financial support:

Janet K. Belsky, PhD - President
Dan Sharley, MBA - Treasurer
Vincent L. O'Brien - Secretary
Susan O. Moss Tom Tozer
Maxine Drake Betsy Sharley
Ann Horton Hoke Kent Syler
Tony Johnston, PhD

Newsletter printing donated by RICOH
Ashley.Belles@ricoh-usa.com

A Message from the Executive Director

On November 5th, Elders First ADS reaches the three-year mark of providing adult day care! We are very grateful to New Vision Baptist Church to have this location for our nonprofit program and for the loving support and interest shown on a daily basis by the church staff.

Tom Tozer, MTSU Director of News and Public Affairs, and also a volunteer member of our Board, has worked diligently with a host of others to produce an outstanding DVD that tells our story. If you like, we will provide you, the reader, with a copy that you could show to others, possibly as a program for groups that you attend. Please let me know if you are interested in having a DVD for your own use and I will send it right out. (It runs about 10 minutes).

As a result of grants received from Middle TN Electric Customers Care, and the Cal Turner Family Foundation, both ear-marked for our Fee Assistance Program, the fee assistance fund, initiated by Charity Circle, is replenished and supporting 3 participant slots.

I would like to sincerely thank our many grantors, sponsors, and major donors of 2010 for their contributions to our project:

Affect Plus, Baptist Healing Trust, Cal Turner Family Foundation, Charity Circle, Goodrich Corporation, Goodrich Tullahoma, Heritage Farms Dairy, Middle Tennessee Electric Customers Care, Murfreesboro Community Development Fund, Murfreesboro Medical Clinic, Reeves Sain Foundation, State Farm Insurance, Vista Points Inc.-The Special Needs Trust, Dr. Jim O'Brien, Professor Emeritus of FSU, and the Belsky Foundation. Thanks to Ashley Belles of RICOH for printing hundreds of invitations, brochures, and newsletters at no cost. Thanks to our hundreds of other donors to the fundraisers, you are *very much* appreciated.

Gratitude goes to our volunteers including Aliyah, Joel, Gabriel, and Eliyah Zachery, Emily Carleton, Pat & Gordon Adams, Alicia Carmona, Ianthia Smotherman, Shawna Ridley, LaToya Dunnaway, Yolanda Marillo, Shelby Owens, Gwen, Caleb, Drew & Nate Dyer, Brittany Loney, Deborah Shahan, Betty Hill, Rosie Fitzgerald, Jerome Drake, Amanda Albea, Tiyyarah Young, MTSU Intern Agnes Thomas, Abby Cowan, Jennifer Davis, Patricia Chatman and Charlene Swader- NCOA Senior Community Service Employees, Shelby Partridge, Sandra Waldecker, Hyeryon Kim, Elizabeth Flory, Katy Johnson, Karen & David Zabriskie, Nancy & Bernie Coomes, Christine Sanborn, Sharon Scudder and Lindy Branch.

*Best wishes for a Wonderful Holiday Season
& Happy New Year!* ♥Tina O'Brien

Mild Cognitive Impairment More Common in Older Men Than in Older Women

NIH-supported study suggests gender differences in cognition problems
NIA NEWS Tuesday, September 7, 2010

Older men may be at risk of developing mild cognitive impairment (MCI), often a precursor to Alzheimer's disease, earlier in life than older women, according to a study appearing today in *Neurology*.

Primarily funded by the National Institute on Aging (NIA), part of the National Institutes of Health, the study raises the question of whether there may be a gender difference in the development and progression of MCI.

Scientists evaluated the cognitive health of 1,969 dementia-free older people and found 16 percent showed signs of MCI, a condition usually marked by memory problems or other cognitive problems greater than those expected for their age. Prevalence was greater among the older participants, and it was consistently higher in men than women across all age ranges.

Ronald C. Petersen, Ph.D., M.D., and his team at the Mayo Clinic, Rochester, Minn., conducted the research, which was also supported by the National Institute of Mental Health (NIMH), also part of the NIH. Additional funding was provided by the Robert H. and Clarice Smith and Abigail van Buren Alzheimer's Disease Research Program and the Rochester Epidemiology Project, also supported by NIA.

"Because evidence indicates that Alzheimer's disease may cause changes in the brain one or two decades before the first symptoms appear, there is intense interest in investigating MCI and the earliest stages of cognitive decline," said NIA Director Richard J. Hodes, M.D. "While more research is needed, these findings indicate that we may want to investigate differences in the way men and women develop MCI, similar to the way stroke and cardiovascular disease risk factors and outcomes vary between the sexes."

The researchers conducted in-person evaluations of 1,969 randomly selected people from all 70- to 89-year-olds living in Olmsted County, Minn. The group was evenly split between men and women. Each individual received a neurological evaluation and neuropsychological testing. A panel then reviewed those data plus other information, such as health history and occupation/education levels, to reach a diagnosis. Sixteen percent were diagnosed with MCI; these individuals displayed either amnesic MCI, where memory is impaired, or non-amnesic MCI, where different cognitive problems arise, such as with language.

Results of the study indicated that:

- Overall, MCI was more prevalent in men (19 percent) than in women (14 percent), even after adjusting for several demographic variables and clinical factors, such as hypertension and coronary artery disease.
- Of the 16 percent affected with MCI, over twice as many people had the amnesic form that usually progresses to Alzheimer's disease and the prevalence rate was higher in men than in women.
- MCI prevalence was higher among people with the APOE e4 gene, a known risk factor for late-onset Alzheimer's, a form of the disease that usually occurs at age 65 or older.
- A greater number of years spent in school was significantly associated with decreased MCI prevalence, from 30 percent among participants with less than nine years of education to just 11 percent in those with more than 16 years of education.
- MCI prevalence was higher in participants who never married, as opposed to those currently or previously married.

The researchers noted that estimates of MCI prevalence vary in studies conducted around the world but generally fall into a range of 11 to 20 percent. The Mayo team's evaluation of participants included detailed in-person assessments that helped to capture the subtle changes in daily function that may mark the onset of MCI, Petersen said. The researchers also noted that the study's limitations include a relatively low participation rate by Olmsted County residents and the fact that the population is predominantly white. Thus, these findings may not apply to other ethnic groups.

The NIA leads the federal government effort conducting and supporting research on the biomedical, social and behavioral issues of older people. For more information on aging-related research and the NIA, go to www.nia.nih.gov.

The NIA provides information on age-related cognitive change and neurodegenerative disease specifically at its Alzheimer's Disease Education and Referral (ADEAR) Center site at www.nia.nih.gov/Alzheimers. To sign up for e-mail alerts about new findings or publications, please visit either website.

The Upside to Elderly Home Care ABC Blog

Posted on March 18, 2009 by Mary Nix

<http://eldercareabcblog.com/the-upside-to-elderly-home-care/>

The upside to elderly home care may surprise you. I know it did me. When I first ventured down the elderly home care path, I found caregiving to be challenging, sometimes exasperating and oftentimes so physically and mentally exhausting that I wasn't sure how I could go on providing elderly home care. I discovered that elderly home care was similar to when I brought home my first baby, but quite different since this time those relying on me had a lot more wisdom under their belt than I did and had loved and nurtured me my whole life. They were hesitant to take up anymore of my time than necessary even though they knew they were in need of my elderly home care help. It took me a while, but I convinced them that providing elderly home care was something I wanted to do.

This upside to elderly home care may be unexpected in light of today's news that often points to data concerning caregiver stress and article after article illustrating the financial challenges those offering elderly home care may have to deal with. There are even claims that those offering elderly home care to patients with dementia are treated more often in emergency rooms and may be more susceptible to depression. These are all valid challenges that must be negotiated, but there are more issues that one should look at when preparing to offer elderly home care.

I've discussed the situation with others who are in the midst of providing elderly home care and I believe there is more to the elderly home care picture than the downside. Despite the negative data on caregivers gathered in some spots, I believe providing elderly home care can also be good for you. If you still have children at home, they often benefit greatly from their grandparent's unconditional love and wisdom. My children have lived with their grandparents for the last ten years and I know that their love and support helped the boys to become the wonderful, caring men that they are today. I have learned to prioritize my life and how to say no even to the experts when I need to. I've learned to take one step at a time and have faced challenges and become an advocate for my family. As I see it, the upside to providing elderly home care is the fact that it strengthens the caregiver and the family in ways that will be carried on for generations to come. It can certainly challenge us to points we never imagined we could handle, but I believe it is also an opportunity to build on our strengths, unconditional love and resiliency.

Have you found an upside to elderly home care?
Please tell us all about it for future publications!



Tom Delbridge and Charlene Swader, NCOA staff member, enjoy a creative project.



Betty Davis and Mildred Paulin are productive and innovative in their art work.



Nell Hood, Cheryle Zachery Smith, Program Dir., and youth volunteer Joel Zachery examine antique items for memory stimulation.

Recently, I was diagnosed with AAADD - Age Activated Attention Deficit Disorder. A Funny From My email...

This is how it manifests: I decide to wash my car.

As I start toward the garage, I notice that there is mail on the hall table.

I decide to go through the mail before I wash the car.

I lay my car keys down on the table, put the junk mail in the trash can under the table, and notice that the trash can is full.

So, I decide to put the bills back on the table and take out the trash first.

But then I think, since I'm going to be near the mailbox when I take out the trash anyway, I may as well pay the bills first.

I take my checkbook off the table, and see that there is only one check left. My extra checks are in my desk in the study, so I go to my desk where I find the can of Coke that I had been drinking.

I'm going to look for my checks, but first I need to push the Coke aside so that I don't accidentally knock it over. I see that the Coke is getting warm, and I decide I should put it in the refrigerator to keep it cold.

As I head toward the kitchen with the Coke, a vase of flowers on the counter catches my eye--they need to be watered. I set the Coke down on the counter, and I discover my reading glasses that I've been searching for all morning.

I decide I better put them back on my desk, but first I'm going to water the flowers. I set the glasses back down on the counter, fill a container with water and suddenly I spot the TV remote. Someone left it on the kitchen table.

I realize that tonight when we go to watch TV, I will be looking for the remote, but I won't remember that it's on the kitchen table, so I decide to put it back in the den where it belongs, but first I'll water the flowers.

I splash some water on the flowers, but most of it spills on the floor. So, I set the remote back down on the table, get some towels and wipe up the spill.

Then I head down the hall trying to remember what I was planning to do.

At the end of the day: the car isn't washed, the bills aren't paid, there is a warm can of Coke sitting on the counter, the flowers aren't watered, there is still only one check in my checkbook, I can't find the remote, I can't find my glasses, and I don't remember what I did with the car keys.

Then when I try to figure out why nothing got done today, I'm really baffled because I know I was busy all day long, and I'm really tired.

I realize this is a serious problem, and I'll try to get some help for it, but first I'll check my e-mail.

Don't laugh -- if this isn't you yet, your day is coming!



**ELDERS FIRST ADS EXECUTIVE DIRECTOR
Tina O'Brien, M.A.**

Tina O'Brien, a Duke University graduate, earned a Master's Degree in Clinical Psychology at MTSU in 2001. The American Public Health Association awarded an Honorable Mention in 2002 to her thesis study, "The Effects of the Wellness Group Methodology in an Adult Day Care Setting".

Tina served for twenty years as a geriatric counselor for groups and individuals in nursing homes with The Guidance Center in Murfreesboro and also directed the adult day care program there. She is the immediate past President of the Tennessee Association of Adult Day Services (TAADS). She facilitates a local support group for persons with memory loss as an Alzheimer's Association volunteer.

**Elders First is a Nonprofit Program
Open to the Public Monday through Friday
8:00 AM to 5:00 PM
615-542-4371 eldersfirst@dtccom.net
www.eldersfirst-ads.org**

**Located at New Vision Baptist Church
1750 N. Thompson Lane
Murfreesboro, Tennessee 37129**

**Inclement Weather
When Murfreesboro City Schools are closed due to snow, ice, floods, or tornadoes! Elders First will also be closed.**

Costs
Full Day (up to 9 hours) \$ 30.00
Half Day (up to 4 hours) \$ 20.00

Transportation - Families provide transportation, Mid-Cumberland Human Resource Agency Public Transportation at 615-890-2677.



New Vision Baptist Church

We continue to give thanks for the wonderful pastors, staff, and members at NVBC! Their friendship and generosity is much appreciated by the Elders First Board of Directors, our staff, and the entire community.