

COMFORT CHRONICLES

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ALZHEIMER'S AWARENESS! SCIENTISTS EXPLORE WHY MOST ALZHEIMER'S PATIENTS ARE WOMEN

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Nearly two-thirds of Americans with Alzheimer's disease are women, and now some scientists are questioning the long-held assumption that it's just because they tend to live longer than men.

What else may put women at extra risk? Could it be genetics? Biological differences in how women age? Maybe even lifestyle factors? Finding out might affect treatments or preventive care. One worrisome hint is that research shows a notori-

ous Alzheimer's-related gene has a bigger impact on women than men. "There are enough biological questions pointing to increased risk in women that we need to delve into that and find out why," said Maria Carrillo, chief science officer for the Alzheimer's Association. Last month, the association brought 15 leading scientists together to ask what's known about women's risk. Later this summer, Carrillo said it plans to begin funding research

to address some of the gaps. "There is a lot that is not understood and not known. It's time we did something about it," she added. A recent Alzheimer's Association report estimates that at age 65, women have about a 1 in 6 chance of developing Alzheimer's during the rest of their lives, compared with a 1 in 11 chance for men.

*Alzheimer's Patients Are Women
cont'd on pg 3*

KRISTA'S KORNER

The summer is swiftly passing and soon we will be entering fall harvest time. August brings our attention to the Alzheimer Walk on August 29th at Comerica Park.

This raises awareness and education for research toward a cure. We hope you find our enclosed information a step toward reaching the goal to the finish.

It's your road and yours alone, others may walk with you but no one can walk it for you.



Romeo Senior Center

CAREGIVERS OF THE QUARTER

Samantha is full-time caregiver who has come to Comfort Keepers after graduating from Saginaw Valley State University. She also has received her Patient Care Technician Certification from CASHI back in 2011. Samantha has variety of skills; she has handled clients with Alzheimer's, Dementia, wound care, and incontinence care. She is an empathetic and dedicated caregiver

who is loved by all her clients. When she's not working Samantha is passionate about spending time with her family. Congratulations Samantha on your success!



Samantha D.

Lynn is a long-term caregiver for Comfort Keepers. She has studied history, Spanish, and English at Oakland University prior to coming to Comfort Keepers. She also was a substitute teacher for the Anchor Bay School District. In addition,

Lynn is a Certified Nursing Assistant. She has provided "care" to clients with Dementia, Alzheimer's, and incontinent care. Lynn is a very compassionate and caring person who always goes above and beyond. When she's not working, Lynn is heavily involved in

church, and family events. Congratulations Lynn!



Lynn B.

NURSE'S NOTES

Is communicating with a client or loved one difficult due to hearing loss, memory issues or understanding the message?

Here are some tips to help the process:

Tell them it's OK not to find

the right words; offer reassurance.

Avoid correcting, criticizing or arguing; this will only make it worse.

Limit distractions;

find a quiet place to engage their attention.

Know that feelings are first; sometimes emotions are more important than words.

As always, have pa-

tience to interact with others who have difficulty.



The tricky part is determining how much of the disparity is due to women's longevity or other factors. "It is true that age is the greatest risk factor for developing Alzheimer's disease," said University of Southern California professor Roberta Diaz Brinton, who presented data on gender differences at a meeting of the National Institutes of Health this year. But, she said, "on average, women live four or five years longer than men, and we know that Alzheimer's is a disease that starts 20 years before the diagnosis." That's how early cellular damage can quietly begin. Brinton researches if menopause can be a tipping point that leaves certain women vulnerable. However it starts brewing, there's some evidence that once Alzheimer's is diagnosed, women may worsen faster; scans show live four or five years longer than men, and we know that Alzheimer's is a disease that starts 20 years before the diagnosis."

That's early cellular damage can quietly begin. Brinton researches if menopause can be a tipping point that leaves certain women vulnerable. However it starts brewing, there's some evidence that once Alzheimer's is diagnosed, women may worsen faster; scans show more rapid shrinkage of certain brain areas. But gene research offers the most startling evidence of a sex difference. Stanford University researchers analyzed records of more than 8,000 people for a form of a gene named ApoE-4, long known to increase Alzheimer's risk. Women who carry a copy of that gene variant were about twice as likely to eventually develop Alzheimer's as women without the gene, while men's risk was only slightly increased, Stanford's Dr. Michael Greicius reported last year. It's not clear why. It may be in how the gene interacts with estrogen, Brinton said. Amy Shives, 57, of Spokane, Washington, recalls when her mother began showing symptoms of Alzheimer's. But it wasn't until after her own diagnosis a few years ago that Shives

who is in the early stages of Alzheimer's, which struck at a younger-than-usual age and forced her retirement as a college counselor. "The impact on our lives and that of our families is extraordinary." She points to another disproportionate burden: About 60 percent of caregivers for Alzheimer's patients are women. "My daughters are in their 20s and I'm already ill," Shives worries. "It's very stressful for them to think about when their mother's going to need their help." What drives the difference in Alzheimer's cases isn't clear, said Dr. Susan Resnick of the National Institutes of Health, pointing to conflicting research. "We really have had a tough time understanding whether or not women really are more affected by the disease, or it's just that they live longer," Resnick said. Data from the long-running Farmington, Massachusetts, health study suggests that because more men die from heart disease in the middle age, those who survive past 65 may have healthier hearts that in turn provide some brain protection. Many of the same factors-obesity, high cholesterol, diabetes-that damage arteries also are Alzheimer's risks.

COMFORT KEEPERS-EVENT

Comfort Keepers sponsored a Continual Education seminar to all the local nurses and social workers in the area. The **Hospice of Michigan Institute** presented, "*Managing the Adult Resident's Pain*," in-service. Those in attendance received continuing

education credits. Comfort Keepers was honored to have everyone's attendance; another CEU event will be hosted this upcoming fall. If interested in attending contact our office at 586.231.0526 for more information.





Comfort Keepers

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We're on the Web !

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Look Inside For:

Alzheimer's Patients are Women

Caregiver of the Quarter

Nurses Notes

Comfort Keepers Event

RECIPE OF THE QUARTER

Honey-Soy Broiled Salmon

Ingredients:

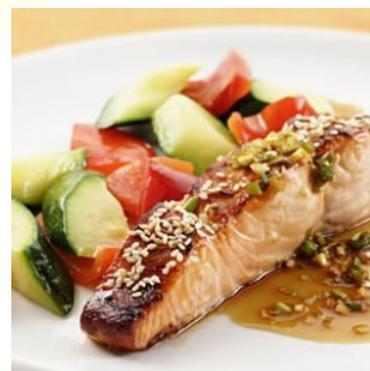
1 scallion, minced
 2 tablespoons reduced-sodium soy sauce
 1 tablespoon rice vinegar
 1 tablespoon honey
 1 teaspoon minced fresh ginger
 1 pound center-cut salmon fillet, skinned (see Tip) and cut into 4 portions
 1 teaspoon toasted sesame seeds

Preparation:

1. Whisk scallion, soy sauce, vinegar, honey and ginger

in a medium bowl until the honey is dissolved. Place salmon in a sealable plastic bag, add 3 tablespoons of the sauce and refrigerate; let marinate for 15 minutes. Reserve the remaining sauce.

2. Preheat broiler. Line a small baking pan with foil and coat with cooking spray.
3. Transfer the salmon to the pan, skinned-side down. (Discard the marinade.) Broil the salmon 4 to 6 inches from the heat source until cooked through, 6 to 10 minutes. Drizzle with the reserved sauce and garnish with sesame seeds.



Nutrition:

Per serving: 234 calories, 13 g fat, 67 mg cholesterol, 6 g carbohydrates, 4 g added sugars, 23 g protein, 0 g fiber, 335 mg, 444 mg potassium