

Kirkland's Fight Against Alzheimer's

"We Remember their LOVE when they can no longer remember." -Alzheimer's Association

Many people ask, what is Alzheimer's Disease? What causes this disease? Is it curable? What are the symptoms? Many questions that can only be answered by making awareness of it!

Alzheimer's is a type of dementia that affects memory, thinking and behavior. Unfortunately symptoms eventually grow so severe that they begin to interfere with activities of daily living. The cause of this disease is due to abnormal structures in the brain called plaques and tangles. The Alzheimer's Association explains, "Plaques are deposits of a protein fragment called beta-amyloid that build up in the spaces between nerve cells. Tangles are twisted fibers of another protein called tau that build up inside the cells in the brain"

In 1906 a German physician described what we now know as Alzheimer's disease as a "peculiar disease" of profound memory loss and microscopic brain damage. Today, Alzheimer's is one of the leading diseases in research with no known cure. The most common early symptom of Alzheimer's is difficulty in remembering newly learned information. Some people recognize symptoms in themselves, but often times its family or friends recognizing the signs of dementia first.

If you know someone who is fighting Alzheimer's or you just want to get involved there is plenty you can do!

- ⇒ Educate yourself about the disease. There is a lot of research out there, but still so much more we need to find out!
- ⇒ Get involved! Walk the Annual Alzheimer's Walk, volunteer at a memory care facility, Advocate for those who know longer can!

If you are caring for someone with Alzheimer's, you are not alone! Visit www.alz.org to find ways to get support!

Once again, Kirkland Crossings participated in the Annual Walk to End Alzheimer's! As we walked around our path, participants signed flower pedals, committing themselves to raise awareness for a breakthrough in the fight against Alzheimer's!



10 WAYS TO LOVE YOUR BRAIN

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body. Start now. It's never too late or too early to incorporate healthy habits.

Break a sweat. Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body. Several studies have found an association between physical activity and reduced risk of cognitive decline.

Hit the books. Formal education in any stage of life will help reduce your risk of cognitive decline and dementia. For example, take a class at a local college, community center or online.

Butt out. Evidence shows that smoking increases risk of cognitive decline. Quitting smoking can reduce that risk to levels comparable to those who have not smoked.

Follow your heart. Evidence shows that risk factors for cardiovascular disease and stroke — obesity, high blood pressure and diabetes — negatively impact your cognitive health. Take care of your heart, and your brain just might follow.

Heads up. Brain injury can raise your risk of cognitive decline and dementia. Wear a seat belt, use a helmet when playing contact sports or riding a bike, and take steps to prevent falls.

Fuel up right. Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline. Although research on diet and cognitive function is limited, certain diets, including Mediterranean and Mediterranean-DASH (Dietary Approaches to Stop Hypertension), may contribute to risk reduction.

Catch some Zzzs. Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.

Take care of your mental health. Some studies link a history of depression with increased risk of cognitive decline, so seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns. Also, try to manage stress.

Buddy up. Staying socially engaged may support brain health. Pursue social activities that are meaningful to you. Find ways to be part of your local community — if you love animals, consider volunteering at a local shelter. If you enjoy singing, join a local choir or help at an after-school program. Or, just share activities with friends and family.

Stump yourself. Challenge and activate your mind. Build a piece of furniture. Complete a jigsaw puzzle. Do something artistic. Play games, such as bridge, that make you think strategically. Challenging your mind may have short and long-term benefits for your brain.

10 Ways to Love Your Brain | Alzheimer's Association

LEAVE YOUR MARK ON THE WORLD

What you value and the life lessons you have learned can leave an extraordinary imprint on future generations. "Leaving a legacy" can seem like such a grand idea. But, think about how you can make an impact and how your life has been touched by others who have come before you. The ways these individuals have touched your life is the legacy he or she has left you. These may be very simple things — what a person has taught you, created or given to you. It can be a skill passed on to you, or a different way of seeing the world that has become part of your core values. Now is the time to think about what you'd like to pass on to others or making changes that affect something you care about.

To start this process, ask yourself:

- What is the purpose of my life?
- What do I stand for?
- What brings me joy now? How can I share that with others?
- Who has been important to me? How have they had an impact on me? Can I honor them in some way by passing it on?
- What can I create for someone? What skill can I teach?
- How do I want to be remembered?
- What do I want my family/friends to know about me?

Ideas for leaving your legacy

- Creating a family tree that includes details about each person.
- Writing letters to grandchildren about your life. Share what you have learned and what you hope for them.
- Making photo albums for the important people in your life that give details of a wonderful time you had spending time together.
- Making family celebrations especially meaningful, such as a destination family reunion or theme party.
- Bringing back family traditions that have slipped away in recent years.
- Taking trips to places you have lived or visited, and sharing your experience with others.

From Leaving Your Legacy | Alzheimer's Association

HOW THE PHS FOUNDATION HELPS YOUR COMMUNITY

The Presbyterian Homes Foundation is here to help you and your community with charitable giving. Our purpose is to assist residents, families, friends and employees with making financial contributions that enrich lives at PHS communities.

All PHS communities and the Foundation are 501(c)(3) organizations, eligible to receive tax-deductible gifts. When you give directly to the Foundation, 100% of your gift is passed on to the community and fund that you designate, and you will receive a receipt acknowledging your contribution.

How You Make a Difference

There are many ways to be a donor. **Annual gifts** are made with cash, check or credit/debit card via our secure online giving page at preshomes.org. **Future gifts** may be made through a will, trust, beneficiary designation on a retirement account or life insurance policy or gifting a portion of a PHS entrance deposit. **Gifts of all sizes are meaningful and help your community!**

You may direct your charitable contribution to:

Residents – funds include benevolence, greatest needs or spiritual life

Employees – funds include PHS employee hardship, scholarships or appreciation

Foundation gift planners and operations staff are available to help you make a gift or provide you with more information to discuss with your financial advisors.

If you are interested in making a current charitable gift or would like to learn more about making a future gift, please call the PHS Foundation office at 651-631-6408 or 651-631-6418.

You may also wish to visit www.preshomes.org and click on "Make a Gift" at the top of every page to learn how your charitable gifts make a difference every day. **Thank you for your financial gifts and the many ways that you enrich your community!**

Call today for information or to schedule a personal tour, 262-695-5800



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Postmaster: address correction requested.



Presbyterian Homes & Services is a nonprofit organization and an equal opportunity employer serving older adults through community services, housing, and health care.

EQUAL HOUSING OPPORTUNITY.
ALL FAITHS WELCOME.

Mark your Calendar! Active Aging Week: October 4-10

Celebrating aging and the benefits of active living at any age, Active Aging Week showcases the capabilities of older adults as fully participating members of society and promotes the benefits of a healthy lifestyle. Presbyterian Homes & Services vision of “providing more choices and opportunities for more older adults to live well,” shapes Active Aging Week in our communities with opportunities for you to discover how you can continue living well.

Mark your calendar for a week of activities, October 4-10.

Each day of the week will feature one of the *Seven Dimensions of Wellness*: physical, social, intellectual, emotional, vocational, environmental and spiritual, demonstrating the unity of the different departments that support you on a day to day basis. Throughout the week, we will explore your personal wellness goals while providing

opportunities to re-connect and learn more about the community surrounding you.

Initiated in 2003 by the International Council on Active Aging®, the weeklong observation calls attention to and wholeheartedly celebrates the positivity of aging today. Active Aging Week challenges society’s diminished expectations of aging by showing that, regardless of age or health conditions, older adults can live as fully as possible in all areas of life. The objective of the annual health-promotion event is to give as many older adults as possible the means to experience wellness activities and exercise in a safe, supportive environment. It also promotes the benefits of healthier, more active lifestyles across the life span.

Watch for more information this month and check your calendars next month to see what great activities are planned for Active Aging Week at your community.