

SENIOR REVIEW

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Public Health

Alzheimer's: Early Detection, Risk Factors Are Crucial

By Elizabeth Landau

With more than 5 million people suffering from Alzheimer's disease in the United States, a number that's expected to rise to 16 million by 2050, the pressure is on to find better methods of diagnosis, treatment and prevention.

Around the world, Alzheimer's disease is the second most feared disease, behind cancer, according to a recent survey of five countries conducted by the Harvard School of Public Health.

Yet there is still a lot of misinformation: Only 61% of Americans who responded to the survey correctly identified Alzheimer's disease as a fatal illness. Many participants also mistakenly believe there are sure diagnostic methods and effective treatments to slow the disease, but most would seek medical attention if they became aware of their own early signs.



The research that came out of the Alzheimer's Association 2011 International Conference on Alzheimer's Disease, which took place in Paris, reflects a growing emphasis on early detection.

Research suggests the best targets for exploring treatments are patients who do not have full-blown Alzheimer's disease, but experience mild symptoms. Scientists have identified biological indicators called biomarkers that seem to be associated with Alzheimer's, although they are not perfect predictors.

[Alzheimer's Association: 10 signs of Alzheimer's](#)

"Things are heading earlier and earlier. And the use of biomarkers has been really essential for helping everybody move toward an understanding of

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Sandpoint



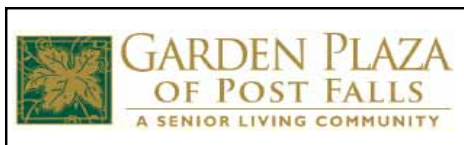
Southern Idaho



Hayden



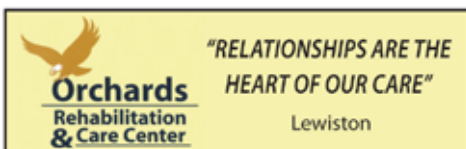
Post Falls



Coeur d' Alene



Lewiston



SEMINARS/CLASSES/EVENTS/MEETINGS

MONDAYS

COEUR D'ALENE: Weekly for 6-weeks on Mondays October 10-November 11, 1:00-3:30 pm. "Powerful Tools for Caregivers" Learning to take care of yourself makes you a healthier caregiver!. Designed for all non-paid family caregivers. Free of charge. To be held at Fire Station #3, 1500 N 15th St. Registration is mandatory and limited, please phone (208) 666-2996

COEUR D'ALENE: Bingo-all cash prizes! By in at Lake City Center, 1916 N Lakewood Drive. 4:00-5:30 pm. Dinner before Bingo \$5. Charitable contributions made to Senior Center at Lake City Center

MONDAY & WEDNESDAYS

KELLOGG: Senior Stretch and Pose. 3:30-4:30 pm First class Free. 1 month session (8 classes) \$35, Drop-in \$5/class. Sponsored by Shoshone Medical Center. For additional information call (208) 784-7017

TUESDAYS

BONNERS FERRY: Adult Exercise Program. 8:00 am, 9:30 am and 11:00 am. The Adult Exercise Program at Bonner General Hospital is a wellness program designed for anyone who may benefit from regular supervised exercise in a safe environment. The goal is to help you improve your overall level of physical activity by increasing your strength, balance, flexibility and endurance. Regular exercise can prevent physical decline as we age and can reverse common problems associated with aging. The program is idea for those with: osteoporosis, arthritis, diabetes, high blood pressure, cancer and other physical challenges or health concerns. One time fee of \$25 for an initial assessment, plus \$6 per class. For more information or to register please call (208) 265-7480 extension 7480 to schedule your personal health assessment.

COEUR D'ALENE: Fit & Fall Proof Exercise Class" 11:15-12:15. At the Lake city Senior Center, 1916 Lakewood Drive. For information call (208) 667-4628

MOSCOW: Second Tuesday of the month Blood Pressure Checks at Friendly Neighbors Senior Center of Moscow, 1912 E Third St. (208) 882-1562 email: friendly_neighbors@yahoo.com

MOSCOW: "Fit and Fall Proof" Reduce your risk of falling by increasing your muscle strength and balance. Every Tues & Thurs f 10:00-11:00 am. Sponsored by Gritman Medical Center. at the Wellness Center, 510 West Palouse River Drive. Free., education@gritman.org

MOSCOW: "Osteoporosis Exercise Group" Tuesday and Thursdays from 9:30-11:00 am. Sponsored by Gritman Medical Center. at the Wellness Center, 510 West Palouse River Drive. Fee: \$6/session. Contact (208) 883-60882. education@gritman.org

TUESDAYS & THURSDAYS

MOSCOW: "Senior Meal Site" 11:30 am salad bar, 12 Noon main course, plus a dessert bar. Held at the 1912 Center, 412 E third St. For seniors 60 and older. Suggested donation is \$4, Non-seniors, \$6. Sponsored by Friendly Neighbors Senior Citizens, Inc.

WEDNESDAYS

LEWISTON: "Alzheimer's Support Group" Held the second Wednesday of each month. 7:00-9:00 pm at Guardian Angel Homes, 2421 Vineyard Avenue. Maggie Morrison (208) 743-6500

LEWISTON: New Nicotine "Stay Quit" Support Group. 1:30-2:30 the last Wednesday of each month at St. Joseph Regional Medical Center, Community Education Resource Center, Room 3, 415 6th St For information call: (208) 750-7360

SANDPOINT: Healthcare Provider CPR classes are ideal for dental hygienists, family practice nurses and CNAs. Held every third Wednesday of the month at the Brown House basement from 8:00 am-10:00 am for Bonner General Hospital staff as well as community healthcare providers. There is an exam prior to attending. Fee: \$25 Bonner General Hospital (208) 263-1441 or Deven Fredericks in the Education Department at (208) 263-1441, ext. 1491



North Idaho Golf

SEMINARS/CLASSES EVENTS/MEETINGS

CALENDAR

THURSDAYS

BONNERS FERRY: Adult Exercise Program. 8:00 am, 9:30 am and 11:00 am. The Adult Exercise Program at Bonner General Hospital is a wellness program designed for anyone who may benefit from regular supervised exercise in a safe environment. The goal is to help you improve your overall level of physical activity by increasing your strength, balance, flexibility and endurance. Regular exercise can prevent physical decline as we age and can reverse common problems associated with aging. The program is idea for those with: osteoporosis, arthritis, diabetes, high blood pressure, cancer and other physical challenges or health concerns. One time fee of \$25 for an initial assessment, plus \$6 per class. For more information or to register please call (208) 265-7480 extension 7480 to schedule your personal health assessment.

COEUR D'ALENE: Bingo-all cash prizes! (Except August 4th) By in at Lake City Center, 1916 N Lakewood Drive. Starts at 4:00 pm. Dinner before Bingo \$5 until 5:30 pm. Games starting at \$10. Bingo begins at 4:30 pm. If you bring a new player, you receive a free game. Charitable contributions made to Senior Center at Lake City Center

COEUR D'ALENE: "Free Class on Joint Replacement". Plan now to return to an active life after joint replacement surgery. 6:00-7:00 pm the last Thursday of each month at Ivy Court, 2200 Ironwood Place. For information call: (208) 667-6486

COEUR D'ALENE: "Mended Hearts" 3:30-4:30 pm. For those interested in learning more about cardiac or pulmonary disease. Meets on the third Thursday of each month. Sponsored by Kootenai Medical Center. For additional information call (208) 666-2897

COEUR D'ALENE: "Mix N Mingle" for CareNet members. A non-formal meeting the second Thursday of the month in addition to the monthly CareNet meetings. A chance to visit and get to know each other. At Bardenay's, 1710 W Riverstone Dr, 4:30-6:30 pm or until ???

COEUR D'ALENE: "Free Monthly Wellness Clinic" The third Thursday of each month from 10:00-12:00 Loyaltion of Coeur d'Alene Senior Living, 205 E Anton Ave sponsors this special event. Participants include Ivy Court Nursing & Rehab, Crest home Health, Home Helpers, Priority Footwear, Auburn Crest Hospice, LaCross Health & Rehab, Mobility Equipment and Loyaltion of Coeur d'Alene. For additional information call (208) 667-6490

COEUR D'ALENE: "CPR & First Aid Class" 12:00-2:00 pm every third Thursday at the Lake city Senior center, 1916 Lakewood Drive. For information call (208) 667-4628

MOSCOW: "Fit and Fall Proof" Reduce your risk of falling by increasing your muscle strength and balance. Every week on Tuesday and Thursday from 10-11:00 am. Sponsored by Gritman Medical Center. at the Wellness Center, 510 West Palouse River Drive. Free, no registration required. education@gritman.org

MOSCOW: "Osteoporosis Exercise Group" Tuesday and Thursdays from 9:30-11:00 am. Sponsored by Gritman Medical Center. at the Wellness Center, 510 West Palouse River Drive. Fee: \$6/session. Contact (208) 883-60882. education@gritman.org

FRIDAYS

LEWISTON: Senior pancake breakfast the last Friday of the month through September 30th. \$3.00 per person at Guardian Angel Homes, 2421 Vineyard Ave. Serving from 8:00-10:00 am. Please feel free to ask for a tour of our facility.

SATURDAYS

COEUR D'ALENE: "Joint Replacement Education" Plan now to return to an active life. Free class the last Thursday of each month, 6:00-7:00 pm at Ivy Court, 2200 Ironwood Place. Contact: (208) 667-6486

SANDPOINT: First Aid/CPR classes are offered on the third Saturday of each month (excluding holidays) from 8:45 am until 3:00 pm. CPR-only classes begin at 12:30 pm. For additional information call Deven Fredericks in the Education Department of Bonner General Hospital at (208) 263-

OCTOBER 3-SANDPOINT: "Diabetes Support Group" 10:00 am-11:00 am. To be held in the Brown House. Sponsored by Bonner General Hospital.

OCTOBER 4-MOSCOW: "Osteoporosis Exercise Group" 9:30-11:00 am. One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help you maintain bone mass. Join our ongoing group and improve bone strength. A physician referral is required. To be held at Gritman Medical Center Cardiac Rehab Center. \$6 per session. (208) 883-6088

OCTOBER 4-MOSCOW: "Diabetes Class" 4:00-5:00 pm. Designed for those living with diabetes, class is part of a monthly series that occurs on the first Tues each month. Hosted by the Gritman Nutrition and Diabetes Education Dept., classes take place in the Gritman Conference Center, 700 S Main St., in Moscow. Free. For more information call (208) 883-6341

OCTOBER 5-MOSCOW: "Heartsaver (Adult) First Aid w/CPR" 5:30-8:30 pm. Course teaches how to manage illness and injuries in the first few minutes until professional help arrives. Content includes General Principles, Medical Emergencies, Injury Emergencies, and Environmental Emergencies. CPR, m AED use and relief of choking in adults and children, and infant CPR and relief of choking, as well as the use of barrier devices for all ages are also included. A certification card valid for two years will be provided. In the Third-Floor Classroom of Gritman Hospital. Fee: \$35. Registration required. (208) 883-2232 or education@gritman.org.

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please Call Dale at 509 979-6882*

CALENDAR(continued)

OCTOBER 5-PINEHURST: "Activities! Making Them Meaningful In Dementia Care" 1:00-3:00 pm. Designed for both family and professional caregivers. Speaker: Aline Rohde, MSW, Alzheimer's Assn., Inland NW Chapter. To be held at Beehive Homes, 208 S Division. (208) 682-9170. Free and open to the public. Certificates available to all attendees. No reservations necessary. (208) 666-2996

OCTOBER 6-MOSCOW: "Osteoporosis Exercise Group" 9:30-11:00 am. One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help you maintain bone mass. Join our ongoing group and improve bone strength. A physician referral is required. To be held at Gritman Medical Center Cardiac Rehab Center. Fee: \$6 per session. For more information (208) 883-6088

OCTOBER 6-SANDPOINT: "Keys To A Joyful Holiday Season" 2:00-4:00 pm. Designed for family and professional dementia caregivers. Presented by P.J. Christo, RN, MS, Outreach Coordinator, Alzheimer's Assn., Inland NW Chapter. To be held at The Bridge Assisted Living 1123 N Division. Free and open to the public. Certificates of attendance available for all professionals. Questions? (208) 666-2996

OCTOBER 11-MOSCOW: "Osteoporosis Exercise Group" 9:30-11:00 am. One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help you maintain bone mass. Join our ongoing group and improve bone strength. A physician referral is required. To be held at Gritman Medical Center Cardiac Rehab Center. Fee: \$6 per session. For more information (208) 883-6088

OCTOBER 11-MOSCOW: "10th Annual Pink Tea" 3:00-4:30 pm. Wonderful event honoring those who have fought breast cancer and helping those who have yet to face it. All donations go to Bosom Buddies, providing free mammograms to women who otherwise cannot afford one. Reservations required, Seating limited. At Best Western University Inn, Contact Jodi Walker, (208) 883-6233 jodi.walker@gritman.org

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what the earliest changes are and when they can be detected," said Dr. Allan Levey, chair of neurology at Emory University School of Medicine.

EARLY DETECTION

So far, no drug has been developed to significantly slow the progression of the disease in all patients. And there's no way to halt or reverse the decline of memory and other cognitive abilities once Alzheimer's has been diagnosed. Since attempts to help patients who already have symptoms in these ways have failed, scientists must look to the earliest stages of Alzheimer's in hopes of stopping it before it begins.

Studies presented at the conference reinforced the notion that signs of Alzheimer's may develop in the brain 10 to 20 years before any symptoms begin.

A substance in the brain called beta-amyloid has been associated with dementia in people who have those kinds of symptoms. This is the main ingredient of plaques that build up in the brains of Alzheimer's patients.

People with a rare genetic form of Alzheimer's, whose specific genetic mutations guarantee that they will develop the disease, tended to show signs of amyloid plaques in PET scans and cerebrospinal fluid 10 to 20 years before the onset of symptoms. These results come from the Dominantly Inherited Alzheimer Network project.

But that represents only a small fraction of Alzheimer's patients -- 1% of cases worldwide, specifically. If you don't have the genetic form, there's no way to tell if you will go on to develop the disease, even if you have accumulation of amyloid plaques. There are some people who have them but do not show symptoms of Alzheimer's.

The kinds of tests that would detect beta-amyloid levels are not widely available. And it's not clear that pulling the amyloid plaques out of the brain reverses the process of cognitive decline; this is one area of research right now.

Another biomarker of interest is a protein called tau, implicated in the neurofibrillary tangles -- which basically take the shape of cells and destroy them -- that build up in the brains of Alzheimer's patients, particularly in the memory center called the hippocampus. But there's no scan to detect these tangles in a living patient.

A major focus of research on early detection is patients who have mild cognitive impairment, a collection of symptoms involving difficulty with memory, language and other mental functions, but which does not interfere with everyday life. It is not necessarily a precursor to Alzheimer's disease, but it does raise the risk of progressing into that more severe illness.

Understanding mild cognitive impairment is important in coming up with better treatments for dementia in general, because the brain hasn't deteriorated as much as in Alzheimer's, so it may not be too late to intervene, experts say.

The brain is the primary organ the disease attacks, but a small study

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CALENDAR (continued)

OCTOBER 12-MOSCOW: "Caregivers Support Group" 3:30-5:00 pm. Meet others and share information and resources in a relaxed, supportive setting. Respite care available. Held at Gritman Adult Day Health, 225 E Palouse River Drive. Pre-registration no required. Free. To learn more call (208) 883-6483 or email: barbara.mahoney@gritman.org

OCTOBER 12-CLARKSTON: "Celebrating Women's Health. National Breast Cancer Awareness Month" 5:00-7:00 pm. Health and wellness information, drawings, giveaways and refreshments. To be held at Tri-State Memorial Hospital Imaging & Diagnostic Center, 1221 Highland Ave.

OCTOBER 12-HAYDEN: "Providing Personal Care for People With Dementia" 6:39-8:30 pm. For family and professional dementia caregivers. Speaker: Beverly Roots, LMSW from Alzheimer's Association Inland Northwest Chapter at Sylva House, 660 W oneysuckle. (208) 762-4097 Free and open to the public, no reservations necessary. For additional information contact the Alzheimer's Assn. (208) 666-2996

OCTOBER 13-MOSCOW: "Osteoporosis Exercise Group" 9:30-11:00 am. One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help you maintain bone mass. Join our ongoing group and improve bone strength. A physician referral is required. To be held at Gritman Medical Center Cardiac Rehab Center. Fee: \$6 per session. For more information (208) 883-6088

OCTOBER 15-SANDPOINT: "Community CPR" 8:45 am-2:00 pm. Sign up and pay before class time. Register and pay at Hospital information desk. Held in Classroom West at Bonner General Hospital.

OCTOBER 18-MOSCOW: "Osteoporosis Exercise Group" 9:30-11:00 am. One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help you maintain bone mass. Join our ongoing group and improve bone strength. A physician referral is required. To be held at Gritman Medical Center Cardiac Rehab Center. Fee: \$6 per session. For more information (208) 883-6088

OCTOBER 18-MOSCOW: "Fall Safe Driving Class" 8:30-5:30 pm. Gritman Education Center. For information and sign up contact Gritman Education: FEE \$12 AARP Members, \$14 non-members. (Pay at the door) (208) 883-2232 or email education@gritman.org

OCTOBER 18-19-MOSCOW: "Fall Safe Driving Class" 1:30-5:30 pm. (You must attend both sessions) Gritman Education Center. For information and sign up contact Gritman Education: (208) 883-2232 or email education@gritman.org

OCTOBER 18-MOSCOW: "Caregivers Support Group" 3:30-5:00 pm. Meet others and share information and resources in a relaxed, supportive setting. Respite care available. Held at Gritman Adult Day Health, 225 E Palouse River Drive. Pre-registration no required. Free. To learn more call (208) 883-6483 or email: barbara.mahoney@gritman.org

OCTOBER 19-MOSCOW: *Dementia Series* "Dementia and Challenging Family Situation" 9:30-11:00 am at Gritman Medical Center Conference Room.

OCTOBER 20-MOSCOW: "Osteoporosis Exercise Group" 9:30-11:00 am. One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help you maintain bone mass. Join our ongoing group and improve bone strength. A physician referral is required. To be held at Gritman Medical Center Cardiac Rehab Center. \$6 per session. (208) 883-6088

OCTOBER 29-MOSCOW: "Heartsaver (Adult) First Aid w/CPR" 9:00 am. Teaches to manage illness, injuries in the first few minutes until professional help arrives. Content includes General Principles, Medical Emergencies, Injury Emergencies, and Environmental Emergencies. CPR, m AED use and relief of choking in adults and children, and infant CPR and relief of choking, as well as the use of barrier devices for all ages are also included. Certification card valid for 2 years will be provided. Third-Floor Classroom of Gritman Hospital. \$35. Registration required. (208) 883-2232 or education@gritman.org.

NOVEMBER 1-MOSCOW: "Osteoporosis Exercise Group" 9:30-11:00 am. One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help you maintain bone mass. Join our ongoing group and improve bone strength. A physician referral is required. To be held at Gritman Medical Center Cardiac Rehab Center. \$6 per session. (208) 883-6088

NOVEMBER 1-MOSCOW: "Diabetes Class" 4:00-5:00 pm. Designed for people who live with diabetes, this class is part of a monthly series that occurs on the first Tuesday of each month. Hosted by the Gritman Nutrition and Diabetes Education Dept., classes take place in the Gritman Conference Center, 700 S Main St., in Moscow. Free. For more information call (208) 883-6341

NOVEMBER 2-MOSCOW: "Heartsaver (Adult) First Aid w/CPR" 5:30-8:30 pm. Teaches to manage illness and injuries in the first few minutes until professional help arrives. Course content includes General Principles, Medical Emergencies, Injury Emergencies, and Environmental Emergencies. CPR, m AED use and relief of choking in adults and children, and infant CPR and relief of choking, as well as the use of barrier devices for all ages are also included. A certification card valid for two years will be provided. Third-Floor Classroom of Gritman Hospital. \$35. Registration required. (208) 883-2232 or education@gritman.org.

Link your website to the Senior Review: \$10.00 per month

SEND US YOUR EVENT PICTURES!

CALENDAR (continued)

NOVEMBER 2-MOSCOW: "Kickstart into Wellness" 10:45-11:45 am. A new class featuring exercise routines, stress management tips, recipe exchanges, guest speakers, and other health and wellness topics. In addition, a dietitian from Gritman Nutrition Services attends one class each month to provide information and answer questions on proper diet and nutrition. At the Martin Wellness Center. Registration not required. Fee: \$55/month. Contact Shannon Smith (208) 883-9605 shannon.smith@gritman.org

NOVEMBER 3-MOSCOW: "Osteoporosis Exercise Group" 9:30-11:00 am. One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help you maintain bone mass. Join our ongoing group and improve bone strength. A physician referral is required. To be held at Gritman Medical Center Cardiac Rehab Center. Fee: \$6 per session. For more information (208) 883-6088

NOVEMBER 4-MOSCOW: "Kickstart into Wellness" 10:45-11:45 am. A new class featuring exercise routines, stress management tips, recipe exchanges, guest speakers, and other health and wellness topics. In addition, a dietitian from Gritman Nutrition Services attends one class each month to provide information and answer questions on proper diet and nutrition. At the Martin Wellness Center. Registration not required. Fee: \$55/month. Contact Shannon Smith (208) 883-9605 shannon.smith@gritman.org

NOVEMBER 7-MOSCOW: "Kickstart into Wellness" 10:45-11:45 am. A new class featuring exercise routines, stress management tips, recipe exchanges, guest speakers, and other health and wellness topics. In addition, a dietitian from Gritman Nutrition Services attends one class each month to provide information and answer questions on proper diet and nutrition. At the Martin Wellness Center. Registration not required. Fee: \$55/month. Contact Shannon Smith (208) 883-9605 shannon.smith@gritman.org

NOVEMBER 10-MOSCOW: "Kickstart into Wellness" 10:45-11:45 am. A new class featuring exercise routines, stress management tips, recipe exchanges, guest speakers, and other health and wellness topics. In addition, a dietitian from Gritman Nutrition Services attends one class each month to provide information and answer questions on proper diet and nutrition. At the Martin Wellness Center. Registration not required. Fee: \$55/month. Contact Shannon Smith (208) 883-9605 shannon.smith@gritman.org

NOVEMBER 11-MOSCOW: "Osteoporosis Exercise Group" 9:30-11:00 am. One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help you maintain bone mass. Join our ongoing group and improve bone strength. A physician referral is required. To be held at Gritman Medical Center Cardiac Rehab Center. Fee: \$6 per session. For more information (208) 883-6088

NOVEMBER 12-MOSCOW: "Kickstart into Wellness" 10:45-11:45 am. A new class featuring exercise routines, stress management tips, recipe exchanges, guest speakers, and other health and wellness topics. In addition, a dietitian from Gritman Nutrition Services attends one class each month to provide information and answer questions on proper diet and nutrition. At the Martin Wellness Center. Registration not required. Fee: \$55/month. Contact Shannon Smith (208) 883-9605 shannon.smith@gritman.org

NOVEMBER 13-MOSCOW: "Osteoporosis Exercise Group" 9:30-11:00 am. One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help you maintain bone mass. Join our ongoing group and improve bone strength. A physician referral is required. To be held at Gritman Medical Center Cardiac Rehab Center. \$6 per session. (208) 883-6088

NOVEMBER 14-MOSCOW: "Kickstart into Wellness" 10:45-11:45 am. A new class featuring exercise routines, stress management tips, recipe exchanges, guest speakers, and other health and wellness topics. In addition, a dietitian from Gritman Nutrition Services attends one class each month to provide information and answer questions on proper diet and nutrition. At the Martin Wellness Center. Registration not required. Fee: \$55/month. (208) 883-9605 shannon.smith@gritman.org

NOVEMBER 15-16-MOSCOW: "Fall Safe Driving Class" 1:30-5:30 pm. (You must attend both sessions) Gritman Education Center. For information and sign up contact Gritman Education: (208) 883-2232 or email education@gritman.org

NOVEMBER 15-MOSCOW: "Osteoporosis Exercise Group" 9:30-11:00 am. One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help you maintain bone mass. Join our ongoing group and improve bone strength. A physician referral is required. To be held at Gritman Medical Center Cardiac Rehab Center. Fee: \$6 per session. For more information (208) 883-6088



Salmon-Challis National Forest

CALENDAR (continued)

NOVEMBER 16-MOSCOW: "Kickstart into Wellness" 10:45-11:45 am. A new class featuring exercise routines, stress management tips, recipe exchanges, guest speakers, and other health and wellness topics. In addition, a dietitian from Gritman Nutrition Services attends one class each month to provide information and answer questions on proper diet and nutrition. At the Martin Wellness Center. Registration not required. Fee: \$55/month. Contact Shannon Smith (208) 883-9605 shannon.smith@gritman.org

NOVEMBER 17-MOSCOW: "Osteoporosis Exercise Group" 9:30-11:00 am. One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help you maintain bone mass. Join our ongoing group and improve bone strength. A physician referral is required. To be held at Gritman Medical Center Cardiac Rehab Center. Fee: \$6 per session. For more information (208) 883-6088

NOVEMBER 18-MOSCOW: "Osteoporosis Exercise Group" 9:30-11:00 am. One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help you maintain bone mass. Join our ongoing group and improve bone strength. A physician referral is required. To be held at Gritman Medical Center Cardiac Rehab Center. Fee: \$6 per session. For more information (208) 883-6088

NOVEMBER 18-MOSCOW: "Kickstart into Wellness" 10:45-11:45 am. A new class featuring exercise routines, stress management tips, recipe exchanges, guest speakers, and other health and wellness topics. In addition, a dietitian from Gritman Nutrition Services attends one class each month to provide information and answer questions on proper diet and nutrition. At the Martin Wellness Center. Registration not required. Fee: \$55/month. Contact Shannon Smith (208) 883-9605 shannon.smith@gritman.org

NOVEMBER 19-SANDPOINT: "Community CPR" 8:45 am-2:00 pm. Sign up and pay before class time. Register and pay at Hospital information desk. Held in Classroom West at Bonner General Hospital.

NOVEMBER 19-MOSCOW: "Heartsaver (Adult) First Aid w/CPR" 5:30-8:30 pm. Course teaches how to manage illness and injuries in the first few minutes until professional help arrives. Course content includes General Principles, Medical Emergencies, Injury Emergencies, and Environmental Emergencies. CPR, m AED use and relief of choking in adults and children, and infant CPR and relief of choking, as well as the use of barrier devices for all ages are also included. A certification card valid for two years will be provided. In the Third-Floor Classroom of Gritman Hospital. Fee: \$35. Registration required. Contact: (208) 883-2232 or education@gritman.org.

NOVEMBER 21-MOSCOW: "Kickstart into Wellness" 10:45-11:45 am. A new class featuring exercise routines, stress management tips, recipe exchanges, guest speakers, and other health and wellness topics. In addition, a dietitian from Gritman Nutrition Services attends one class each month to provide information and answer questions on proper diet and nutrition. At the Martin Wellness Center. Registration not required. Fee: \$55/month. Contact Shannon Smith (208) 883-9605 shannon.smith@gritman.org

NOVEMBER 22-MOSCOW: "Osteoporosis Exercise Group" 9:30-11:00 am. One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help you maintain bone mass. Join our ongoing group and improve bone strength. A physician referral is required. To be held at Gritman Medical Center Cardiac Rehab Center. Fee: \$6 per session. For more information (208) 883-6088

NOVEMBER 23-MOSCOW: "Kickstart into Wellness" 10:45-11:45 am. A new class featuring exercise routines, stress management tips, recipe exchanges, guest speakers, and other health and wellness topics. In addition, a dietitian from Gritman Nutrition Services attends one class each month to provide information and answer questions on proper diet and nutrition. At the Martin Wellness Center. Registration not required. Fee: \$55/month. Contact Shannon Smith (208) 883-9605 shannon.smith@gritman.org

NOVEMBER 24-MOSCOW: "Osteoporosis Exercise Group" 9:30-11:00 am. One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help maintain bone mass. Join our ongoing group, improve bone strength. Physician referral required. Gritman Medical Center Cardiac Rehab Center. \$6 per session. (208) 883-6088

NOVEMBER 25-MOSCOW: "Kickstart into Wellness" 10:45-11:45 am. A new class featuring exercise routines, stress management tips, recipe exchanges, guest speakers, and other health and wellness topics. In addition, a dietitian from Gritman Nutrition Services attends one class each month to provide information and answer questions on proper diet and nutrition. At the Martin Wellness Center. Registration not required. Fee: \$55/month. Contact Shannon Smith (208) 883-9605 shannon.smith@gritman.org

NOVEMBER 28-MOSCOW: "Kickstart into Wellness" 10:45-11:45 am. A new class featuring exercise routines, stress management tips, recipe exchanges, guest speakers, and other health and wellness topics. In addition, a dietitian from Gritman Nutrition Services attends one class each month to provide information and answer questions on proper diet and nutrition. At the Martin Wellness Center. Registration not required. \$55/month. Shannon (208) 883-9605 shannon.smith@gritman.org

NOVEMBER 29-MOSCOW: "Osteoporosis Exercise Group" 9:30-11:00 am. One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help you maintain bone mass. Join our ongoing group and improve bone strength. A physician referral is required. Gritman Medical Center Cardiac Rehab Center. \$6 per session. (208) 883-6088

NOVEMBER 30-MOSCOW: "Kickstart into Wellness" 10:45-11:45 am. Exercise routines, stress management tips, recipe exchanges, guest speakers, other health and wellness topics. Dietitian from Gritman Nutrition Services attends one class each month to provide information and answer questions on proper diet and nutrition. Martin Wellness Center. Registration not required. \$55/month. Shannon (208) 883-9605 shannon.smith@gritman.org

VOLUNTEERS NEEDED

BONNERS FERRY

Boundary Community Hospital: Volunteers donate their time and talents in many meaningful ways: medical record filing, organizing fundraisers, spending time with nursing home residents and more. The Hospital Auxiliary meets monthly. For information regarding volunteer opportunities, please contact (208) 267-3141 or email info@bcchmail.org

For all Caregivers. First Wednesday of every month, 2:00 pm at Panhandle Heath District, 7402 Caribou. Support Group Facilitators: Jolle Walle (208) 267-2828 and Carol Lucero (208) 267-5050. Sponsored by Alzheimer's Association.

CLARKSTON

The Tri-State Memorial Hospital Auxiliary is a group of dedicated community members who provide hundreds of hours volunteering in the hospital. The Angels, as they are called, work in most departments in the hospital and staff the gift shop. Tri-State's Angels hold several fundraising activities a year. If you are interested in becoming an Angel Volunteer please contact the director of volunteers at (509) 751-0222

COEUR D'ALENE

Have you considered becoming a volunteer ombudsmen? Ombudsmen are advocates for residents of long-term care facilities. The primary goal is to advocate for residents' rights, quality of life and quality of care. Vulnerable elders need the voices of caring individuals to speak for them. Responsibilities include: Visiting with residents and acquainting them with the ombudsman program. Receiving, investigating and referring complaints made by or on behalf of residents., following up on concerns or complaints. Or more information about the program, the Sandpoint training, or future trainings in Coeur d'Alene, please contact Jan Noyes, Volunteer Ombudsman Coordinator, Area Agency on Aging of North Idaho, 2120 Lakewood Drive, Suite B, Coeur d'Alene, ID 83814. (208) 667-3179. jnoyes@aaani.org

Dirne Health Centers, a non-profit Medical Clinic in Coeur d'Alene, ID, are seeking volunteers to help in the office, at health fairs, at the clinic, in our retired medical facility. Contact: Amanda, 208-819-4520

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presented at the conference suggests the eyes may also reveal signs of Alzheimer's. Researchers looked at photos of retinal blood vessels and found some differences in Alzheimer's patients, but further research is needed to confirm this idea of using an eye exam to help diagnose Alzheimer's. The same holds for a study suggesting that [falling is indicative of Alzheimer's early stages](#): It's a preliminary idea that needs further investigation.

Identifying risk and prevention factors

Another area of focus is identifying risk factors for Alzheimer's disease. These are associations, not known direct causes.

"Age is a risk factor we can't modify, at least yet. Our genetics, we can't modify yet, which is another major risk factor," Levey said. "But certainly seeking clues about ones that are modifiable is an important" research area.

At the Paris conference, researchers said 3 million cases of Alzheimer's could be prevented worldwide if lifestyle-based, chronic disease risk factors were reduced by 25%. This estimate is based on a mathematical model.

In the United States, physical inactivity had the biggest association with Alzheimer's out of the risk factors studied, followed by depression and smoking. Midlife hypertension, midlife obesity, low educational attainment and diabetes are other risk factors.

"If we can demonstrate that these risk factors can be modified, and that it will lead to lower rates of Alzheimer's disease, the impact could be huge," Levey said.

People in their 40s and 50s have still got perhaps a couple of decades to modify lifestyle to potentially lower risk, he said.

There is also growing evidence that head trauma may increase the risk of dementia. One study presented at the conference in Paris found that traumatic brain injury was associated with dementia among older veterans.

A study of former NFL players suggests that football players also may be at increased risk for mild cognitive impairment or similar cognitive decline, perhaps as a result of repeated head injury during these former athletes' sports careers. In fact, [75 former professional football players are suing the NFL](#), alleging that the league concealed information about the harmful effects of concussions on the brain for decades.

There is also the idea of cognitive reserve: that keeping the mind active can at least delay the onset of dementia. It also seems that intelligence might help the brain stay in the mild phase of the disease longer, although more study needs to be done in this area as well.

"We know that highly intelligent people have more tolerance to plaque buildup and to loss of energy in their brains than people with lower levels of intelligence and less education," said Dr. Steven DeKosky, vice president and dean of the University of Virginia's School of Medicine, at an Alzheimer's forum at the National Press Foundation in May. "Their brain basically fights it off and finds some other ways to get the things done."

more on page 9..

VOLUNTEERS NEEDED

ElderHelp would like to thank you for helping to meet the numerous and various needs that we have been receiving from our low-income seniors/without YOU, our volunteers, many of these senior's needs would go unattended. If you, or you know of someone who could help, please contact Sally at info@elderhelpofnorthidaho.org and we will connect you with the seniors who need your help.

Elder Help of North Idaho is looking for leaders for several of their volunteer groups including Home Repairs, Firewood, Fundraising, Event Coordination, Client Services, Marketing and Public Relations and Volunteer Coordinator. For additional information contact Tom Lucas, VP at (208) 661-8870 www.elderhelpofnorthidaho.org

Lake City Senior Center has volunteer opportunities for individuals wanting to help in the dining room, answer phones, make appointments, create an in-house newsletter, greet and seat guests, setup dining room, serve lunch, weekly chores and more. for additional information contact Jessica Logan, Events Coordinator, Lake City senior Center, 1916 N Lakewood Drive. (208) 667-4628

On Site For Seniors. We are looking for volunteers to visit with some of our patients who are alone and lonely. could you spare an hours each week to bring a little happiness into their lives? On Site for Seniors is a faith-based, non-profit organization. It's fun, and you will receive training and will be part of a wonderful and caring group. If you are interested call Mary ann Arndt (208) 772-5026 or email marndt@onsite4seniors.org

HAYDEN

Applegate Hospice is looking for volunteers to help read to seniors, visit, go shopping, keep seniors company or simply become a friend. Contact: (208) 762-7825

POST FALLS

Auburn Crest Hospice has volunteer opportunities in the following areas: Companionship, Meal Preparation, Caring Touch, Caregiver Respite, Life Review, Community Relations, Letter Writing/ Reading, Staff Support, Office Tasks, Event Organizing, Scrap-booking, Planning Memorial Services, Bereavement Calling and more. Contact Jennifer at (208) 773-7731. e-mail: Jennifer@auburncrest.com

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CAREGIVING

One of the underappreciated effects of Alzheimer's disease is how great a toll it takes on caregivers. Caregivers are much more frequently ill and die earlier than people who do not care for someone with the disease, studies have shown. The stress of taking care of someone chronically ill is sometimes called [caregiver syndrome](#).

Caregiving is hazardous to health because of the stress of helping Alzheimer's patients, and because caregivers may ignore their own health, DeKosky said.

"Alzheimer's patients, when they get into moderate and severe stages, don't have some real sense of time," DeKosky said. "They have to be watched every minute."

Patients may hurt themselves or wander off if not under constant supervision. And it's common for patients to reverse their sleeping and waking cycles, so caregivers' daily habits are likewise disrupted. The cost is staggering: Caregivers provide more than \$200 billion in unpaid care, 17 billion hours each year, according to the Alzheimer's Association.

Why don't we know more?

Two of the biggest obstacles to finding treatments for Alzheimer's disease are lack of money and difficulty enrolling people in clinical trials, experts say.

The United States spends \$450 million each year in Alzheimer's research money, compared to \$6 billion for cancer, \$4 billion for heart disease and \$3 billion for HIV/AIDS research.

In spite of the money that does exist for research, Alzheimer's clinical trials are hard to fill with participants, said Dr. R. Scott Turner, director of the Georgetown University Memory Disorders Program. Sometimes people believe they're just having "senior moments" and don't want to acknowledge their illness, Turner said. In other cases, patients don't want to go through the hassle of the trial if they're not guaranteed to receive an experimental drug; but, in order for a scientific study to be valid, patients must be randomly assigned to either the drug or a placebo.

Also, some trials don't test drugs at all, but simply look for those biomarkers that may help predict disease later or explore other early diagnostic methods. Such methods will be in high demand when an effective treatment is developed, DeKosky said.

"When the first drug is successful, let's say in symptomatic disease -- may it be so -- the crush to take advantage of what we know, while it's still in research format now, will be immense," DeKosky said.

If you or a loved one are interested in exploring clinical trials, the Alzheimer's Association runs a system called [TrialMatch](#) to assist in finding a trial near you.



VOLUNTEERS NEEDED

SANDPOINT

Bonner General Hospital Auxiliary volunteers assist in various areas throughout the hospital, providing those special "extras" that make a meaningful difference in the lives of our patients. The auxiliary asks members to provide 25 hours of volunteer service annually. Its a wonderful way to make new friends and contribute to the good work of the medical community. If you would like to join the Bonner General Hospital Auxiliary, stop by the information desk in the hospital lobby area and pick up an application.

Sandpoint, ID Valley Vista Care Services would welcome a committed, consistent and caring volunteer interested in indoor/outdoor walks, reading and friendly visiting with residents. We also have scheduled small and large group activities that offer a wide range of possibilities and life enrichment. Please call Selene at 208-265-4514 for more information.

SUPPORT GROUPS

BONNERS FERRY

ADULT GRIEF GROUP: 6:00-7:30 pm Repeats on the first and third Thursdays of each month. Held in the Brown House conference room, next to the Healing Garden. Pre-register with Hospice Bereavement Coordinator, Susan Benesh (208) 265-1185

FOR ALL CAREGIVERS: 1:00 pm. First Thursday of every month. Held at the Panhandle Health District, 7402 Caribou. Group facilitators: Jolle Walle (208) 267-2829 and Carol Lucero (208) 257-5050 Sponsored by the Alzheimer's Association.

DIABETES SUPPORT GROUP: 10:00-11:00 pm Sponsored by Bonner General Hospital. To be held in the Brown House. Contact Lynda Metz (208) 255-3671

FOR ALL CAREGIVERS: First Wednesday of every month, 2:00 pm at Panhandle Health District, 7402 Caribou. Support Group Facilitators: Jolle Walle (208) 267-2829 and Carol Lucero (208) 267-5050

COLFAX

CAREGIVER SUPPORT GROUP: 3:00-4:30 pm. Sponsored by the Council on Aging and Human Services the fourth Thursday of the month. Held at The Courtyard on Main Street.

CLARKSTON

BEREAVEMENT SUPPORT GROUP: Coordinated through Home Health & Hospice. Sponsored by Tri-State Hospital, 1221 Highland Drive. Meetings held in the conference room. For information call (509) 758-2568

BREAST CANCER SUPPORT GROUP: Meets the first Wednesday of every month 7:00-9:00 pm. Contact Linda Malcom from Owl Home Medical (208) 743-7766

MS SUPPORT GROUP: Meets the Third Tuesday of every month from 7:00-9:30 pm at the Tri-State Hospital, 1221 Highland Drive. Meetings held in the conference room. Contact Ivan Ulmer (208) 743-2854 or Louise Lavoie (509) 758-2832

COEUR D'ALENE

ALZHEIMER'S SUPPORT GROUP for Caregivers of those with Dementia, Alzheimer's and any related disorder. Third Saturday of every month. 1:30-3:30 pm Traditional support group at Kootenai Medical Center, Main Building, Main Floor Classrooms. Arlene Sleight (208) 772-2542

ALZHEIMER'S SUPPORT GROUP for Caregivers of those with Dementia, Alzheimer's and any related disorder. Third Tuesday of every month 3:30 pm at The Lake Bakery conference Room, NW Corner of 7th St & Front St. Designed Specifically for families with Early Onset Dementia. Stephanie Godinez (208) 765-4343

ALZHEIMER'S SUPPORT GROUP for Caregivers of those with Dementia, Alzheimer's and any related disorder. Fourth Monday of every month, 5:30 pm (dinner included). Traditional Support Group, Free respite available by Creekside Inn. To be held at Creekside Inn, 240 E Kathleen. (208) 665-2444 Facilitators: Stephanie Godinez and/or Julie Tastad

MAN TO MAN: PROSTATE CANCER SUPPORT GROUP: Meets first Thursday of every month, 7-9 pm, Kootenai Medical Center classrooms, 20032 Lincoln Way, Coeur d'Alene. Contact: (208) 765-5020 or (208) 666-3828

NORTH IDAHO CANCER SUPPORT GROUP: For anyone touched by cancer at 1:00-2:00 pm Wednesdays, Lake City Community Church, 6000 Ramsey Rd, Coeur d'Alene. Contact: (208) 7723-5495

GRANGEVILLE

DIABETIC SUPPORT GROUP: 1:30 PM Third Monday of the month at Syringa General Hospital.

SMOKING CESSATION SUPPORT GROUP: 6:00-7:00 at Syringa General Hospital conference room.

KELLOGG

FOR ALL CAREGIVERS: Held third Wednesday of every month at 3:00 pm at the Wellness Center, 204 Oregon, West Conference Room (208) 556-1147 Facilitator: Aline Rohde, SSW (208) 659-6719 or Alzheimer's Assn. (208) 666-2996

LEWISTON

ALZHEIMER'S SUPPORT GROUP: 7:00-9:00 pm the second Wednesday of each month at Guardian Angel Homes, 2421 Vineyard Avenue. For information contact Maggie Morrison (208) 743-6500

CANCER SUPPORT GROUP: 7:00-9:00 pm, 2nd & 4th Wednesdays, St. Joseph Regional Medical Center, Conference Room 1, Second Floor. This is a group for everyone: recently diagnosed, or going through treatment, cancer survivors, caregivers, family members or friends, all are welcome. For additional information contact Al Banta (208) 746-3974

DIABETIC SUPPORT GROUP: 7:00 pm. Second Monday of the month at Trinity Lutheran Church, 928 Eighth Ave.

NEW NICOTINE "STAY QUIT" SUPPORT GROUP: 1:30-2:30 the last Wednesday of each month at St. Joseph Regional Medical Center, Community Education Resource Center, Room 3, 415 6th St For information call: (208) 750-7360

MOSCOW

BLIND AND DIABETIC SUPPORT GROUP: Weekly meeting 10:30-11:30 with Clara Docker at the Friendly Neighbors Senior Center of Moscow, 1912 Center, 412 E Third St. (208) 882-1562 friendly_neighbors@yahoo.com

SUPPORT GROUPS (continued)

CAREGIVER SUPPORT GROUP: 3:30-5:00 pm second Wednesday of each month; 6:00-7:30 pm the third Tuesday of each month, Gritman Medical Center, 225 E Palouse Rive Drive. (208) 883-6483 Intended to be a safe and confidential place to get together with other people who understand what you are going through. A place to express the joys, frustration, humor and anger that is associated with caring for a loved one. Caregiver groups can be a valuable place for problem solving, developing strategies and learning about our resources. All types of Caregivers are welcome! Support Group Co-Facilitators: Sarah Rial and Katherine LameBull (208) 883-6483

DEMENTIA SEMINAR SERIES: Various discussion topics related to Dementia, January 19, 9:30-11:30 am. Free of charge and all are welcome, no registration necessary. Sponsored by Gritman Medical Center, in the 1st Floor Classroom. Fee: Free. Contact: (208) 883-6483. education@gritman.org

POST FALLS

ALZHEIMER'S SUPPORT GROUP: For caregivers of those with Dementia, Alzheimer's and any related disorder. First Wednesday of every month at 12:00 noon. Lunch and location hosted by Guardian Angel Homes, 1070 E Mullan Ave., Post Falls. (208) 777-7797. Facilitator: (208) 777-7797 Jennifer Baus

MULTIPLE SCLEROSIS SUPPORT GROUP: For people with MS meets 11:00 am-1:00 pm on the second Monday of the month at Life Care Center of Post Falls, 460 N Garden Plaza Court in Post Falls. and includes a complimentary Lunch. Contact Bet at (208) 773-9372.

POTLACH

CAREGIVER SUPPORT GROUP: 4th Thursday of every month, 1:30-3:00 pm at City Hall Building. Intended to be a safe and confidential place to get together with other people who understand what you are going through. A place to express the joys, frustration, humor and anger that is associated with caring for a loved one. Caregiver groups can be a valuable place for problem solving, developing strategies and learning about our resources. All types of Caregivers are welcome! Support Group Co-Facilitators: Sarah Rial and Katherine LameBull (208) 883-6483

SANDPOINT

ALZHEIMER'S SUPPORT GROUP: For caregivers of those with dementia, Alzheimer's and any related disorder. Third Wednesday of every month. 2:00 pm at Valley Vista Care Center, 220 S Division. Support Group Brian Casey (208) 265-4514 & Kelly Hurt (208) 266-1528

ALZHEIMER'S SUPPORT GROUP: For caregivers of those with dementia, Alzheimer's, related disorder. First Wed every month. 4:30 pm. Held at Luther Park , 510 Olive Ave. (208) 265-3557 Sandy Sparling, Wendy Traffie, (208) 265-3557

DIABETES SUPPORT GROUP: Monthly support group features guest speakers who discuss various aspects of diabetes and self-management. Groups meet at Bonner General Hospital, usually the first Monday of each month at 10:00 am. Call (208) 255-3671 for more information.

GRIEF SUPPORT GROUP: Meets twice each month to share stories and feelings and support one another in an understanding and caring environment. An application is required, but attendance is flexible. Group members frequently find solace and comfort in the recognition that there are others going through similar experiences. Contact Bonner Community Hospice at Bonner General Hospital, call Kathryn Cook at (208) 265-1185. All bereavement services are free to residents of Bonner or Boundary counties.

HOSPICE ADULT GRIEF GROUP: December 2. Sponsored by Bonner General Hospital in the Brown House. For information call (208) 265-1185

PARKINSON'S SUPPORT GROUP: In the conference room at Bonner General Hospital the second Monday of the month. For information call (208) 265-1185



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