

YOUR GAST TEAM MEMBERS

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FIND COMMUNITY RESOURCES QUICKLY

NC211.org

There are hundreds of health, human service and other helpful organizations listed for nearly any kind of need. Simply dial 2-1-1 any time of day or visit www.NC211.org to find the help you need.

JOIN OUR MAILING LIST

Stay up to date on events, news and information about Trillium Health Resources and how we work to Transform Lives!

TECHNOLOGY & DISEASE MANAGEMENT



PART 3 - Disease Management and Cognitive Fitness

With costs skyrocketing for medical care, healthcare technology is the

bridge to lower costs, better care, and enhanced patient satisfaction. There are many tools being developed that help with the management of disease and chronic conditions.

One example of this new technology on the horizon is checking blood sugar using a person's breath versus painful finger sticking. Developed by Western New England University, the hope is that it will be on the market by 2020 and will be the size of a smartphone. By creating a less painful method of checking blood sugars, the belief is that individuals will be more proactive checking their blood sugars. This will create better compliance to medication and treatment plans as well as reduce hospitalizations due to uncontrolled blood sugar levels.

Quest Diagnostics is working to develop a digital dementia assessment called CogniSense that can be downloaded to your electronic device. According to Modern Medicine Network, "CogniSense was piloted by Primary PartnerCare, which is the largest ACO focused on primary care in Long Island, New York. Over the four-month pilot, CogniSense helped identify numerous cases of cognitive impairment due to a number of causes, and may have reduced referrals to neurologist. This project is still in production."

Additionally, medical apps are increasing in popularity. There are approximately 260,000 medical apps in the app store with more than half focusing directly on consumers with chronic conditions such as COPD, heart disease, and diabetes. In addition, medical trackers are popular. For cognitive fitness many apps can give your brain a workout. A few of those apps are CogniFit, Lumosity, Peak, and Clockwork. Many of these apps require a monthly costs or a cost to upgrade.

SMARTfit™ excels as a fitness program that emphasizes the development of healthy, well-shielded neurons. SMARTfit™ technology focuses on providing a multi-sensory approach to exercise by simultaneously calling on the hands, feet, eyes, ears, vestibular, and proprioceptors while delivering cardio and brain training games. With SMARTfit™ participants play cognitive games while running, playing ball, balancing, and doing core stabilizing exercises. They can play alone, with an opponent, or on a team, learning to think under pressure, applying strategy and technique while managing footwork, balance, ball control, speed and agility, all while having fun.

ALZHEIMER'S AND BRAIN AWARENESS MONTH

Every June, millions of people across the globe “go purple” as they band together in an effort to spread awareness, raise money, and raise hope in the effort to end Alzheimer’s and other brain and memory disorders.

According to <https://www.disability-benefits-help.org/blog/alzheimers-month-june-2017>,” Alzheimer’s has affected almost every person in the United States in some capacity, whether they have watched a loved one experience it or they are going through it themselves.

With knowledge and dedication, you can be a part of a future that will officially end Alzheimer’s. No matter your past or your knowledge, it is always worth the time to educate yourself and others on Alzheimer’s this June – you never know who you might help.

What is Alzheimer’s?

While many are familiar with the name, it is much rarer to find a person who knows exactly what Alzheimer’s is. In fact, though scientists are aware of what Alzheimer’s is, they do not even know exactly what causes it, which is why there is currently no cure. Alzheimer’s, the most common form of dementia, is a neurodegenerative disorder that affects memory and other cognitive abilities. It is caused by the death of brain cells, which build up plaques that can prevent the brain’s neurons from communicating with each other.

Tangles, made of a protein called tau, also develop and block this communication. These blocked connections grow larger and entangle different parts of the brain, further inhibiting a person’s memory and cognitive functions. Alzheimer’s can affect anyone at any time. However, the people most widely affected by Alzheimer’s are elderly. While Alzheimer’s is not a normal part of aging, it is especially common in people over 65, with risk increasing incrementally each year with age.

Warning Signs and Treatment

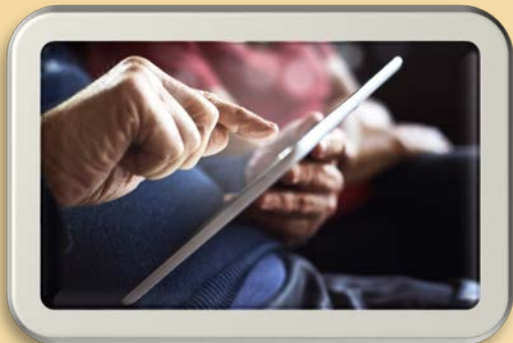
While it is impossible to predict Alzheimer’s before it occurs, it is possible to pay close attention to potential warning signs, such as:

- ▲ worsened ability to pay attention to or remember new information
- ▲ trouble reasoning or making decisions
- ▲ declining understanding of safety risks
- ▲ impaired visual or spatial awareness
- ▲ impaired speaking, reading, writing, or comprehending
- ▲ mood changes, such as quick to agitation or lessening interest/motivation in doing things

Signs such as these may be an indication of Alzheimer’s or another neurological disorder. Consider speaking with your physician to get testing done and receive a diagnosis that may help you decide the next steps that need taking.

While Alzheimer’s currently does not have a cure, there are multiple options for people looking to curb their symptoms. Certain medications help to slow the memory loss process, treat behavioral changes, or help patients sleep better through the night. Alternative treatments such as physical/psychological therapy may also be recommended although there is no study to officially support their medical benefits with Alzheimer’s. Alzheimer’s affects almost 5 million Americans and countless other millions worldwide. In the fight against this disease, it is important to remember that you are never alone. The Alzheimer’s Association is the world’s largest organization dedicated to helping those affected by Alzheimer’s and the scientists working to cure the disorder.





NEW ONLINE RESOURCES FOR OLDER ADULTS STRUGGLING WITH MENTAL ILLNESS

MindEd for Older People is a new online educational resource that explains a range of mental illnesses commonly experienced by older people and offers practical advice for dealing with them.

According to <https://www.bps.org.uk/news-and-policy/new-online-resources-older-adults-struggling-mental-illness>.

As one of the core consortium members of MindEd, the BPS helped to shape the *MindEd for Older People* project with Reinhard Guss, Chair of our Division of Clinical Psychology's Faculty of the Psychology of Older People (FPoP), a member of the steering group.

Reinhard Guss said, "There is a dearth of information and advice on the mental health issues faced by older people that is both accessible and expert, as well as being available to older people themselves, the general public, their families, and careers or other professionals.

Following the success of *MindEd for Families and Young People*, this program looks to remedy this issue and is something that we welcome as a contribution to raising awareness and knowledge of the impact of mental health issues on older people."

A team of older people and professionals are the authors behind the new MindEd resources, which cover a range of common problems such as insomnia, depression, medications to be aware of, anxiety, and alcohol-related problems. The resources are a vital crutch at a time when demand for mental health services is increasing while supply of the mental health workforce for older people is falling.

MindEd for Older People aims to equip older adults, families worried about their older relatives, and professionals and volunteers working with older people with the necessary information to manage their mental health needs.

In the community, one in five older people have depression, which also affects 40% of those in care homes. It was revealed last month by Public Health England that 30% of all hospital admissions in 2016-17 were for alcohol related illnesses in the over 65s. In 2015-16, just six per cent of referrals to Improving Access to Psychological Therapies (IAPT) were for people aged over 65.

Families caring for the older generation need simple, clear, free, accessible advice written by experts that they can use online, on phones, and on tablets, without stigma or 'referral'.

Keith Chambers, Programmer Manager for *MindEd for Families*, said, "We are delighted to build on the success of our existing site and launch these new resources for older people.

Working with older people to produce these resources was vitally important to us to ensure they were accessibly. There is a growing need for information like this and we hope that older people struggling with their mental health, or families worried about a loved one, will be able to get the support they need from MindEd."

[MindEd for Families](#)

MindEd for Families is funded by NHS England and hosted at the Royal College of Psychiatrists

Dear Geri,

I am so tired and worn out. It seems like I work all the time. If not on the job then at home. I rarely find the time to get out and have fun anymore. If I do get out for a few minutes, I feel guilty. Geri it is as if I cannot relax anymore and have leisure time.

What is wrong with me? I know I need to have more balance in my life. Can you help me?



By Linda Windley, MS, QP, LRT/CTRS



Thank you,
Running on empty

Dear Running on Empty,

In order to have balance in our lives, we need to see the importance of having leisure and relaxation. We literally need to make a date with leisure, to jot time down that we will do something fun. With “busy-ness” at an all-time high, one could easily ask them self the question, “Leisure, what in the world is that?” Like the rest of us hard-working folks, I assume our seniors are asking the same question “is leisure a thing of the past?” Though some of our seniors are engaged in leisure activities, for others, the reason for not participating in leisure varies. Listed below are some other ways to make room for leisure.

How can we help our seniors enjoy Leisure time?

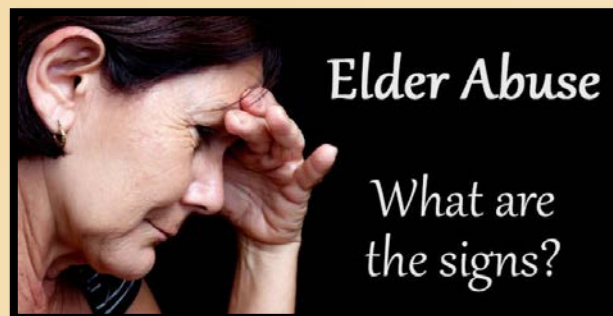
1. Get to know your senior, what are their likes and dislikes, what were some of their past leisure activities, what did they do for fun.
2. Use adaptive equipment if needed, such as an adapted rod & reel.
3. Give your senior the freedom of choice
4. Explore local senior centers-usually free of charge
5. Offer a senior a ride to events
6. Keep up with current events-encourage reading of local newspapers.
7. Explore church events-usually free of charge
8. Expose seniors to new activities and adventures, but let it be ok for them to say no or not right now.

**Remember, leisure is “freedom from” restraints and “freedom to”, but mostly it is a freedom of choice!!

Sincerely,

Geri

ELDER ABUSE PREVENTION



May is Older American's Month and the theme for 2018 is to *Engage at Every Age*. In recognizing our seniors we should always make sure that we engage with them to make sure they are healthy, safe and treated well in their communities. According to Healthy Aging.org elder abuse is widespread and it impacts 1 in 10 older people each

year with many cases being unreported. As caregivers, family members and friends we must be knowledgeable of the signs of mistreatment and report concerns to the department of social services Adult Protective Services or the authorities.

SIGNS OF MISTREATMENT -

Neglect

- ❖ Lack of clean clothing, weather appropriate clothing, lack of basic hygiene
- ❖ The home is cluttered, dirty, in need of repairs, or has safety hazards
- ❖ Lack of utilities such as electricity, working plumbing, heating/cooling

Financial Abuse/Exploitation

- ❖ Unusual spending patterns and withdrawals their bank account, unpaid bills and utilities
- ❖ Frequent purchases of inappropriate items and the presence of "best friend" who is accepting generous "gifts"

Physical Abuse

- ❖ Bruises on the head or torso, especially those shaped like a hand, finger, or thumb
- ❖ Unexplained burns, cuts, sores, or other injuries
- ❖ Denying an older person food/water, medications, assistive devices such as canes, walkers, hearing aids, and glasses, confining to a bed or wheelchair

Emotional/Psychological Abuse

- ❖ Intimidation, yelling, making threats,
- ❖ Isolating an older adult from family, friends and keeping them from activities they enjoy

Sexual Abuse

- ❖ Unexplained anal or vaginal bleeding, torn or bloodied underwear
- ❖ Bruises around the breasts or genitals and unexplained genital infection

According to Healthy Aging.org, no matter how old we are, we deserve to be treated fairly and we can all ensure that remains a reality by reporting these or other signs of abuse. We are the solution and voice for older adults and if we notice that someone in our community is in immediate danger, it is up to us to call 911 or local police as soon as possible for help.

For more information concerning elder abuse, contact the National Center on Elder Abuse (NCEA) at 1-855-500-3537, ncea-info@aoa.hhs.gov, or <https://ncea.acl.gov>.

Source: <http://www.healthinaging.org/resources/resource/preventing-elder-abuse-and-neglect-in-older-adults/>

REDUCING STIGMA

By Andrew Dickmeyer BA, QP, BHRS

Looking back though recent history, treatment for mental illness has come a long way from the days of asylums, ice baths, lobotomies and drugging patents into submission. Today we have evidence-based treatments, cognitive therapies, and cutting edge medications all used in combination to lead a person to recovery.

So, how do we reduce the stigma associated with mental illness? Here are a few ideas:

- Talk openly about mental illness and bring it out from behind the curtain of mystery. Discuss it with friends and family and make sure to use the appropriate language when describing mental illness.
- Find support groups online and read about what people go through.
- Educate ourselves about mental illness.
- Take a Mental Health First Aid class.
- Find a reliable source for your information in order to weed out false information.

In today's society we tend to be more accepting of politically incorrect terms when it comes to mental illness, but we do not stand for it when it comes to other areas of discourse. Learn the correct terminology. We will all send flowers to a friend that got hurt and ended up on a hospital. How many would send flowers to those inpatient due to a mental illness? Realize that there is a road to recovery for those with mental illness, and that it can be every bit as disabling as a physical illness. Show compassion and understanding for those who struggle with disability. Do not let the illness define the person that suffer remember that there is still a person there, and they need to be treated with respect and dignity. No one asks for a battle with mental illness, and it is a struggle for all of those affected. Have compassion, empathy, and understanding for those suffering and be a support for them.



BLUEBERRY ROMAINE SALAD

I love to bring this delicious salad to school gatherings. The homemade dressing couldn't be simpler, so I whip it up in advance and just give it a quick toss with the other ingredients when I get to any event.

—Kris Bristol, Charlotte, Michigan

INGREDIENTS

- ▲ 1/3 cup white vinegar
- ▲ 1/4 cup sugar
- ▲ 1 tablespoon chopped red onion
- ▲ 2 teaspoons poppy seeds
- ▲ 1 teaspoon ground mustard
- ▲ 1/2 teaspoon salt
- ▲ 1/4 teaspoon pepper
- ▲ Dash Worcestershire sauce
- ▲ 1 cup canola oil

SALAD

- ▲ 1 package (10 ounces) hearts of romaine salad mix
- ▲ 1 cup unsalted cashews
- ▲ 1 cup shredded Swiss cheese
- ▲ 1 cup fresh blueberries chopped



PREPARATION:

In a small bowl, whisk the first eight ingredients. Gradually whisk in oil.

In a large bowl, combine salad ingredients.

To serve, pour dressing over salad; toss to coat. Yield: 8 servings.

Nutritional Facts

1 cup: 443 calories, 40g fat (6g saturated fat), 12mg cholesterol, 195mg sodium, 16g carbohydrate (10g sugars, 2g fiber), 7g protein.

COMMUNITY HAPPENINGS

MAY

National Holidays

- ✦ May 13 - Mother's Day

Observances

- ✦ Mental Health Month
- ✦ Older Americans Month

Community Events

- ✦ **May 17 - Perquimans Spring Health Fair**
9:00am-12:00am; Location: Perquimans County Recreation Center - For more information and to schedule call 252-482-6314
- ✦ **May 17 - "Abuse in Later Life" Seminar**
9:00am-2:00pm Location: The YMCA at The Pines - To register and for more information call 252-338-5338
- ✦ **May 18 - Older American's Day Celebration -**
9:30am-12:30pm Location: Craven County Senior Services; 811 George St. New Bern, NC 28560
- ✦ **May 31 - Awareness Walk "Stepping Out Against Elder Abuse"**-For more information call 252-426-5753 ext.222

THE MANY FACES OF DEMENTIA

(Support Group Hosted by Courtyards at Berne Village)
12:30pm - 1:30pm at Courtyards at Berne Village
2701 Amhurst Blvd New Bern

Monthly on the Third Thursday

RSVP to 252-633-1779 or

aschneider@courtyardsbernevillage.com

JUNE

National Holidays

- ✦ June 15 - World Elder Abuse Awareness Day
- ✦ June 17 - Father's Day

Observances

- ✦ Dementia Care Professionals Month
- ✦ Alzheimer's & Brain Awareness Month
- ✦ Men's Health Month
- ✦ PTSD Awareness



"SENIOR CENTER WITHOUT WALLS"

Is an award-winning program of [Episcopal Senior Communities](#) offering activities, education, friendly conversation, and an assortment of classes, support groups, and presentations to seniors. Each week, seniors can access over 70 groups by phone or online, all from the comfort of home.