

## Alzheimer's disease Awareness

*From the desk of Becky Richards, LSW*

Alzheimer's disease Awareness and National Caregiver's Month

In the United States alone according to the National Alzheimer's Association, there are 15 million people with Alzheimer's or dementia disease. Please take a moment during this month and acknowledge a caregiver. You can go to the website listed below and post a comment or you can simply acknowledge someone who is a caregiver. We often take for granted those that care for other's who cannot care for themselves. Here are some little things you could do to honor them:

- Offer to give them respite for a few hours.
- Send them a card thanking them for what they do.
- Offer to take dinner over to them and the person they are caring for.
- Write them a letter pointing out all the things they do that are so important.
- Help them decorate for the holidays, or help them address holiday cards.

Stress is something most caregivers experience. Some tips to help alleviate this stress are suggested by the National Alzheimer's Association:

- "Get Moving," walk, exercise will keep a caregiver healthy even 10 minutes a day. Park further away, or take the stairs when you are able instead of the elevator.
- Eat healthy; eat less red meat and more fresh fruits and vegetables. Try new recipes and share them with the person you are caring for.
- Get regular checkups at least annually with your doctor and pay attention to what your body is telling you. For example, poor appetite or mood changes may need to be addressed by your doctor.
- Get plenty of rest, you know your body, make sure you are resting otherwise you will not be able to care for someone else.
- Take breaks, getting even small amounts of respite will keep you healthy.
- Join a support group, and do not be afraid to share your issues you are having with the person you are caring for. Someone else may actually be experiencing similar issues.

For more information go to [www.alz.org](http://www.alz.org) or call 1-800-272-3900

### YOUR GIFT SHOWS YOU CARE

The focus of this month's newsletter is Alzheimer's disease and caregivers. Many of our clients and their families are affected by this disease and frequently struggle financially to care for themselves and their loved ones. A gift from your heart will help ease the financial burdens of some of the most fragile and vulnerable people in our communities and send the comforting message that people truly care. Your gift of \$18.00 pays for six meals for someone who cannot pay. Whatever you can give will help. It's simple. Just place your gift in the envelope you received.

Thank you!

*Phil Marcin*

Vice President of Development

**Questions?** If you have any questions on this or any nutrition-related topic, or have an idea for a future *Healthy Bite* topic, please call our registered dietitian, Lori Harvey. You can reach her by telephone at 330-376-7717 extension 140 or by email [lharvey@mobilemealsinc.org](mailto:lharvey@mobilemealsinc.org).

### GRIEVANCE POLICY

In order to provide clients with the best services possible, we ask you to contact Elaine Seyerle at Mobile Meals with complaints, suggestions, or if you are not satisfied with your services. If, after your contact, you are still not satisfied with the response or have further questions, you may forward your concerns to the appropriate monitoring agency. The contact number for the Home Care Ombudsman is 1-800-421-7277.