



June 2017 newsletter

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of your life be the  
best of your life?*

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## What's normal memory loss and what's dementia?

Memory loss. Alzheimer's disease. Mild cognitive impairment. Forgetfulness. Dementia.

They all can be worrisome to the person with the memory loss and his or her loved ones. Some memory loss is natural with aging. Some forgetfulness happens under stress.

"What's normal? What's abnormal? And where do we go from there?" asked Jason Gruszynski, owner and pharmacist at Daly Drug in Wisconsin Rapids. Gruszynski spoke to the Alzheimer's caregiver support group in May, talking about Alzheimer's and dementia with an emphasis on medication.

Dementia is a general term for memory loss and other mental abilities severe enough to interfere with daily life, Gruszynski told the group. "It is caused by physical changes in the brain," he said.

Before you get to dementia, however, there are levels of impairment. Normal forgetting happens with age. You forget where you put the car keys or where you parked the car in the mall lot.

With age-associated memory impairment, a person has significant trouble recalling events that may be noticeable to others and consistently forgetting where one placed things.

With mild cognitive impairment, there is significant impaired memory and maybe deficits in language and problem-solving skills. In this instance, a person might forget he drove to the mall.

Dementia is indicated when memory decreases to the point the individual has difficulty performing typical activities. Alzheimer's disease is the most common form of dementia, involved in about 70 percent of all dementias.



The good news is some dementias are reversible. They can be caused by depression, medication, sleep and nutritional disorders, dehydration or over-hydration, vitamin B12 deficiency and hypothyroidism. Medication often can treat these symptoms.

Dehydration is a critical one, Gruszynski said. "In someone that's older, a urinary tract infection can cause a large amount of problems, from dehydration, which throws off electrolytes," to even symptoms that look like a stroke, he said.

There are links between memory loss and depression, which could be caused by a lack of folic acid and B12. If a person isn't eating enough fresh fruits and vegetables, he or she might be lacking in those B vitamins. The body doesn't store them. Some people also have trouble breaking down supplements of these types of vitamins, so the body still isn't getting them. There are special

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## Put your home on a diet

Is your home FAT (Full of Acquired Things)? You can put it on a Space Diet.

We learned at May's session about how to downsize, organize and get rid of stuff in our homes.



Annette Krautkramer, owner of Caring Transitions, shared ideas and suggestions for getting rid of clutter, deciding what to do with it (donate, sell, toss) and how to get started. She offers services to help people downsize their homes, prepare for a sale or move and decide what to keep.

Let's Learn Together sessions are available on Wisconsin Rapids Community Media.

You can watch them at 9 a.m. Mondays and 11 a.m. Wednesdays on Solarus Channel 3 or Charter Channel 985. If you want to see previous programs, log on to YouTube and search "Hilltop Grand Village" to find our play list, which includes all of the Let's Learn Together segments.

All of the presentations are free and open to the public. They are designed to help everyone learn more about a variety of topics.

Upcoming sessions include:

✦ Daly Drug owner and pharmacist Jason Gruszynski has developed an at-home medication management system that will help you or your loved one stay on track with medications, doctors' orders and more. Learn how to manage your medications at home easily and safely at 10 a.m. Thursday, June 15

✦ Local attorney Alan Panek will talk about elder law when he joins us at 2 p.m. Thursday, July 20.

Future events include: chronic pain and rehabilitation, financial planning, power of attorney for health care, long-term care insurance and genealogy.

All programs will be held at Hilltop Grand Village, 1400 24<sup>th</sup> St. S. Enter by Home Depot. With questions, call Mystique at 715-423-7400 or email [mystique@hilltopgrandvillage.com](mailto:mystique@hilltopgrandvillage.com).

## Happy Birthday!

The following Hilltop residents celebrate birthdays in June:

- Kay, June 2
- June, June 2
- Arnold, June 16
- Richard, June 29



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### *Dementia/from Page 1*

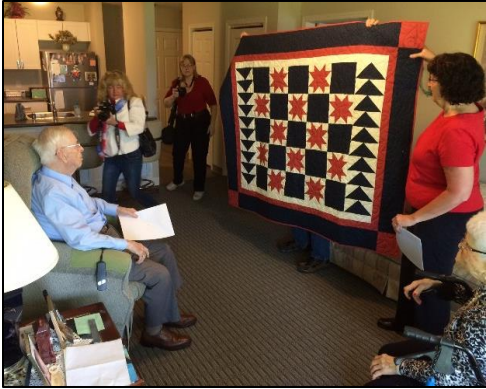
forms of supplements that make it easier to absorb these nutrients.

"It's better to eat healthy," Gruszynski said. But if someone isn't getting enough, "it's important that people do supplement. It's not the cure for all," but it can help.

Prescription medications to treat Alzheimer's and dementia haven't changed in more than a decade, with two different types that help slow the decline in some people. Research suggests using both Namenda and Aricept, two common drugs, together to increase results. If both drugs are given early in the disease onset, it has been shown to slow the decline more than either used independently, Gruszynski said.

### Memory cafe

The Wisconsin Rapids memory café is held from 10:30 a.m. to noon the second Tuesday of every month at Centralia Center. The next one will be June 13. For more information, call Park Place Adult Day Services at 715-422-2795.



## Hilltop veterans receive Quilts of Valor

Several veterans who reside at Hilltop communities were honored recently with Quilts of Valor.

The Material Girls, a local quilting club, puts together the quilts and presents them at special ceremonies of the American Heroes Café, a free coffee clutch held 8 a.m. to 11 a.m. every Wednesday at Crossview Church.

Al Baum was able to attend the April ceremony and receive his quilt. Several others were not able to attend, so a few members of the Material Girls visited Hilltop communities just before Memorial Day to present the final quilts to Don Durst, Richard Thode and Henry Gemza.

To see videos of the presentations, go to Hilltop's Facebook or YouTube page.

The quilts are a tangible reminder of appreciation and gratitude to service members. Quilts of Valor Foundation is a national service organization. Donations and quilters are welcome. Go to [www.qovf.org](http://www.qovf.org).



## Day service provides caregiver respite

Every caregiver needs some time away from caregiving. Respite services – from a few hours to a few weeks – are available. Karen Valley from Park Place will talk about day services and how the monthly memory café can help, too.

Join us at the next meeting of the Alzheimer's caregiver support group at 9:30 a.m. May 11 at the Brehm Conference Room in the Centralia Center.

We offer refreshments and a time for sharing. Anyone who cares for someone with Alzheimer's or dementia or anyone wishing to learn more is welcome to attend. There is no cost and no obligation.

If you need respite care for your loved one so you can attend, call Hilltop at 715-423-7400 to arrange free care during the meeting.

## Making music

Join us for these upcoming musical performances. The public is welcome.

- June 7: Honeybees accordion music, 12:30 p.m., Hilltop Grand Village
- June 21: Hilltop's Piano Man Chuck Huhnke, 12:30 p.m., Hilltop Grand Village
- July 5: Hilltop's Piano Man Chuck Huhnke, 12:30 p.m., Hilltop Grand Village
- July 11: Hilltop hosts Wisconsin Rapids City Band Concert, 7:15 p.m., Robinson Park



## Hilltop activities keep residents engaged



*The Honey Bees accordion ladies, above, entertain residents at Hilltop of Pepper. The residents enjoy dancing to the old-time polkas and waltzes with staff members.*



*Residents aim for the pins while bowling at Alpine Terrace, left. Tea time at Hilltop Grand Village featured fancy ice tea recently, above.*