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Be sure to go to www.dementialv.org to learn how you and your organization can be a part of making the Lehigh Valley a dementia-friendly community.

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Fidelity BANK

IN THE SPOTLIGHT

Fidelity Bank leads the way to make Lehigh Valley dementia-friendly...

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Fidelity BANK

...a Dementia-Friendly Business

For people with dementia, staying engaged in the community where they reside is key to their health and wellness. But it has to be easy for people who have dementia to continue to do business with the retailers, banks and other service providers in the community where they live. Becoming a dementia-friendly business is just one social responsibility that Fidelity Bank embraces.

The concept of giving back to the community is not anything new for Fidelity Bank. This organization has a long history of helping people in need to make the communities it serves stronger. One part of the company's vision is to be the best bank for the community to prosper. And being best includes contributing volunteer time and financial donations to worthwhile causes and organizations in the community. For example, throughout the COVID-19 pandemic during 2020, Fidelity Bank contributed approximately 1,400 hours of volunteer time and donated over \$1.3 million to non-profit organizations located within the markets Fidelity serves. And now, Fidelity Bank has agreed to become a dementia-friendly business as part of our Dementia-Friendly Lehigh Valley initiative.

Fidelity Bank was founded in 1902 and built a longstanding reputation as a trusted financial advisor to the clients it serves. In 2019 the company expanded in Lehigh Valley through the acquisition of Merchants National Bank. Today Fidelity Bank operates 23 full-service retail operations and offices throughout Lackawanna, Luzerne and Northampton Counties, and the Fidelity Bank Wealth Management Minersville Office in Schuylkill County. Additionally, Fidelity Bank offers full-service Wealth Management & Brokerage Services, a Mortgage Center, and an array of personal and business banking products and services.



Daniel Santaniello, President & CEO for Fidelity shared, *"Our business can make a big difference for people in our community who are living with dementia by making the commitment to become dementia-friendly. That means doing our part to ensure people who have dementia feel welcome, accepted and supported at every Fidelity Bank location. It is our organization's responsibility to make people living with dementia feel a part of the community in which they live."*

Daniel Santaniello

Fidelity President & CEO

Fidelity Bank continues its mission of exceeding client expectations through a unique banking experience, providing 24 hour, 7 days a week service to ALL clients, through branch offices, online at www.bankatfidelity.com and through its' Customer Care Center at **800-388-4380**.

United Way Appoints Dementia Outreach Coordinator

Monica Georges is the newly appointed Dementia Outreach Coordinator with United Way of the Great Lehigh Valley. This position is funded by the Fleming Foundation. In this capacity, Monica will coordinate collaborative efforts with community partners to better support caregivers and their family members who are living with dementia. Initiatives include the expansion of the **Savvy Caregiver** and **Project LifeSaver** programs, in addition to hosting community conversations relating to dementia awareness, education, and resources.

Most recently, Monica served as Project Coordinator for the PA Commission on Crime & Delinquency (PCCD) grant with the United Way. In this role, she managed all data collection, analysis and reporting. Through the PCCD grant, the organization launched the **Handle with Care** program in Lehigh and Northampton counties. The grant funding supports the development and training of educators and social service providers in trauma-informed care practices. Monica's career experience includes managing the **LEAP Program** at Northampton County Jail, a reentry program assisting participants with job readiness skills prior to release. She is broadly experienced in community organizing with several decades of experience as a political organizer.

Dementia Research & Data



2022 Alzheimer's Disease Facts and Figures



seniors dies with Alzheimer's or another dementia

Over **11 million** Americans

provide unpaid care for people with Alzheimer's or other dementias



These caregivers provided more than 16 billion hours valued at nearly

\$272 billion



In 2020, COVID-19 contributed to a

17% increase in Alzheimer's and dementia deaths

In 2022, Alzheimer's and other dementias will cost the nation

\$321 billion

By 2050, these costs could rise to nearly

\$1 trillion

Between 2000 and 2019, deaths from heart disease have **decreased 7.3%**

It kills more than **breast cancer and prostate cancer**

combined

while deaths from Alzheimer's disease have **increased 145%**

More than **80%** of Americans know little or are not familiar with **mild cognitive impairment (MCI)**, which can be an early stage of Alzheimer's.

Information from Alzheimer's Association®

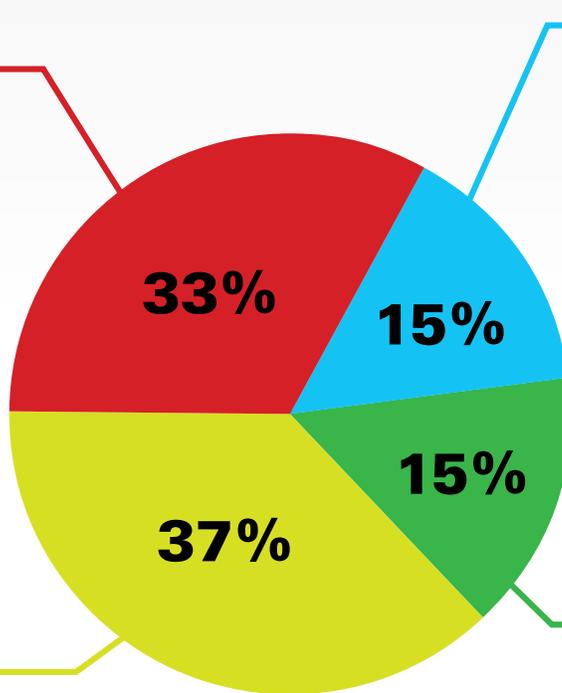
Newly Funded Alzheimer's Research for 2022

Molecular Pathogenesis and Physiology

Studies processes including brain inflammation and immunity, cellular transport, genetics and the production of proteins (such as the beta-amyloid and tau proteins). This research also investigates cellular functions that may normally protect and maintain nerve cells in the brain.

Dementia Care and Impact of Disease, including Populations Studies

Explores potential risk factors for dementia with the goal of revealing new ways to improve care (i.e. development and use of new technologies) for people at all stages of Alzheimer's and other dementia-related illnesses.



Diagnosis, Assessment and Disease Monitoring

Identifies tools and methods to diagnose dementia sooner for early intervention. The research includes exploring effective monitoring the progression of the disease, and includes studies to develop and expand use of brain scans, blood tests and clinical tools.

Translational Research and Clinical Interventions

Investigates drugs that treat dementia and the development of human trials for testing the effectiveness of new drugs. This research also includes non-drug interventions for Alzheimer's and other types of dementia.



National Institute on Aging Awards \$2.85M Research Grant

According to a report by Patricia Inacio, PhD on March 3, 2022, The National Institute on Aging has awarded \$2.85 million dollars to fund a research team from the University of Tennessee Health Science Center to study the role of mitochondria, which are the cell's powerhouses, in age-related diseases, such as Alzheimer's.

This five year project will study the "interaction effects of genetic variants, age, diet, sex and mitochondrial copy number on Alzheimer's disease, aging-phenotypes and longevity."

Mitochondria are very important for the health and survival of cells, including nerve cells, or neurons. Damage of these mitochondria is a hallmark of several neurodegenerative and aging-related diseases, such as Alzheimer's. Those people with higher numbers of mitochondria per cell are thought to have a longer lifespan. Those with fewer mitochondria are thought to be more prone to age-related diseases.

Alzheimer's News Today, March 3, 2022

BOLD Infrastructure for Alzheimer's Act

The BOLD Infrastructure for Alzheimer's Act was passed into law on December 31, 2018. The activities outlined in BOLD are designed to create a uniform national public health infrastructure with a focus on issues such as increasing early detection and diagnosis, risk reduction, prevention of avoidable hospitalizations, and supporting dementia caregiving.



Specifically, the BOLD Infrastructure for Alzheimer's Act directs Centers for Disease Control & Prevention (CDC) to:

- Establish Alzheimer's and Related Dementias Public Health Centers of Excellence
- Provide Funds to Support Public Health Departments
- Increase Data Analysis and Timely Reporting



Caregiver Corner

Taking Care of YOU!

It is heartbreaking to watch someone who was once mentally sharp decline before your eyes. You worry that if you are not vigilant, they could wander outside, fall down or harm themselves in some other way.

If you are caring for a person who has a dementia-related illness, you very well know the physical, mental and emotional investment required. Many times, family caregivers struggle to balance care of their loved one while they are still working and taking care of their own family. Caregiver burnout can easily occur, which can jeopardize the physical and mental health of the caregiver. When a caregiver is dealing with increased levels of stress, it is more difficult for them to weather the storm of the ups and downs of their loved ones' changing dementia behaviors.

These are the signs of caregiver burnout...

- Fatigue
- Changes in sleep habits
- Weight gain or loss
- Feeling sad, hopeless, worried or overwhelmed
- Mood swings (anger and irritability)
- Loss of interest in hobbies
- Physical symptoms, such as headaches, body aches or digestive issues
- New or increased use of alcohol or drugs

As a caregiver, **taking care of yourself** is the only way to reduce caregiver stress. Setting aside time for yourself and delegating caregiving responsibilities to others can minimize stress levels. Attending a caregiver support group may also be helpful. It is a great way to share your thoughts and feelings with others who are going through the same journey as you are. Many times, caregivers feel guilty if they socialize with friends and family, attend their own doctor's appointments, or simply relax. But, this is so important.

Most of us are not happy about having strangers step into the caregiving role for our loved ones. However, to alleviate some of your stress and to prevent or cure burnout, you will need to ask for help. This may mean asking other family members to help out. In the earlier stages of dementia, it may also help to engage a caregiver from a Home Care Agency to meet the personal needs and provide companionship for your loved one. An adult day care center is often a good alternative for meeting the increased needs of your loved one. As providing 24/7 care becomes more challenging, you should consider respite care to give yourself a much needed break.

Being a caregiver for a person with Alzheimer's or another dementia is an overwhelming responsibility and commitment. One caregiver most likely cannot assist and supervise a dementia patient 24/7 indefinitely. When you can no longer take care of your loved one in your home, you will need to look for alternative living arrangements in a community that provides assisted living and memory support housing and health care services. This is often a very difficult decision to make. But remember, you will still be able to visit, help coordinate care and advocate for your loved one.

Caregiver burnout can occur easily when caring for a person who has dementia. **Taking care of YOU** is the best way to be there for your loved one.

Medical Advocacy: The Next Best Thing to Marcus Welby

If you were around in 1969 you might remember the medical drama television series, Marcus Welby, M.D. The show was about a general practitioner, an 'old school' doctor, who managed the health and wellness of his patients during a different era of medicine. Marcus Welby treated his patients as individuals and took personal responsibility for getting his patients the care they needed. There was never a patient illness he couldn't get to the bottom of and treat. Of course, this was a television series, but what was real in 1969 was the doctor-patient relationship where the doctor served as the patient's medical advocate.

Take Marcus Welby out of 1969 and drop him into our healthcare system today. It would be unrecognizable to him. Sure, he might be thrilled to see the advancements in healthcare technology, but he'd be shocked to see how difficult the healthcare system has become for seniors...the population of people who really need Marcus Welby, M.D.!

If you have parents who are aging in place at home, do you know the challenges they face?



An aging parent generally becomes socially isolated when they can no longer drive, when they lose their spouse, or when they have mobility issues. Did you know that most elderly people who are isolated and lonely go for days at a time without speaking to anyone? Research on the health effects from social isolation and loneliness supports the fact that seniors living alone at home are at a higher risk for high blood pressure, heart disease, obesity, a weakened immune system, anxiety, depression and cognitive decline.

If you have parents who are aging in place at home, who is managing their health?

Your parents' medical needs will likely increase at every age. Chronic pain and ailments make daily living more challenging. In today's healthcare system, there is no Marcus Welby, M.D. to take charge of your parents' health and wellness. So, who is keeping track of and managing prescriptions? Who is managing your parents' doctor appointments and therapy sessions? Who is assessing changes in how your parents are managing their daily activities? When parents have





cognitive decline or physical ailments (like arthritis), performing daily activities like bathing, dressing and grooming, become more and more difficult. And if you're living at a distance, managing your parents' health and wellness can be extremely challenging.

If hospitalization is required, are your parents able to make their own discharge decisions?



The major obstacle for anyone being discharged from the hospital is the lack of knowledge about the discharge planning process. Yes, there are hospital discharge planners to facilitate the discharge, but patients need to make the decision about where they transition after their hospital stay to get the rehabilitation and care they need for a successful recovery. This means your parents need to be informed about all of the facilities that provide the rehabilitation

and healthcare services they need...and then, whether or not their health insurance is accepted at the facility they select.

If your parent is getting discharged from the hospital to home, is it safe for your mother or father to be alone at home without help and assistance? Will a nurse be checking in with your mother or father to ensure recovery is progressing? Who will prepare meals, do errands, pick up their medications and provide other types of assistance with things like bathing and dressing during the recovery process?

In the absence of having a Marcus Welby, M.D. for your parents, what can YOU do to help them? Consider the combination of CARE MANAGEMENT and HOME CARE SERVICES to keep your parent safe and healthy at home.

Care Management & Home Care Services

- Health & Wellness Advocacy
- Care Planning & Coordination of Services
- Representation at Physician & Hospital Visits
- Assistance with Bathing & Dressing
- Transportation for Shopping, Errands & Physician Visits
- Companionship & Socialization
- Light Housekeeping & Laundry
- Medication Reminders
- Meal Planning & Preparation
- Specialized Dementia Care

Dementia-Friendly Residents

In addition to training team members who work at Morningstar Living's communities, residents who live there are also becoming "dementia friends."

Twenty residents who live at Morningstar Living's Heritage Village campus in Upper Nazareth Township were trained on Thursday, April 7th. Wendy Scott, Certified Dementia Trainer from the Fleming Memory Center at Lehigh Valley Physician Group, facilitated the training.

"Most of us fear dementia more than any other disease," comments Myra Jones, one of the resident participants. "That's why it's so important to be educated about the difference between "normal aging" and dementia, as well as learning about the signs and symptoms associated with the disease."

Photo right: Heritage Village residents completed their Dementia-Friendly training at the Cooper Center at Morningstar Living's Heritage Village community.



Professional Education Committee Hard at Work

The DFLV Professional Education Workgroup has completed training one hundred community professionals in Lehigh Valley, PA. Training sessions were facilitated at the beginning of 2022 for Outpatient Case Managers who serve individuals in physician office practices throughout the Lehigh Valley. The primary goal for the training? To teach skills and strategies for interacting with and assisting people who are living with dementia. This training was provided in January 2022 for Outpatient Case Managers at St. Luke's University Health Network. Then in February 2022, the training was provided for Outpatient Case Managers at Lehigh Valley Health Network. Police officers participating in Crisis Intervention training through the auspices of Northampton County, also received this training during the last quarter of 2021. The training content includes:

- information about how to identify individuals who may be living with dementia;
- strategies for enhancing communications with individuals who have dementia; and
- resources to get help and assistance for people who are living with dementia and their caregivers.

The Professional Education Committee is planning to provide similar training and education to leaders of faith-based organizations, using a mailing and a recorded presentation that will be placed on DFLV's website...

www.dementialv.org.

Wolf Administration Shares Alzheimer's Disease and Related Disorder Resources to Educate, Support Pennsylvanians

The Department of Health recently shared online resources for health care providers and the public to learn about and support Pennsylvanians who may be experiencing symptoms of Alzheimer's disease and related disorders.

Dementia is not a specific disease but rather reflects a general term for the impaired ability to remember, think or make decisions that interferes with doing everyday activities. Alzheimer's disease is the most common type of dementia.



"Pennsylvanians deserve the best care possible for their physical health and cognitive health and well-being as they age," Acting Secretary of Health Keara Klinepeter said. "The sooner someone recognizes the signs of Alzheimer's disease or related disorders, the more power they have in determining what happens to them next. By compiling these resources into one place, it will help promote better understanding of the importance of early detection among health care workers and the public as well as providing information about diagnosis, treatment and prevention."

Governor Tom Wolf signed into law House Bill 1082 in February 2022 establishing Act 9 which calls on the Department of Health to establish and maintain resources to provide information on the early detection and diagnosis of Alzheimer's disease and dementia primarily geared toward primary care providers. All resources connect providers and the public to national and state accredited resources.

"The Department of Aging is pleased to have collaborated with the Department of Health to develop this comprehensive online resource that includes educational resources to help primary care providers support their patients who are living with Alzheimer's Disease or a related disorder," said Secretary of Aging Robert Torres. "This one-stop reference tool gives providers access to resources on detection, diagnosis, treatment and care planning, including methods to detect cognitive decline as part of annual wellness visits, information to build awareness of racial and ethnic disparities in detection and diagnosis, and other subject areas that are key to ensuring broader, more equitable access to services and treatment for all."

- **For Provider Resources:** <https://www.health.pa.gov/topics/disease/Pages/Alzheimers-Provider.aspx>
- **For Public Resources:** <https://www.health.pa.gov/topics/disease/Pages/Alzheimers.aspx>

Upcoming Programs at Fellowship Community

April 21 | Understanding Alzheimer's and Dementia

Presented by Nancy Clee, RN-BC, MSN, Memory Care Specialist

May 12 | Advancing the Science at Any Given Moment: The Latest in Alzheimer's and Dementia Research

Presented by Robyn Kohn, MA, CDP, CMDCP, Director of Programs and Services, Alzheimer's Association

June 2 | Healthy Living for Your Brain and Body

Presented by Nancy Clee, RN-BC, MSN, Memory Care Specialist

All presentations begin at 7:00 pm in the Fellowship Community Zentz Community Center. To register for these presentations, please call the Alzheimer's Association at 1-800-272-3900. For more information, please contact Nancy at nclee@FellowshipCommunity.com or 610-769-9193.

Caregiver Support



Memory Cafe by Senior Solutions

[View PDF →](#)



Memory Support Groups

[View PDF →](#)

AROUND-THE-CLOCK INFORMATION AND SUPPORT

**ALZHEIMER'S ASSOCIATION
24/7 HELPLINE: 800.272.3900**

The free Alzheimer's Association® 24/7 Helpline allows people living with Alzheimer's disease or dementia, caregivers, families and the public to:

- » Speak confidentially with master's-level care consultants for decision-making support, crisis assistance and education on issues families face every day.
- » Learn about the signs of Alzheimer's and other dementias.
- » Get general information about medications and other treatment options, and legal, financial and care decisions.
- » Find out about local programs and services.
- » Receive help in their preferred language through our bilingual staff or translation service, which accommodates more than 200 languages.
- » Access support through our TTY service (TTY: 866.403.3073) if assistance is required via a teletype device.

This project was supported, in part by grant number 90AC2811-01-00 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.

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Our Mission

The mission of DFLV is to raise awareness and reduce stigma related to Alzheimer's Disease and Related Disorders (ADRD) among community members and encourage the Lehigh Valley community to become more accessible and supportive for individuals affected by ADRD and their caregivers.

Your DFLV Committee Key Contacts



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