

**Awareness.  
Education.  
Empowerment.**

**Featured in this Issue**

Path to Discovery

**More on Page 2**

Elder Abuse  
Awareness & Training

**More on Page 3**

Light Therapy &  
Circadian Rhythm

**More on Page 6**

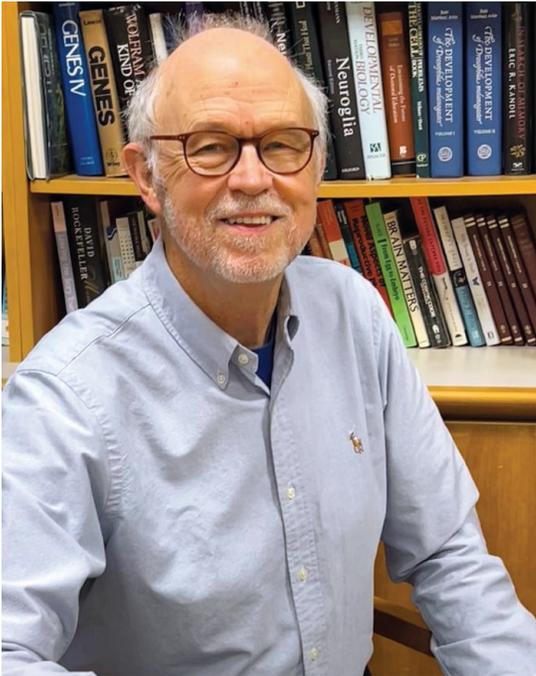
**Also In This Issue**

- Caregiver Corner
- Upcoming Events & Conferences
- Caregiver Support
- 24/7 Helpline

September 21 is World Alzheimer's Day...a day dedicated to raising awareness about dementia, the symptoms and the risk factors associated with it, throughout the world.

## Path To Discovery

*By Lauren Arcuri in the Spring 2022 Issue of Preserving Your Memory*



A lifelong quest for knowledge led Sidney Strickland, PhD, down a winding path to neuroscience research that aims to shed light on Alzheimer's disease.

Strickland's interest in Alzheimer's disease was sparked in 1993 when he read a paper resulting from research that discovered a particular enzyme, tissue plasminogen activator (TPA), contributed to seizures in rats. His lab had been studying TPA's role in the development of the vascular system, "but this was a completely new possible function." Strickland's lab began investigating the role of TPA in the brain, which has since expanded to revealing the role of the vascular system in Alzheimer's more broadly.

"When I saw this paper, I thought it was very intriguing, and we started poking around," he says. "Before we knew it, we were working on the brain. I didn't really know much about the brain then, but we learned on the fly. And that's

led us to our work on Alzheimer's disease - what I've been doing the whole time I've been at Rockefeller (University) - specifically, how the vascular system influences and affects Alzheimer's. When we began, very little attention was paid to the role of blood flow in Alzheimer's onset, but, recently, recognition of this crucial factor is burgeoning,"

Alzheimer's is a complex disease that Strickland and other leading researchers concur is driven by multiple pathologies. Each person with Alzheimer's may present with a different constellation of these conditions. When clinicians can tease apart which ones are present in a given patient, they can treat those pathologies in a targeted way. For example, the vascular system contributes to the neurodegenerative process of Alzheimer's. If vascular dysfunction leads to cognitive impairment, therapies aimed at repairing that dysfunction can improve symptoms of the disease.

Aiding in the ongoing research toward a treatment and cure for Alzheimer's is the purpose of the Zachary and Elizabeth M. Fisher Professorship in Alzheimer's and Neurodegenerative Disease, awarded to Strickland in February 2021. The professorship was established with a \$5 million gift from the Fisher Center for Alzheimer's Research Foundation.

The Fisher Center also partnered with the Rockefeller University to establish and endow the Fisher Fellows in Neuroscience Program, a partnership to financially support five outstanding third- and fourth-year



students in the David Rockefeller Graduate Program. The first two Fisher Fellows, Emily Atlas and Kevin Barber, were named in 2021. Strickland oversees the Fellows Program. "It's going very well, he says." "They're both spectacular students."

Strickland's career has spanned more than five decades and resulted in significant contributions to our understanding of the cerebrovascular manifestations of Alzheimer's disease. His work is also shedding light on stroke, multiple sclerosis, traumatic injury and other conditions resulting in the destruction of nerve cells.

Lauren Arcuri, "The Path to Discovery," Preserving Your Memory, Spring 2022, (pp. 20 – 23).



## What Is Elder Abuse?

Elder abuse is abuse that is directed at an older person. Often, the abused individuals are vulnerable in a variety of ways. One example of vulnerability is cognitive decline.

## Department Of Aging Launches Online Elder Abuse Awareness Training And Financial Exploitation Prevention Resources To Mark World Elder Abuse Awareness Day

Harrisburg, PA – As part of its ongoing efforts to prevent elder abuse, the Pennsylvania Department of Aging (PDA) has announced the launch of two new online resources: a new webpage focused on the growing problem of financial exploitation of older adults, and an elder abuse awareness web-based training module.

The new resources were publicly launched on World Elder Abuse Awareness Day (WEAAD), which is commemorated on June 15 each year. WEAAD is an opportunity for people and organizations to take action to protect older adults by raising awareness about elder abuse, why it occurs, and what can be done to stop it. Learn more about WEAAD activities and resources [here](#).

"The Wolf Administration is committed to empowering individuals to take action to end elder abuse on World Elder Abuse Awareness Day and every day," said Pennsylvania Secretary of Aging Robert Torres. "We're marking this important day by launching new online resources to help educate anyone



who interacts with older adults to recognize the signs of elder abuse and take action. Our department, together with many of our partners, have been steadily working on multi-disciplinary approaches to this issue and look forward to releasing more tools that empower Pennsylvanians to protect the older adults in their lives.”

The new financial exploitation resource webpage, which can be found at [www.aging.pa.gov/FE](http://www.aging.pa.gov/FE) features information for older adults, caregivers and other aging professionals on warning signs, preventive measures, and an expandable menu of resources on key topics such as banking and finance, legal services and dementia. Soon to come are short educational videos from experts explaining financial exploitation topics in everyday terms.

The webpage is the first in a line of resources being developed in accordance with recommendations issued by the Financial Exploitation of Older Adults Task Force, which was formed as the result of a study on the issue commissioned by Governor Wolf’s Executive Order on Vulnerable Populations. The task force included state agencies, aging, legal, financial, law enforcement, healthcare stakeholders and subject matter experts to discuss the issue of financial exploitation and focus on a multi-disciplinary approach to its prevention.

The study, released in September 2020, revealed troubling facts about the pervasiveness of the crime and its impacts on victims in Pennsylvania. Many of the perpetrators studied were family members, most often an adult child or grandchild. During the year-long study period, the average loss to each victim studied was almost \$40,000, totaling close to \$12.5 million. With 1,488 total financial exploitation cases substantiated statewide, older Pennsylvanians collectively suffered an estimated loss of \$58 million dollars to financial exploitation in reported cases alone.

“Because financial exploitation takes many forms and touches multiple sectors, our task force needed to represent a broad array of concerns,” said Jennifer Ebersole, director of state government affairs at the Alzheimer’s Association, task force member and co-chair of the task force education workgroup. “By bringing together such a diverse, committed group, we are working to close the gaps between these different systems where financial exploitation flourishes, so we can put older adults at the center of our collective efforts.”

“Financial exploitation of older adults is a crime that is severely underreported and not well understood. One of our goals is to bring this topic into the light, remove the stigma, and empower older adults and their loved ones to take action and share their stories,” said Karen Buck, director of SeniorLAW Center and task force member and co-chair of the task force education workgroup. “As we expand this effort into a multimedia campaign with video, social and other outreach, this webpage will function as a central repository for a growing conversation around financial exploitation and how we can all play a role in preventing it.”

The new elder abuse awareness training module, developed with the Governor’s Office of Administration,

is available to Commonwealth employees, aging and human services workers throughout Pennsylvania's aging network and the public. The module was developed to reach a broad audience and covers the four major types of abuse and how to recognize them; signs to watch for, the differences between mandatory and voluntary reporters of abuse, when and how to report, and more. The training takes about 20 minutes to complete.

The training is available on the **PDA Learning Management System (LMS)**.

Anyone suspecting elder abuse should call the statewide reporting hotline at 1-800-490-8505, which operates 24 hours a day, seven days a week.

Learn more about the various programs offered by the **Pennsylvania Department of Aging here**.

MEDIA CONTACTS: Karen Gray, Jack Eilber, [agingcomms@pa.gov](mailto:agingcomms@pa.gov)

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## The Food – Dementia Connection



Did you know that men and women who eat certain types of foods are at lower risk of developing dementia? There are foods that cause inflammation that can damage organs in the body, including the brain. And there are foods that can fight inflammation and actually work to prevent dementia.



Foods that fight inflammation include leafy greens and other vegetables, fish, fruits, nuts, beans and healthy fats such as olive oil. Also, coffee and tea are anti-inflammatory beverages. These foods can actually help to reverse dementia.



Foods that promote inflammation include refined carbohydrates (white bread, cake, pastries, sugary beverages, deep-fried foods, red meat and processed meats like hot dogs and deli meats).

## Dementia Research & Data

### Light Therapy & Circadian Rhythm

Exposing an individual who has dementia to bright white light, similar to sunlight, helps realign their circadian rhythm with the patterns of the sun. The circadian rhythm is the physical, mental and behavioral changes that follow a 24 hour cycle. The illustration below illustrates the physical, mental and behavioral changes we go through in the course of a 24 hour day.



Exposing a person who has dementia to bright white light for approximately 30 – 60 minutes is a safe and effective treatment for sleep disturbances because the light works to regulate the circadian rhythm.



## Caregiver Corner

### Tips for Creating a Safe Environment

A safe environment is one of the most important needs for someone who is living with dementia. As a caregiver, plan ahead for changes that may be required in the environment where the person you're caring for is living.

1. Remove clutter and keep walkways and rooms well-lit. Use night-lights.
2. Arrange furniture simply and place padding on corners of furnishings that have sharp edges.
3. Remove loose area rugs and seal carpet edges that present tripping hazards.
4. Use simple and contrasting colors for dishes and place mats for ease of seeing and handling.
5. Disconnect the garbage disposal.
6. Mark glass doors, windows and furniture by placing a decal on the glass at the person's eye level to help him/her see the glass panes.
7. Don't leave a person with dementia alone in a room with an open fire in the fireplace.
8. Place a latch or deadbolt either above or below eye level on all doors.
9. Remove locks on interior doors to prevent the person living with dementia from locking themselves in.
10. Don't display artificial food items that appear to be edible.

Tips for Bathing	Tips for Dressing	Tips for Eating
<p>Get the following items ready in advance:</p> <ul style="list-style-type: none"> <li>• Shower Chair</li> <li>• Large, fluffy towel for privacy &amp; warmth</li> <li>• Washcloth</li> <li>• Shampoo, conditioner and soap</li> </ul>	<ul style="list-style-type: none"> <li>• Select clothing that is made from a comfortable fabric and easy to put on</li> <li>• Provide simple choices... this one or that one</li> <li>• Lay out the clothing items</li> </ul>	<ul style="list-style-type: none"> <li>• Keep surroundings free from distractions</li> <li>• Select nutritious food items</li> <li>• If using utensils becomes problematic, serve finger foods that are easy to pick up</li> </ul>

**There may come the time when it is no longer possible for you to provide the level of care needed. When will you know that?**



When the physical needs of the person you're caring for are beyond what you can safely handle.



When you're not getting enough sleep, or you're unable to engage with friends socially or when other aspects of your life begin to suffer.



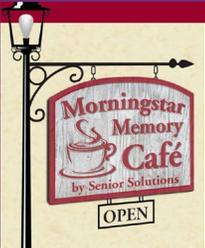
When the needs of the person you're caring for require medical training and treatment.

# Upcoming Programs at Fellowship Community

## Dementia Care-Partner Support Group

In September, Memory Specialist Nancy Clee RN-BC, MSN will be starting a new 10-week Dementia Care-Partner Support Group. This is a wonderful opportunity for individuals who are caring for loved ones with dementia to learn more about the illness and how to better communicate and care for their loved one. The group will be using the “Dementia Care - Partner’s Workbook - A Guide for Understanding, Education and Hope”. The author, Edward Shaw, M.D., M.A., cared for his wife who had Alzheimer’s disease and he offers wonderful insights to help other caregivers. The support group will start Tuesday, September 13th at 3:00 pm in the Villa Board Room of Fellowship Community. You will need to purchase the book prior to the beginning of the support group. Contact Nancy Clee at 610-769-9193 or [nclee@FellowshipCommunity.com](mailto:nclee@FellowshipCommunity.com) to register for the Dementia Care-Partner Support Group or if you have any questions.

## Caregiver Support



**Memory Cafe by Senior Solutions**

[View PDF →](#)



**Memory Support Groups**

[View PDF →](#)



**Memory Lane**

[View PDF →](#)



**EventFULL Living<sup>MSL</sup>**

[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.

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alzheimer's  association®

800.272.3900 | alz.org®

[alz.org/delval](https://alz.org/delval)



## 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.



Be sure to go to [www.dementialv.org](http://www.dementialv.org) to learn how you and your organization can be a part of making the Lehigh Valley a dementia-friendly community.

## Your DFLV Committee Key Contacts



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