ALZHEIMER’S...What you should know

By Lois Moroney

An excellent training session on Alzheimer’s for “Community Education Volunteer Training” was held August 19th at the Rolf Olsen Center, coordinated by Kathy Young of Re-Membering Matters at Mille Lacs. The class was conducted by the Alzheimer’s Association, it covered an overview of Dementia, and understanding of effective communication and positive interactions, how to support those caring for someone with Dementia and knowing the 10 warning signs of Alzheimer’s. The importance of seeing a doctor and early diagnosis was stressed.

The 10 warning signs are: memory changes that disrupt daily life including forgetting important dates, challenges in planning or solving problems, difficulty completing familiar tasks, confusions with time or place, trouble understanding visual images and spatial relationships, new problems with words in speaking or writing, misplacing things and losing the ability to retrace steps, decrease or poor judgment, withdrawal from work or social activities, and changes in mood and personality.

Sue Lyback was responsible for writing the ACT on Alzheimer’s grant allowing Re-Membering Matters at Mille Lacs ACTion Team to bring awareness and education to northern Mille Lacs communities.

Community education presentations will be done throughout the communities from September to November. Thursday, October 1st, a community presentation will be held at the Rolf Olsen Center in Onamia from 6:30-7:30 pm. Another community presentation will be held Wednesday, October 28th, from 1:00-2:00 pm in the IREC community room. Community members interested in learning more about Alzheimer’s are welcomed and encourage attending.

The ACT on Alzheimer’s website is www.actonalz.org and Alzheimer’s Association website it www.alz.org.

If you have questions regarding ACT on Alzheimer’s, please contact Re-Membering Matters at Mille Lacs coordinator, Kathy Young, at 320-676-1050.