

# memory education bulletin

from your dementia care experts at Alzheimer's Family Services Center

January 2012, ISSUE 18

## C A L E N D A R

### J A N U A R Y

#### Navigating Life's Transitions

Come to understand the natural transitions of life and how to process stress for a healthy outcome. Experience stress reducing exercises and a message of hope for the future.

Pre-registration required at 714/593-1874

**Wednesday, January 18, 10:00 – 11:30 am**  
OASIS Senior Center  
801 Narcissus Avenue, Corona Del Mar

#### Strategies to Remember

In this interactive workshop learn how the brain works to store and retrieve memories. Learn practical, real-life strategies to improve memory and brain health.

Pre-registration required at 714/593-1874

**Monday, January 23, 10:00 – 11:30 am**  
Fountain Valley Senior Center  
17967 Bushard Avenue, Fountain Valley

#### Strategies to Remember

In this interactive workshop learn how the brain works to store and retrieve memories. Learn practical, real-life strategies to improve memory and brain health.

Pre-registration required at 714/593-1874

**Tuesday, January 24, 10:00 – 11:30 am**  
Costa Mesa Community Center  
1845 Park Avenue, Costa Mesa

### F E B R U A R Y

#### Missing Keys and Forgotten Names

This class is designed to help participants gain a better understanding of the difference between normal forgetfulness and abnormal memory loss.

Pre-registration required at 714/593-1874

**Tuesday, February 21, 10:00 – 11:30 am**  
Costa Mesa Community Center  
1845 Park Avenue, Costa Mesa

#### Defining Care Options

Are you taking care of someone suffering from symptoms relating to Alzheimer's disease, dementia, or other chronic illness? This class is designed to help you better understand care options and planning ahead. This is an opportunity to talk to specialists about the types of care available and how you can plan in advance.

Pre-registration required at 949/757-3703

**Wednesday, February 22, 1:00 – 4:00 pm**  
OASIS Senior Center  
801 Narcissus Avenue, Corona Del Mar

#### Caregiving Essentials: How to Care for Yourself and Your Loved One

Caregivers learn interactive ways to enhance quality of life and manage care of a loved one with Alzheimer's disease or another dementia.

Pre-registration required at 714/593-1874

**Friday, February 24, 1:00 – 4:00 pm**  
Alzheimer's Family Services Center  
9451 Indianapolis Avenue, Huntington Beach

### M A R C H

#### Open House: Legal Workshop - Information on Planning for Long Term Care

Get the answers to your questions on how to manage financial decisions from an expert elder law attorney.

Pre-registration required at 714/593-1874

**Tuesday, March 6, 5:30 – 6:00 pm Light Dinner, 6:00 – 7:30 pm Program**  
Alzheimer's Family Services Center  
9451 Indianapolis Avenue, Huntington Beach

#### Being Your Own Health Advocate

This class will cover how to advocate for your own individual and family healthcare needs. Learn to navigate the healthcare system, partner with your doctor, and hear about community resources.

Pre-registration required at 714/593-1874

**Monday, March 19, 10:00 – 11:30 am**  
Fountain Valley Senior Center  
17967 Bushard Avenue, Fountain Valley

*For more information or to register for any of our community education sessions, please call AFSC at 714/593-9630.*

## Education Tip

### Tips & Tools on How to Talk with Your Physician: A Guide for Older Adults

For many older adults, talking with your physician may not be a comfortable experience. In the past, doctors typically took the lead during an appointment. In present times, patients are now encouraged to express their concerns as well as engage in the decision-making processes of treatment and care planning. In fact, many physicians encourage patients to communicate with them (Ashbury et al. 2006). Below, you will find some “tips & tools” on how to effectively communicate with your doctor, as outlined by the National Institute on Aging (2005). These may help you feel more confident about the outcomes of your next medical appointment.

- Prior to your next doctor’s appointment, make a list of concerns and prioritize each one. A visit to the doctor may be uncomfortable for some, especially if the office is a busy and loud place. Creating a list of concerns will help ensure that you remember to discuss every concern and/or question you have about your health care needs.
- If the appointment is an important one, such as to discuss a diagnosis and/or treatment options for a particular ailment, perhaps bringing along a family member or friend may serve as a benefit. This person can help retain information that was told to you by your doctor and/or office staff. A companion may also help by taking notes or asking questions that you may forget to bring up.

- Plan to update your doctor about the progress you have made since your last visit. Again, having this information written down on paper may help aid your memory.

- Finally, make good use of your time. As we all know, a physician’s one on one time can be very limited. Decide which questions and/or concerns are most important, stick to the point, and understand that your doctor may not be able to answer all your questions in that moment.

Remember, good health outcomes rely on the effectiveness of good patient-doctor communication!



## Highlighted Service

### Education Class

Being Your Own Health Advocate is a class that covers how to advocate for your own individual and family healthcare needs. Learn to navigate the healthcare system, partner with your doctor, and hear about community resources. The instructor will also discuss effective strategies on how to communicate with your doctor at your next appointment as well as how you can ensure your needs are met. Information provided will also include local Orange County resources that address most elder adult concerns. This class will be offered at the Fountain Valley Senior Center on March 19th, and will be taught by the lead dementia education specialist from AFSC. Please see the other side of this bulletin for more information.

## About AFSC

Alzheimer’s Family Services Center (AFSC), the only Alzheimer’s Day Care Resource Center in Orange County, and proudly affiliated with the Hoag Neurosciences Institute, improves quality of life for families challenged by Alzheimer’s disease or another dementia through services tailored to meet individual needs. As a one-stop center for families facing dementia, we provide comprehensive services, including dementia-specific adult day health care, caregiver counseling & support and education & outreach.

AFSC offers classes year-round to provide education and support for families caring for a loved one with Alzheimer’s disease or another dementia. To learn more about the education and outreach AFSC offers as well as the agency’s specialized services, please call 714/593-9630 or visit [www.AFSCenter.org](http://www.AFSCenter.org).