



Newsletter #19 – August 2023

Introduction

In addition to listing several recent articles of interest, I have also included a recent article of my own. Here is an excerpt:

Lessons I Have Learned: My Years as a Caregiver, by Ira Asherman

For the past twelve years I have been the primary caregiver for my wife, who is living with Alzheimer's. The years have not been easy but they have been filled with both heartache and joy. They have also been years in which I have learned a great deal about myself and the issues involved in caring for a loved one living with Alzheimer's. The lessons, at times, have been painful but nonetheless valuable. In looking at the following, do not assume I have done them all. That is far from accurate. However, I learned both from what I did and what I failed at.

Among what I have taken from this process are:

- **Allow yourself to be angry.** You will get angry both at your loved one and at yourself for getting angry. Allow yourself the anger. You can't stop it, but you can recognize what triggers it and can prepare yourself for the moment. For me, it was the same question or statement over and over again. In time it will begin to dissipate and you will be kinder to yourself and less frustrated and annoyed with your partner. Though it may feel that way, they are not doing it to drive you crazy. Alzheimer's is taking hold and will not let go.

It does not get better. Alzheimer's is one of those diseases for which there is no cure. So your loved one is not likely to get better. The most you can hope for is that they do not deteriorate too quickly and you can have them with you for an extended period of time.

Read More at <https://www.adrcnyc.org/white-paper-02.pdf>.

ARTICLES

From: Alzheimer's Weekly

Cuddly Robotic Pet Boosts Mood in Dementia

Researchers in Florida find that robotic pet cats improve mood, behavior and cognition in older adults with mild to moderate dementia. Find out more. (*Video+Article*)

<https://alzheimersweekly.com/2023/08/cuddly-robotic-pet-boosts-mood-in/>.

Twelve talking Tips for Dementia

Here are 12 great tips for talking to people with dementia. They can improve your conversations, help you get through, and connect better. (This quality infographic is provided by the *Australian Government Initiative*.)

<https://alzheimersweekly.com/2023/06/12-talking-tips-for-dementia/>.

From: Being Patient

Dr. Andrew Budson on Dementia Caregiving, Symptoms Management

By Nicholas Chan | August 24th, 2021

Dementia expert and cognitive and behavioral neurologist Dr. Andrew Budson shares guidance for caregivers and family members on managing the symptoms of dementia. Read more:

<https://www.beingpatient.com/caregiver-strategies-dementia-andrew-budson/>.

From: Medical News Today

Strawberries every day for better heart and brain health?

New research from San Diego State University indicates that [daily consumption of strawberries](#) can enhance cognitive function, reduce blood pressure, and bolster antioxidant capacity. This underlines the distinct health benefits of strawberries, taking their standing as a [superfood](#) to new heights.

<https://www.medicalnewstoday.com/articles/could-eating-strawberries-daily-improve-heart-and-brain-health?>

From: Preserving Your Memory

Feeding Frustration: What to do when your loved one won't eat

Try these tips to ensure your loved ones get the nutrition they need.

https://lsc-pagepro.mydigitalpublication.com/publication/?m=67515&i=794754&p=22&utm_source=utm_medium&utm_campaign=utm_medium

From: The Washington Post

For Alzheimer's patients, a new era of treatment brings hope and risk.

Jay Reinstein stood in the hospital hallway, gently bickering with his father about Larry David's misanthropic character on *Curb Your Enthusiasm* "I don't like him. He's mean-spirited," Max, 88, declared. An exasperated Jay replied, "Dad, it's comedy!" Jay's mother — Lois, 85 — rolled her eyes as the two men reached a truce based on their mutual love of Mel Brooks.

<https://www.washingtonpost.com/health/2023/07/03/alzheimers-drug-legembi-fda-approval/>

REMINDER

Don't forget to check our recently published Resource Directory. It lists all of the organizations in NYC that provide programs and resources for those living with Alzheimer's and other forms of Dementia.

It is available for download at <https://www.adrcnyc.org/resource-manual.htm>.