



# Edencrest™

AT RIVERWOODS

## April 2018 Newsletter

Happy Hour every Thursday starting at  
3:30pm!! Bring your friends and family!

**April 12**

**David Winchester**

**April 19**

**Russ Barlow**

**April 26**

**The Outsiders**

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# ST. PATRICK'S DAY PARTY



# Recognize the stages and symptoms of Alzheimer's disease

Having a better understanding of how Alzheimer's progresses can help you care for your loved one

- As symptoms worsen over time, the disease will progress through 3 stages. In the early stage, you may notice some mild memory loss, but, as the disease progresses to the moderate and severe stages, you may notice new symptoms appear or existing ones worsen.
- The **moderate** stage is often the longest stage, where your loved one will require a greater level of care and will typically experience the fastest rate of decline. Their symptoms will progress and you may notice new symptoms

According to a U.S.-based survey, **nearly 50%** of patients with Alzheimer's disease are **already in the moderate to severe stages when diagnosed.**

When they've progressed to the **severe** stage, they may lose the ability to perform daily activities, like carrying on a conversation or even being aware of their surroundings, and may be entirely dependent on your help

## What should I do if I notice changes in my loved one's symptoms?

Noticing a change in your loved one's symptoms may mean their Alzheimer's has progressed. It's important to make an appointment with the doctor as soon as possible. That way, the doctor can make an informed decision about whether it's time to adjust your loved one's treatment for moderate Alzheimer's disease.

## Some examples of moderate stage Alzheimer's symptoms

- Difficulty managing personal finances (paying bills)
- Difficulty with household tasks (laundry, making meals)
- Problems with personal care (bathing, grooming, toileting)
- Wandering or getting lost
- Changes in sleep patterns
- Feeling moody, withdrawn, or detached
- Forgetfulness about one's own personal history
- Being unable to recall their own address or phone number
- Needing help choosing proper clothing for the season
- Continuously repeating stories

# Talking to the healthcare provider

## Getting the most out of appointments with the healthcare provider starts by being prepared

Sometimes it is difficult to remember to ask questions or voice concerns until after you have left the healthcare provider's office. But the more information you can gather before visits, the better the discussion you will be able to have with your loved one's healthcare provider.

One easy way to help you prepare for the next appointment is with the Appointment Checklist. Use this tool to jot down thoughts and questions, as well as track your loved one's symptoms.

## Helpful online resources at your fingertips

### Websites and groups for caregivers

There are hundreds of websites and groups providing easily accessible information about Alzheimer's disease online. But doing a search can give you an overwhelming number of results. That is why we have selected some valuable resources below to get you started.

Alzheimer's Disease Education and Referral Center

[www.archrespite.org](http://www.archrespite.org)

**The ARCH National Respite Network and Resource Center** is a service for parents, family caregivers, and professionals that helps find local respite services in their area that match the specific needs they have.

[www.alz.org](http://www.alz.org)

**The Alzheimer's Association** provides support for people affected by Alzheimer's disease and other dementias. The 24/7 helpline provides reliable information and support on the global, national, and local levels

[www.caregiveraction.org](http://www.caregiveraction.org)

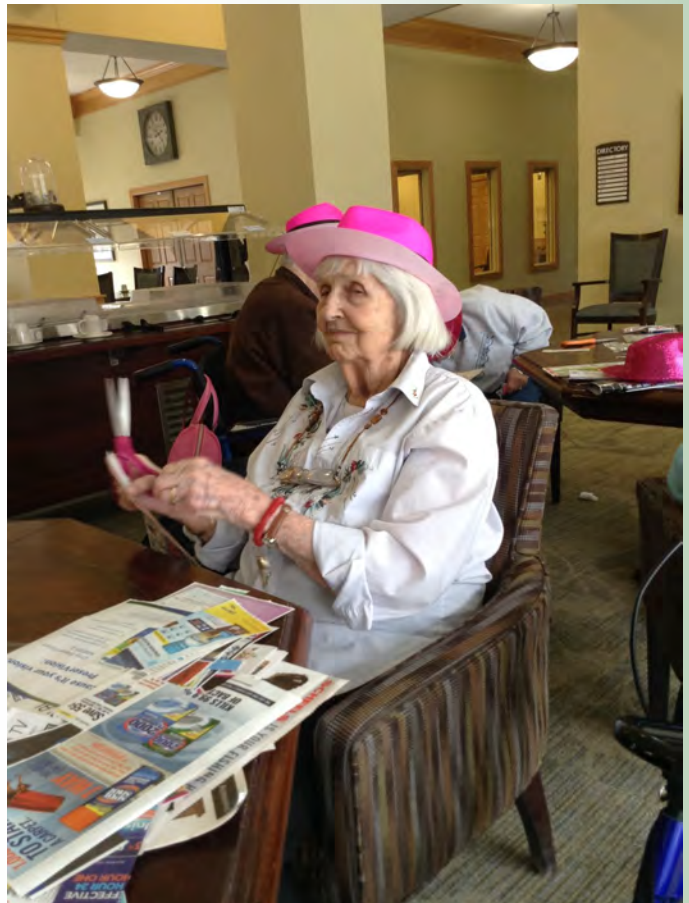
**The CAN** is a family caregiver organization that provides support for people caring for loved ones with chronic conditions. Visit the site to watch quick videos and listen to what caregivers like you have to say.

[www.caregiver.org/family-care-navigator](http://www.caregiver.org/family-care-navigator)

**The Family Care Navigator** is an interactive map that helps families and caregivers identify local public, nonprofit, and private programs that can help provide services for their loved one.









## **Culinary Corner With Chef Eddie**

It is with a heavy heart to tell all of you I am leaving Edencrest. I want you all to know that each and every one of you have touched my heart in one way or another. The past 2 and a half years have been great. I will miss all of you so very much. Thank you for all the smiles, hugs, and great friends I've made since coming to Edencrest. It has been quite the journey. I will never forget you!!!!

Yours Truly,  
Eddie Dehoyos





Ruth Brown  
Gary Powers  
Emily Mitchell

Keith Anderson 4/7  
Joan Janes 4/8  
Jo Rhoads 4/8  
Debra Wells 4/12  
Viola Studer 4/13  
Ray Rinard 4/22



*We're rolling out the Red Carpet for you!!!*



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