



By **BUTCH GRIMES**

It's a disturbing fact that the African American community has the highest Alzheimer's rates. And among that community, women are affected the most. African Americans are twice as likely to die from Alzheimer's.

Considering the statistics, the black community should be alarmed. Its members should be up in arms about a disease that not only affects their loved ones, but could potentially affect each of them.

Yet despite the severity of the problem, the black community remains silent and neglected. Why doesn't anyone want to talk about an issue that impacts so many of our loved ones?

“ Caregivers are stressing and straining to take care of their loved ones, having to retire early or quit their jobs to care for their loves ones. ”

— BUTCH GRIMES



Every day I sit in my office and watch people stream in and out of our Alzheimer's Community Resource Center. The only one of its kind in the Los Angeles area, the only one in the minority community and maybe, as I've been told, the first of its kind in the black community.

Every day that I unlock those doors and open up our center is a day of tears. Folks stop by to pick up brochures or ask a question or two, and before you know it, they are crying their eyes out.

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Securing your home becomes even more important when your loved one has dementia.

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Legal Tools

Understanding the big responsibilities that come with having power of attorney over someone.

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VOICE, from PAGE 1

Just needing a moment to vent, to talk to someone or being overwhelmed and in need of a break. Most have no one else to turn to. We are truly suffering in our community and are being crippled by this disease more than you could imagine.

It's time to work together as a community. It's time to look the problem in the face. There really is an elephant in the room, and we are ignoring it.

Alzheimer's is truly a silent killer. But the suffering isn't confined to just those who have it. Caregivers are stressing and straining to take care of their loved ones, having to retire early or quit their jobs to care for their loved ones.

Then there are those sufferers that don't have anyone. Their wealth is being taken from them by bad decisions they make, or by being scammed. They often lose homes.

Let's not even talk about the homeless crisis with those living on the street with Alzheimer's.

We have a lot of work to do. We are never going to be able to help each other by being silent.

Unfortunately, we are traveling down this road alone. Support is not earmarked for the African American or Hispanic communities. I don't see a cure in the next year. Therefore, we must focus on education, outreach, exposure and helping those in the underserved communities now. YES, WE ARE ALONE.

Welcome to the black voice of Alzheimer's.

Alzheimer's is an illness that makes the headlines. It's the sixth leading cause of death. It makes no social or economic distinction.

We recognize many of the names associated with Alzheimer's: Maria Shriver's father; Dr. Oz's mother; Bill Gates' father; Glen Campbell; Charlton Heston; Ronald Reagan.

Yet where are the recognizable African American names associated with Alzheimer's? Where's the celebrity advocates whose influence could convey a powerful message to the community?

Maybe we need to turn the mirror on ourselves to answer that question. Are we letting social stigma get in the way of recognizing Alzheimer's in our loved ones? Do we feel that these things "should be kept in the family?" Maybe it's about pride or stubbornness. Perhaps a little fear thrown in because sometimes it's easier to play ostrich than to face a frightening reality. Or it could be a cultural or community thing.

Whatever the reason or excuse, we need to find our voices. Our people of influence — actors, musicians, sports figures, and many more — can reach wide audiences. Their voices and social media presences are powerful. They can bring about change.

But all our voices are powerful if we simply choose to speak. Choose to learn. Choose to get involved. Choose not to be a voiceless victim.

The life your words ultimately save could be yours or a loved one's.

Let's hear from you.



Congratulations to our publisher, Butch Grimes, the AllSkate for Alzheimer's Caretaker of the Year. He was recognized for the outreach of his foundation, Whos Gonna Take Care of Me, to the African American community in Los Angeles.

CORRECTIONS & CLARIFICATIONS

RETHINKING REST

In the last issue of Alzheimer's Digest, Karen Bartomioli co-wrote the cover story, Rethinking Rest, Do do an editing error, she was not properly credited.

Alzheimer's Digest

Inspire. Acknowledge. Inform.

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8467 S. Van Ness Ave., Inglewood, Calif.

CHAIRMAN/PUBLISHER

Charles "Butch" Grimes Jr.
Anthony Grimes

VICE PRESIDENT/CONTENT

Sherril Rieux, MD

MANAGING EDITOR

Wanda Smith

PRODUCTION MANAGER

Victor Jackson

PAGE DESIGNER/EDITOR

Lynn Juriga

CONTRIBUTING WRITERS

Sikizi Allen
Karen Bartomioli
Bryan F. Gaines, PhD
Victor Jackson
Diana Kemp
Marie Lemelle
Sherril Rieux, MD
Andrea Van Leesten, Esq
Ron Ward
Hugh Williams



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**TRY IT
TODAY!**

It's Time to Have That Family Conversation

By DIANA KEMP

Your palms are sweaty. Your heart is racing. There's that knot in your stomach that won't stop twisting. And that nagging little voice in your head won't shut up.

You can't ignore it any longer. You've seen the signs. You've noticed Mom or Dad changing. Maybe you've asked but they've denied it or made excuses. It's just part of getting older. But with Alzheimer's, it's not just part of getting older. It's a journey to unexplored territory, a challenge to your loved one and you as the caregiver. Let's talk about it. It's a discussion you don't want to have, but you know you have to.

It can't be about pride or privacy. It can't be about minding your own business. And it can't be put off. With Alzheimer's, everything becomes your business once you be-

come the caretaker. There are details you must address with your loved one before the disease progresses.

It can and will be tough. The sooner you accept it, the better. If you're fortunate enough to have a good relationship with your loved one, communication early on will resolve many issues before they become problematic.

But for many, relationships with loved ones are challenging. You may be treated with hostility, suspicion or dismissiveness. Your loved one may feel fearful or confused. They may be stubborn and defensive, or listen only to the advice of others. They may see your concern as interference or a threat to their independence, or worse, view you as the enemy.

It's important to be persistent but reassuring. Let your loved one know you're there for them. Alzheimer's is scary for everyone, but taking each

step together makes it easier.

Above all, **don't wait**. Don't leave that important conversation to the last minute. By then it may be too late. The consequences can be significant.

Here are the critical questions you should ask:

- Where are your important documents — deeds, bank accounts, investments, insurance policies, pink slips?
- Is there a safety deposit box? If so, where is the key?
- Are wills, trusts, powers of attorney, health care directives and other important documents signed? Where are the copies?

Cultural differences can also create issues, especially for those suspicious of banks or other institutions. So here are two more questions:

- Is there any hidden money or jewelry?

■ Are there arrangements you may not know about with family in other countries, including pensions, property or other assets?

It's especially important to accompany your loved one to doctor's appointments. This way you'll know what's really going on with their condition and what steps to take. You can't always rely on your loved one to remember or want to tell you what happened, so it's up to you to be proactive. Ask questions. Get answers. You need to know not only for yourself but for your loved one's welfare.

There will be difficult choices to make. Be prepared. There can be no running from the reality of Alzheimer's and the impact it has on loved ones and caregivers. The old saying, "Knowledge is power," has never been truer.

It's time you know!



WHOS GONNA TAKE CARE OF ME
dementia & alzheimer's

It's time to
to talk about it...



Now you can **READ** about it in the "Alzheimer's Digest" & listen & learn on Alzheimer's/Dementia Radio "The Journey"

www.whosgonnatakecareofme.org

REAL ESTATE TIPS

Keeping Your Home Safe When Caregiving

By HUGH WILLIAMS

Safety-proofing your home does not have to be expensive when caring for elderly family members stricken with Dementia.

State-of-the-art home security systems aren't your only option. There are plenty of inexpensive ways to safety proof your home. A simple budget can work wonders for home protection and security. Here are five low-cost security measures that you can implement right away.

1. Keep all door and windows secured at all time. Police, security experts and burglars indicate that most burglaries happen during daylight hours between 10 a.m. and 3 p.m., and are typically completed within eight to 10 minutes. Important fact: 34 percent of criminals enter the front door; another 23 percent enter through a first-floor window.

They are looking for easy targets, however, keep in mind your second floor balcony doors and windows as well. Thieves are always looking for easy access into your home. Secure your doors and windows at all times, even when you're at home.

Addressing these issues will help in keeping Dementia suffers from slipping out of the home.

2. Check all exterior door locks. As mentioned most criminals typically enter through a door. Has it been a while since you've updated your locks? Are they in good working order? Are there any extra keys floating around with family members or ex-house guests? Are any of the exterior locks cheap, easy to jimmy or bump open?

If you answered yes to any of these questions, it is time to re-key or replace them with more tamper-proof versions. All exterior doors should have ANSI Grade 1 or Grade 2 deadbolt locks. Check with your local hardware store professional or locksmith for more details and assistance. An inexpensive way of being aware of doors opening and closing is to hang a few craft bells on each door handle. You will be surprised how quickly you become aware of how each door sounds different.

3. Hide keys in a secure place. For those who take care of or visit elderly relatives, hiding a key in a predictable place like under the mat or in a flowerpot near the door makes things real easy for opportunistic burglars.

Instead, give an extra key to a trusted neighbor, find revolving and unexpected hiding places or better

yet, pick up a lock box and install it in a concealed place. It doesn't cost that much to be a little more careful, which in turn will enable all to have more peace of mind.

4. Keep valuables out of sight of strangers. Being flashy with your expensive items can be costly. Store your tools, expensive bikes, golf clubs and other easy to grab items locked up or in the garage when not in use.

In addition leaving the garage door wide open is an open invite to thieves to make your home their next target. Use window treatments like curtains or blinds to stop or limit passers-by from casing your home.

If possible keep big ticket items like big screen TVs, computers and expensive art works out of view from the street that way you avoid look-y-loos. Keep your most valuable goods, jewelry, cash, important personal documents and guns in a safe place out of sight.

5. Be internet safety. The internet has quenched our thirst for information and entertainment, and



Hugh Williams

is changing the way we connect with others and do business. However, it comes with a number of risks.

Consider safety while surfing. Password protect all smart devices. Remember your phone contains a lot of private information. Use passwords that are unusual or unexpected, avoid important dates

and names of family members or pets. For PC users, keep anti-virus and anti-spyware software current. And it is very important to be careful what you download — email attachments can put you and your family at risk. Do not hesitate to call or text someone you know to ask them about an attachment that may appear to be coming from them.

Remember, dementia suffers go through periods of good and bad times from minute to minute or day to day, so when it is recommend that their activities on computers be monitored.

Be mindful of your surrounding at all times and remember that good habits go a long way. Remember the old adage better be safe than sorry.

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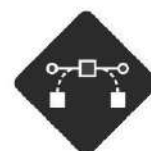
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ANOTHER PERSPECTIVE



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Be Ready Before a Natural Disaster

By VICTOR JACKSON

As I finished last month's article on dementia-rising your home, it struck me that in the case of a major natural disaster, most seniors, caregivers and families aren't properly prepared.

We live in an age of severe natural weather and seismic activity that will disrupt services and adversely affect our lives, possibly for days or maybe months.

For instance, in Southern California, an earthquake can strike with very little, if any, warning. For caregivers of dementia and Alzheimer's patients, preparing for these events can be harder.

The Federal Emergency Management Agency (FEMA) has established guidelines to create a disaster preparedness kit designed to sustain a family during the immediate aftermath of a disaster. Caregivers, your responsibilities are magnified as you must ensure the safety of the patient as well as yourselves.

Do you have adequate medications? Supplies such as diapers and/or pullups,

clothing, hygiene products, blankets and sleeping bags? Does the suffering person have sundowning? Do you need a device to tether yourself to them to prevent wandering? These are some of the concerns given that you may be on your own for an extended period.

In addition, give serious consideration to the location of pictures and other items on the walls in escape routes. These can cause great harm and possibly death if shattered glass becomes a hazard to escaping victims.

FEMA RECOMMENDED ITEMS FOR A BASIC EMERGENCY SUPPLY KIT:

- Water, one gallon per person per day for at least three days, for drinking and sanitation.
- Food, at least a three-day supply of non-perishables.
- Battery-powered or hand crank radio and a NOAA weather radio with tone alert and extra batteries for both.
- Flashlights and batteries.
- First aid kit.
- Whistle to signal for help.
- Dust mask, to help filter contaminated air, and plastic

sheeting and duct tape to shelter in place.

- Moist towelettes, garbage bags and plastic ties for personal sanitation.
- Wrench or pliers to turn off utilities.
- Manual can opener.

ADDITIONAL ITEMS TO CONSIDER ADDING:

- Prescription medications and glasses.
- Formula and diapers for kids.
- Pet food and extra water for your pet.
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof portable container.
- Cash or travelers checks.
- Emergency reference materials such as first aid book and information available from www.ready.gov.
- Sleeping bag or warm blanket for each person.
- Complete change of clothing, including a long sleeve shirt, long pants and sturdy shoes.
- Household chlorine bleach and medicine dropper — when deluded 9 parts water

to 1 part bleach it can be used as a disinfectant. Or you can use it to treat water by using 16 drops per gallon of water. Do not use scented bleach or bleaches with additional cleansers.

- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, plastic utensils, paper towels.
- Paper and pencil.
- Books, games, puzzles and other activities.

This list of items for the emergency kit is a BASIC kit.

In Southern California, I would recommend preparing for an additional seven days, minimum, due in part to the sheer number of people that may be affected and the potential for aftershocks following a major earthquake. It may take several days to get help.

If you don't have the time or resources to create a kit, several companies online offer a variety of kits at prices as low as \$60. Keep in mind, these budget friendly kits may not be sufficient to cover your needs, but they can be shipped directly to you.

I like to think that preparation is a key to sleeping well at night. I personally

keep the clothing worn the day before close at hand with my keys, wallet and closed shoes in case the emergency happens at night so that I will be ready in a moments' notice.

Please remember the instructions given on every commercial airplane flight in America, "In case of emergency, put your mask on first!" If you don't take care of yourself, you become a liability that may cause everyone to perish.



Victor Jackson

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ON ELDER CARE

Parenting Our Parents in a Tech World

By **DR. BRYAN F. GAINES**

The notion that someday we would be caring for our parents seemed almost impossible — that our protectors would someday need us to return the favor.

The role of caregiving requires us to make many decisions—often difficult and possibly against our parents' will. This is an important conversation to have while caring for your adult parent because often during this role reversal, adult children forget that their parents are not their children, causing resistance and hostility while they are just trying to make lemonade out of lemons.

Our reasonable duties as adult children are to respect and honor our parents' wishes while also protecting them from any undue harm (i.e. fraud, elder abuse, financial abuse, isolation, etc.) We do this by engaging our parents in the conversations rather than making decisions for them without their input. These conversations can be difficult but work well when you allow your parents an opportunity to maintain a sense of dignity and decision-making power.

After all, when each of us asks ourselves "Who's Gonna Take Care of Me," we want someone making decisions that includes us in the conversation, honors our wishes, respects us as adults, protects us from harm, meets our needs, and the list goes on.

As a caregiver for my father, I learned firsthand the importance of building, rebuilding or beginning a relationship with our parents before a crisis strikes.

Do not miss the opportunity to start having conversations as I did; take advantage of new technologies to help organize, manage and get the ball rolling before the crisis hits home. We are living in fast-paced environments, rarely leaving time to breathe, but welcome to the technology at our fingertips.

The power of technology is leaving many of our parents behind, and many have decided to forgo learning this way to access to information. But increasing our parents' knowledge of technology could potentially close this gap, offering new insights into different ways of doing things and uncovering additional resour-

es — making everyone's life a bit simpler.

For example, using an online health system provided by a health plan to monitor and track health simplifies making appointments, ordering medication, having access to doctors' notes, receiving lab results, leaving messages for the doctor and much more.

Also, social isolation is happening more often, as our parents' abilities decline and they are unable to complete various tasks, leaving them embarrassed. But technology is making it easier to communicate using smartphones, iPads, tablets and

desktop/laptop computers to send photos, videos and to capture special moments that can be shared at the touch of a button.

Yet, sometimes barriers prevent some from even having access to technology. That is where libraries, community centers, senior centers and other social service agencies play a vital role in providing access to technology as well as teaching how to use it.



Bryan F. Gaines

As our lives get busier each day, adding technology to your caregiver tool chest could potentially save you time, money and energy while increasing the quality of life for our aging parents.

Dr. Bryan F. Gaines serves as assistant director of the USC Hartford Academic Center of Excellence in Geriatric Social Work at the University of Southern California.



WHOS GONNA TAKE CARE OF ME

dementia & alzheimer's

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2019 Caregiver Of The Year Award

CBS/KNX Hero Of The Week Award



Alzheimer's Digest Newspaper



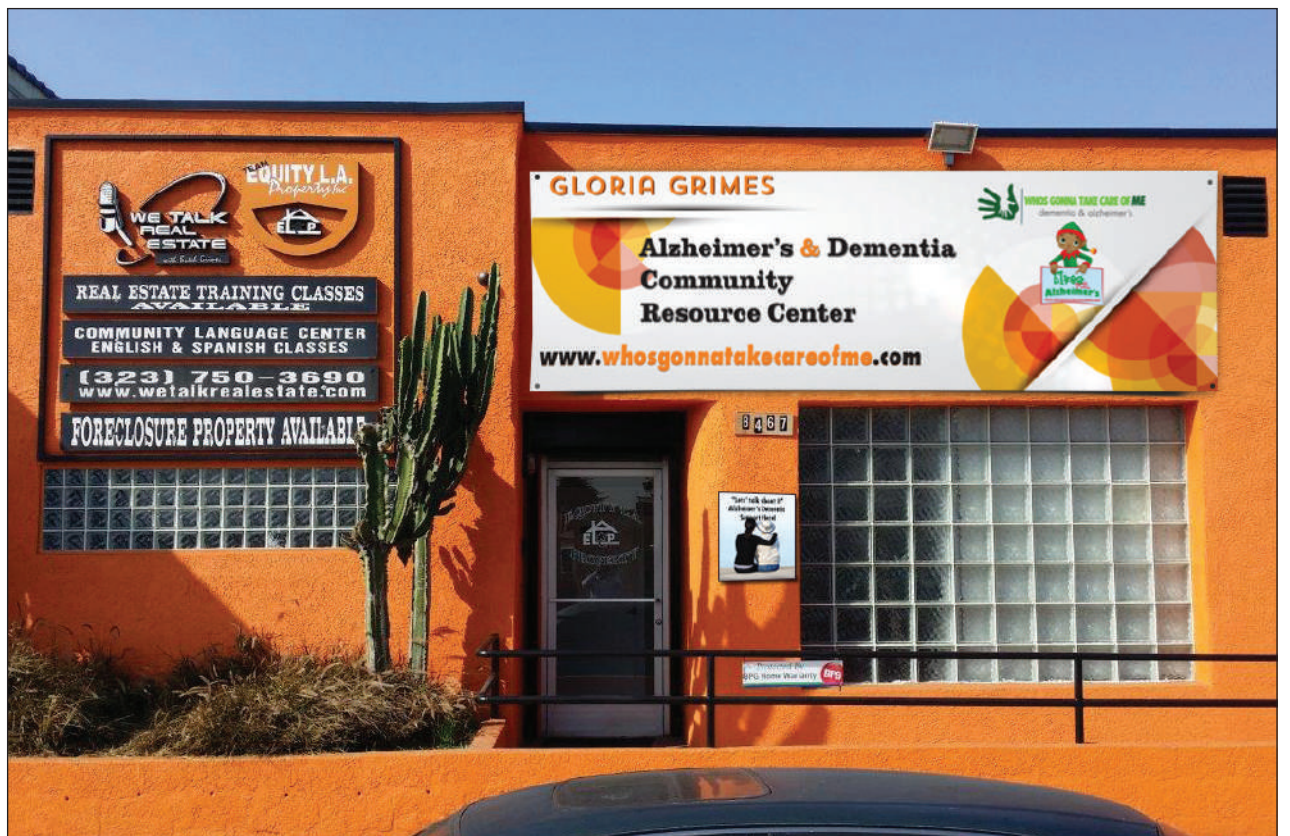
WHOS GONNA TAKE CARE OF ME
dementia & alzheimer's

**TO PLACE
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Gloria Grimes Community Resource Center Is Now Open

South Los Angeles, Inglewood and surrounding areas have a new community center to provide literature, counseling, support group meetings and seminars for those dealing with Alzheimer's disease and other forms of dementia.

The Gloria Grimes Alzheimer's/Dementia Resource Center provides outreach and education to a community that has been long been underserved. It is located at 8467 S. Van Ness Ave. in Inglewood.



Additional Support for Caregivers in Los Angeles

STAFF REPORT

Navigating the Alzheimer's/dementia journey is not something caregivers and family members should or need to do alone. Keeping a list of support resources handy is essential for immediate needs and for when it's time to change course. All of the resources listed here are free, available online, in-person or both, and are unaffiliated with a for-profit business.

- Alzheimer's Los Angeles, www.alzheimersla.org, 844-HELP-ALZ (435-7259), printable resource directory; local programs and support services.
- Alzheimer's Association, www.alz.org, 800-272-3900, elearning; virtual library; select location for local services.
- CalQualityCare.org, filter by area for a map of care facilities; overall

Create a Safe Environment

PREVENT FALLS Avoid scatter rugs, extension cords and any clutter that could cause falls. Install handrails or grab bars in critical areas.

USE LOCKS Install locks on cabinets that contain anything potentially dangerous, such as medicine, alcohol, guns, toxic cleaning substances, dangerous utensils and tools.

CHECK WATER TEMPERATURE Lower the thermostat on the hot-water heater to prevent burns.

TAKE FIRE SAFETY PRECAUTIONS Keep matches and lighters out of reach. If the person with dementia smokes, always supervise smoking. Make sure a fire extinguisher is accessible and the smoke and carbon monoxide detectors have fresh batteries.

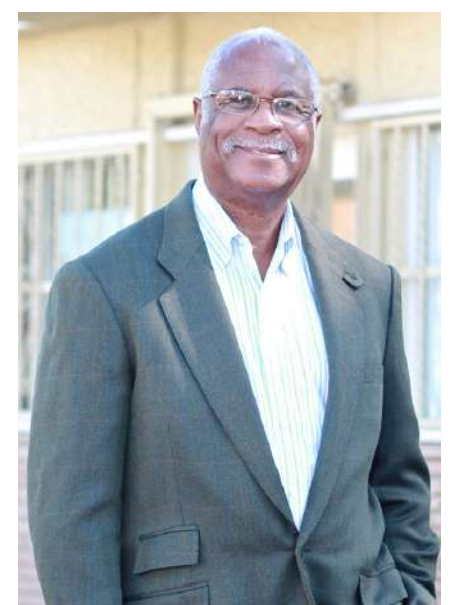
Send us your tips to info@whosgonnatakecareofme.org.

- ratings and links; provider comparison feature.
- Help for Alzheimer's Families, www.helpforalzheimersfamilies.com, online caregiver training; mobile app; area workshop search.
- Helping Hands Senior Foundation, www.helpinghandsla.org 818-

- 279-6580, care coordination; local resource connections that are free, subsidized or covered by insurance, Medi-Cal and VA.
- Leeza's Care Connection, www.leezascareconnection.org, 888-OK-LEEZA (655-3392). caregiver education programs and support.

- Arch National Respite Network, www.archrespite.org, a national respite network and resource center with information on funding and support for caregivers.
- Family Caregiver Support Program at USC Davis, www.fcscgero.org, 855-872-8060, services for unpaid family caregivers.
- WISE & Healthy Aging, www.wsieandhealthyaging.org, 310-394-9671, a non-profit social services agency focused on greater LA.
- Medi-Cal, www.medi-cal.ca.gov, 800-541-5555, Medicaid can help cover many services, including respite for caregivers.

Be advised that many websites offering free information and placement counseling for care facilities are working toward a finder's fee. Opt for websites that are .org or .gov.



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DOCTOR'S CORNER

What to Eat For Brain Health

By **SHERRIL RIEUX, MD**

Diet and Exercise!

Once again going back to the basics. A few short years ago researchers began examining the relationship between certain foods and their effect on brain health with the intention of (1) slowing the decline of brain health as we age and (2) reducing the risk of developing Alzheimer's disease.

Thus, the MIND diet was created.

Dementia is the loss of cognitive function. Meaning you lose the ability to think, remember and reason. It varies from mild to severe. Approximately half of all those age 85 and older have some level of dementia.

Dementia is the broad term of which Alzheimer's is a subcategory.

An estimated 5.8 million Americans of all ages are living with Alzheimer's or other dementias. This number is predicted to grow as the population of Americans age 65 and older continue to increase. As a matter of fact, the oldest members of the baby boomers turn 73 this year. Happy Birthday!

Two-thirds of those affected are women. African Americans are twice as likely as Caucasians to be diagnosed with this illness and there is no cure.

But there is hope!

Studies from Rush University in Chicago have found that the MIND diet, a combination of the DASH diet and the Mediterranean

diet, may decrease the risk of Alzheimer's by as much as 50 percent, and can still protect the brain even when not followed rigorously.

What is the MIND Diet?

The MIND diet stands for Mediterranean-DASH Intervention for Neurodegenerative Delay. Hence the great mnemonic MIND was established.

The MIND diet combines principles from two other well-known diets: the Mediterranean diet and the DASH (Dietary Approaches to Stop Hypertension) diet.

The Mediterranean diet is inspired by the traditional eating habits of those in Mediterranean countries. The DASH diet

was developed as a result of clinical trials funded by the National Heart, Lung and Blood Institute (NHLBI) to lower or control blood pressure.

The goal of the MIND diet is to slow cognitive decline as we age and to reduce the risk for Alzheimer's disease.

Specifically, the MIND diet differs from the Mediterranean and DASH diets in a few ways: It emphasizes berries, due to their antioxidant properties, over other fruits, and recommends eating fish at least once per week. It also highlights the difference between green, leafy vegetables and other vegetables and beans. The MIND diet specifically limits five groups of foods.

The MIND diet was born

out of blending the DASH diet for hypertension, which focused on limiting sodium while increasing vegetables and low fat dairy, with the Mediterranean diet, which focused on increasing vegetables, monounsaturated fats (from olive oil), fish, whole grains and omega-3 fatty acids.

Researchers believe that those who follow the MIND diet over several years will receive the greatest protective benefits. The time to start the diet is when you find out you have Alzheimer's disease in your family, as it will lower your risk of developing it. For those who already have it, it's not too late to start the diet to delay the disease's progression.

What Does the Diet Do?

The MIND diet emphasizes those foods that protect the brain and restricts those foods that affect the brain adversely. It works because it reduces inflammation of the brain and nerves, acts as an antioxidant for the tissues, makes nerve transmission more fluid and decreases neuron loss while improving memory overall.

How Do I Follow It?

The MIND diet is not much different from what we already know about healthy eating. However, we have to work on making some foods a priority and being consistent. Make one or two changes at a time until the MIND diet feels like your normal routine.

A Few Tips

- Always have berries in the around fresh, frozen or canned.
- Buy fresh fruits and vegetables in season then freeze for later.

MIND DIET GUIDELINES

Ten foods to focus on and five foods to limit.

Eat More of These Foods

- Green leafy vegetables** — every day
- Other non-starchy vegetables** — at least once per day
- Nuts** — daily, but limit to one ounce per day if weight is a concern
- Berries** — at least twice per week
- Starchy beans, lentils, etc.** — every other day (chickpeas, kidney beans, white beans)
- Whole grains** — three times per day
- Olive oil** — as primary cooking oil
- Wine** — one glass per day unless liver problems coexist
- Fish** — at least once per week
- Choose **low fat dairy** options

Limit These

- Red meats** — less than three servings per week
- Butter and stick margarine** — less than one tablespoon/day (consider vegan butter)
- Cheese** — less than one ounce per week
- Pastries, sweets, processed junk food** — less than four times per week
- Fried or fast food** — less than one serving per week
- Limit sodium** to less than 2,300 milligrams a day



**Sherril
Rieux, M.D.**

■ Lessen gas and bloating from beans by soaking them overnight, drain and rinse or bring to a boil and drain, rinse and then bring the beans to heat again. I have heard baking soda works too.

■ Eat green leafy vegetables like spinach, lettuce, collard greens, and kale everyday

■ Choose salad dressings that made with olive oil

■ Choose plant based dairy products like almond milk or vegan butter

■ Think about this for tomorrow:

Breakfast: Greek yogurt with raspberries, topped with sliced almonds.

Lunch: Baked trout, collard greens, black-eyed peas.

Dinner: Whole-wheat spaghetti with turkey meatballs and marinara sauce, side salad with olive-oil-based dressing.

YUM! Who's cooking?

The MIND diet was created to help prevent dementia and slow the loss of brain function that can happen with age. By consuming

green leafy vegetables, berries, nuts, whole grains, olive oil, fish, beans, poultry and wine, we provide our bodies with the nutrients that promote good brain health.

Even though more research is needed to fully understand how these dietary changes effect the brain, the early data is quite promising since they reduce oxidative stress, inflammation and the formation of beta-amyloid plaques. These reductions support brain health.

Because the MIND diet is a combination of the Mediterranean and DASH diets, it wouldn't be surprising if future research shows that it also offers other health benefits associated with these two diets.

There is no cure for dementia...

But for now, if you are looking for a way of eating that focuses on maintaining brain health as you age, the MIND diet is a great approach that's simple to follow.

Bon Appetit!

**TO PLACE AN AD IN ALZHEIMER'S DIGEST,
PLEASE CONTACT US AT:
310-693-4681 or info@alzheimersdigest.info**

LEGAL TOOLS

Duties With a Durable Power of Attorney

By ANDREA VAN LEESTEN

I receive this call regularly: "I have power of attorney over my aunt, over my uncle, over my father, or over my mother."

The first thoughts that come to mind are responsibility and accountability. Some agents believe that having access to someone's bank account means access to spend the money without accounting to the principal under the Durable Power of Attorney (DPOA). Or as the agent, they can spend the money without concern for the needs of the principal.

But the agent has a duty to act in the principal's best interest. As my mind returns to the caller, I start talking about the duty to the principal and whether the agent understands what he/she just signed up to do.

The selection of your agent may be the most important decision that you make, because the agent can contract and make a financial deci-

sion on your behalf that can be and are binding. There is a warning to an agent under the Power of Attorney Law from the probate code.

When a person assumes the responsibility under Power of Attorney and its corresponding law, there are some explicit duties that are required: a duty of care and skill; a duty of loyalty; a duty to keep the principal's property separated and identified; a duty to keep the principal informed; and follow the principal's instructions.

The duty of skill and care to the principal means that an agent must observe the standard of care in dealing with the property of another. How a situation is handled on behalf of the principal will be analyzed and judged on a reasonable and prudent standard.

The duty of loyalty means to act solely in the principal's best interests to avoid any conflict of interests. The agent must be true to the principal and ensure that any actions are the

best on his/her behalf.

The duty to keep the principal's property separate and apart from the agent's. For example, in signing a document for the principal, the agent should use for example Andrea Van Leesten attorney-in-fact for John Doe or sign Andrea Van Leesten, agent for principal, John Doe.

The duty to keep the principal informed. If the agent is accessing the principal's bank account, the agent should provide the bank statements and canceled checks to keep the principal informed of all that is spent. For instance, if any funds are withdrawn from an account by the agent as requested by the principal, those funds are to be used for the principal. The funds must be separated and identified. The funds cannot be mixed up or commingled with the agent's money.

The advice that I offer to you is to discuss why a principal wants



Andrea Van Leesten

you to be their agent. What duties are you to perform for the principal? Ask if there will be a termination date in the DPOA for ending services and responsibilities. Please discuss the accounting period. Make sure there is some compensation for the person acting as the agent.

And remember, someone who has dementia or cognitive

decline may not be able to give consent for you to be their agent under a DPOA. And yes, you can be sued and brought into court to produce an accounting.

You have nothing to be afraid of if you did nothing wrong or improper. If a DPOA is done correctly and in a timely manner, it's still a good alternative to court supervised conservatorships.

Andrea Van Leesten can be reached at avanleesten@vanleesten.attorney.

An agent has a duty to act solely in the principal's best interest, and to keep the principal informed.



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dementia & alzheimer's

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☎ 310-693-4681


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Hugh Williams
BRE#01900497
323.348.1222




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213.281.9856

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8467 South Van Ness Ave. Inglewood, CA 90305



SUPPORT GROUP DIRECTORY

For caregivers, finding support and meeting others who understand their struggles is important.

The following information comes from Alzheimer's Los Angeles, an organization dedicated to supporting families and caregivers.

According to the group's website, www.alzheimersla.org, "Our Support Groups are free, led by trained group facilitators, completely confidential and are held throughout Los Angeles County in multiple languages."

TELEPHONE SUPPORT GROUPS

All service areas **YO, FT**

Facilitator: Dr. Linda Ercoli

Facilitator: Yael Wyte

310-794-3914

SANTA CLARITA VALLEY Newhall

■ Santa Clarita Senior Center **CG, ***

Facilitator: Etta Martin

661-259-9444

Facilitator: Monique Castillo

818-830-4835

■ Oakmont of Santa Clarita **CG, ***

Facilitator and contact:

Mary Dembkowski

661-993-3240

Facilitator: Deborah Dicorradó

661-993-2004

SAN FERNANDO VALLEY Agoura Hills

■ Meadowbrook Senior Living **CG, ***

Tami Podell

818-357-1123

Burbank

■ Burbank Joslyn Senior Center

CG, Spanish, *

Francisca Reynoso

818-398-1475

■ Leeza's Care Connection **AC, EP, ***

Contact: Wendy Saltzburg

818-847-3686

Calabasas

■ Silverado Senior Living Calabasas

Memory Care Community **CG, ***

Jennifer Watson

818-317-3421

Canoga Park

■ Canyon Trails Assisted Living

and Memory Care **CG**

Dinora Toj

323-930-6247

KEY TO ABBREVIATIONS

AC Adult Children

B Bereavement

BS Bereavement Spanish

CG Caregivers (General)

DS Caregivers of Down Syndrome

Persons with Dementia

EC Early Stage Caregivers

EP Early Stage Persons

EO Early Onset Persons

FB Faith-Based

FT Frontal Temporal Caregivers

H Huntington's Disease

LB Lewy Body Dementia

Caregivers

LGBTQ Lesbian, Gay, Bisexual,

Transgender, Questioning

M Male Caregivers

P Parkinson's Caregivers

PWD Persons with Dementia

S Spouse

VD Stroke Survivors

YA Young Adults of PWD

YO Young On-Set (EO) Caregivers

\$ Inquire about fee/donation

***** Trained by Alzheimer's Los Angeles



Mary Thomas is a vice president at Bank of America and a wonderful daughter. She has been a caregiver for her 90-year-old mom, Josie Lee Griffin, for the last 11 years.

Her mom is now in hospice care in Los Angeles. Mary said, "We don't know the time nor the hour that God will take her, but are so grateful that she is my mom and we are thankful for having her for so long."

Alzheimer's Digest salutes Mary for giving it her all. Well done, Mary!



Mary Thomas

To suggest a caregiver for this section, call Alzheimer's Digest at 310-693-4681 or email info@alzheimersdigest.info.

Encino

■ Hope Connection **B**

Jo Christner

818-788-4673

Glendale

■ Glen Park Healthy Living **CG, ***

Facilitator: Annie Cardillo

818-242-9000

Facilitator: Paula O'Sullivan

818-296-4097

Granada Hills

■ Aegis Living of Granada Hills **CG**

Facilitator: Brittany Kramer

Contact: Ron Borzcon

818-776-1183

North Hollywood

■ Private Home **CG, Spanish, ***

Nadia Cantuña

818-720-4482

Northridge

■ Brookdale Northridge **CG**

Gabriel Diaz

818-886-1616

■ Somerford Place of Northridge **CG, ***

Jennifer Watson

818-317-3421

Pacoima

■ Little Tokyo Service Center –

Japanese-American Community

Center **CG, English, ***

Facilitator: Isabelle Miyata

Contact: Lois Okui

818-899-1989

Panorama City

■ Kaiser Permanente **CG**

Lisa Luna

818-788-5862

Reseda

■ Jewish Home for the Aging –

Eisenberg Village **EP, ***

Jennifer Watson

818-317-3421

■ Jewish Home for the Aging –

Fountainview **CG, AC, S, ***

Facilitator: Jennifer Watson

Contact: Susan Leitch

818-757-4490

Sylmar

■ LA Caregiver Resource Center

Lake View Terrace Library **CG**

Lucila Torres

855-872-6060

Tujunga

■ Verdugo Hills Family YMCA **CG, ***

Facilitator: Bernice Sanders

Contact: Gaby Najera

818-583-4744

Van Nuys

■ ONEgeneration Adult Day Care **CG, ***

Denise Kee-White

818-708-6376

West Hills

■ Meridian Senior Living **CG**

Vana Pensuriya

818-264-0970

■ Sunrise Senior Living **CG**

Stephanie Bien

818-701-9550, 818-991-8282

Woodland Hills

■ Woodland Hills Caregiver Group

CG, EC*

Karin Marin

818-734-9991

■ The Commons at Woodland Hills

CG, AC, *

Jennifer Watson

818-317-3421

SAN GABRIEL VALLEY

Glendora

■ La Fetra Senior Center **CG, ***

Jill Bakker

626-774-1419

Pasadena

■ Alzheimer's Los Angeles Memory

Club at Huntington Hospital **EP, EC,**

Early Stage, *

Kristen Tachiki

626-397-8145

■ Alzheimer's Café / Pasadena Senior

Center **CG**

Facilitator: Jenny Delgado

Facilitator: Renee Concialdi

Facilitator: Amber Bolanos

626-584-8130

■ CAPS Adult Day Care Center **CG, ***

Mimi Brown

626-351-5427

■ Pasadena Senior Center **CG**

Mei-chi Kuo

213-821-6920

■ Terrace at Park Marino **CG, ***

Carolyn Wong

626-798-6753 x303

Rosemead

■ California Mission Inn **CG**

Yvonne Kuo

213-821-6919

METRO LOS ANGELES

Beverly Hills

■ Nessah Synagogue **CG, Farsi, ***

Nancy (Nahid) Rafii

310-874-5110

■ Sunrise Senior Living Beverly Hills

CG

Ann White

310-247-4479

Los Angeles

■ Silverado Senior Living Beverly

Place **CG, ***

Facilitator: Thomas Baird

323-825-4304

■ Male Caregiver's Support Group –

Alzheimer's Los Angeles **CG, M, ***

Dave Sitzer

213-293-9408

■ Adult Children Support Group –

Alzheimer's Los Angeles **AC, YA, ***

Zina Paris

323-930-6212

■ Alzheimer's Los Angeles Memory/

Grad Club/Alumni Club **EC, EP, EO, ***

Alicia Villegas

323-930-6289

■ APHCV – Los Feliz Health Care

Center **CG, Tagalog**

Perla Santos

323-644-3880 x341

■ Little Tokyo Service Center –

St. Francis Xavier Chapel

CG, Japanese & English, *

Kiyoko Kaneda

213-473-3035

WEST LOS ANGELES

Culver City

■ Culver City Senior Center **CG, ***

Zina Paris

323-930-6212

■ Kaiser Permanente Culver Marina

Medical Office **AC, ***

Ed Holly

310-915-4567

■ Meridian Culver City **CG, ***

Reggie Rodriguez

559-349-3466

■ Kaiser Permanente – West LA Medi-

cal Center **CG, ***

JB Saunders

323-857-3784

■ OPICA Adult Day Health Center

CG, S, AC, \$

Facilitator: Anne Galbraith

Facilitator: Elizabeth Lira

310-478-0226

■ St. Sebastian Catholic Church

CG, Spanish

Facilitator: Dr. Xavier Cagigas

Facilitator: Enrique Gracian

310-825-4304

■ West LA VA Medical Center – for

Veterans or Caregivers of Veterans **CG**

Jessica Alva

310-478-3711 x41652

Santa Monica

■ UCLA Medical Center Santa Monica

CG, LB

Facilitator: Dr. Kathleen Tingus

Facilitator: Catherine Jones

Contact: Monica Moore

310-794-3914

■ Sunrise of Santa Monica **CG, ***

Facilitator: Julie Liker

Contact: Denese Taylor

310-922-5659

■ WISE & Healthy Aging **CG**

Facilitator: Nick Eisner (a.m.)

Facilitator: Blaine McFadden (p.m.)

Contact: Phyllis Amaral

310-394-9871

West Los Angeles

SUPPORT GROUP DIRECTORY

Facilitator: Andrea Michelle Bracken
323-295-2062, 323-637-3170
■ USC Davis School of Gerontology
CG
Jenny Peterson Grace
855-872-6060
■ First AME Church **CG**
Mrs. Bobbe Akalona
855-872-6060

EAST LOS ANGELES

Cerritos

■ Cerritos Senior Center **CG**
Lisa Miyahata
562-916-8550

Downey

■ Remita Health **CG**
Elisa Gaytan
562-904-6777

Huntington Park

■ Alzheimer's Los Angeles –
Huntington Park Public Library
CG, Spanish, *
Angie Moran
323-859-8810

■ Alzheimer's Los Angeles
CG, Spanish, *

Dinora Toj
323-881-0586

Montebello

■ Beverly Hospital Women's Care
Center **CG, ***
Facilitator: Sandy Acosta
Contact: Alice Baldwin
800-618-6664 or 323-725-5032

Santa Fe Springs

■ Gus Velasco Neighborhood **CG, ***
Lucila Torres
855-872-6060

Whittier

■ Oakmont of Whittier **CG**
Vickie Pearson
562-693-8222
■ Whittier Place Senior Living **CG**
Tina Hernandez
714-856-3909

SOUTH BAY

Gardena

■ Southbay Caregiver Support Group
CG, Japanese & English, *
Akiko Takeda
310-819-8659

Inglewood

■ Rogers Park **CG, ***
Linda Peterson
310-412-4368

Long Beach

■ Brittany House **CG**
Colleen Rozatti
562-421-4717
■ Faith Presbyterian Church **CG, ***
Terri Furlow
562-427-8048
■ Long Beach Memorial Medical
Center **CG, ***
Facilitator: Jim Kelly
Contact: Dinora Toj

323-930-6247
■ Namaste Center for Spiritual Living
Paty Piar **CG, ***
562-795-5762
■ Skills4Care **CG, ***
Facilitator: Paty Piar
Contact: Robert Skidmore
562-413-1061
■ Grace First Presbyterian Church **CG**
Yvonne Kuo
855-872-6060

Manhattan Beach

■ American Martyrs Church
& Homewatch Caregivers **CG**
Facilitator: Dick Williams
310-292-0996

Palos Verdes Peninsula

■ Palos Verdes Peninsula Center
Library **CG, ***
Lauren Spiglanin
310-383-1877

■ Mary and Joseph Retreat Center **CG**
Lucila Torres
855-872-6060

Redondo Beach

■ Beach Cities Health District **CG, ***
Facilitator: Rosalie Rapas
Contact: Officer of the day
310-374-3426 x138

■ Beach Cities Health District –
Memory Club **CG, EP, EC, ***
Facilitator & Contact: David Hart
Facilitator: Tara Guden
310-792-8666

■ The Neurobehavioral Healthcare
Center **CG, ***

Dr. Lauren Keats
310-855-3288

San Pedro

Harbor Terraces Assisted Living **CG, ***
Lauren Spiglanin
310-383-1877

■ The Salvation Army Sage House
Adult Day Care Center **CG**
Sherrie Similton
310-832-6031

Torrance

■ Always Best Care **CG, ***
David Hart
310-792-8666
■ Family Connect Memory Care **CG, ***
Lauren Spiglanin
310-383-1877

INLAND EMPIRE

Apple Valley

■ Valley Crest Memory Care **CG**
Renee Savage
760-242-3188

Big Bear Lake

■ Senior Citizen Center of Big Bear
Valley **CG**
Sokura Solario
909-584-0323

Chino

■ Pacifica Senior Living Hillsborough
CG
Facilitator: Ahley Goodley

Facilitator: Jennifer Helboorn
909-386-6068, 909-548-2100

Chino Hills

■ Pacifica Senior Living Chino Hills
CG, *

Lloyd Mustin
909-270-0866

■ Chino Valley Community Church
CG, *

Facilitator & Contact: Lloyd Mustin

Facilitator: Lisa Laufer
909-270-0866

■ Oakmont Senior Living **CG, ***

Lloyd Mustin
909-270-0866

Claremont

■ Claremont Joslyn Senior Center
CG, *

Facilitator: Angelika Pittet
Facilitator & Contact: Lydia

Bouroumand
909-621-9900 x238 or 909-399-5488

■ Claremont Place **CG, ***

Facilitator: Angelika Pittet

Facilitator: Lydia Bouroumand
Contact: Tricia Elliker

909-447-5259 or 909-399-5488

■ Claremont Club **CG, ***

Laura Van Dran
909-921-1033

■ Pilgrim Place Health Services **CG, ***

Laura Van Dran
909-921-1033

■ Sunrise of Claremont **CG, ***

Lloyd Mustin
909-270-0866

Corona

■ Brookdale Corona **CG**

Joy Rivera
951-898-6991

Loma Linda

■ Linda Valley Senior Living **CG**

Antonia Lopez

909-799-3117

Mentone

■ Rose Garden **CG**

Justina Cardenas

909-794-1040

■ Welbrook Senior Living **CG**

Michelle Thompson

951-200-3110

Rancho Cucamonga

■ Alzheimer's Los Angeles & Home

Instead Senior Care **CG, ***

Sharon Jones

909-476-9030

■ Sunlit Gardens **CG**

Kelli Garfield

909-215-2142

Redlands

■ Blossom Grove **CG**

Mechelle Alona

909-335-6660

■ Plymouth Village Retirement

Community **CG, ***

Connie Garrett

909-793-1233 x1620

■ Somerford Place Assisted Living **CG**

Debra Walls
909-793-9500

Riverside

■ Care Pathways **CG**

Karen Armijo

951-867-3800

■ Care Connexus Adult Day Services
CG

James Slater

951-509-2500

■ Pacifica Senior Living **CG**

Jill Johnson-Young

951-360-1616

■ Sunrise Senior Living

– Canyon Crest **CG, ***

Facilitator: Paul Velen

Contact: Mary-Ellen Taber

951-686-6075

San Dimas

■ Brookdale Senior Living

CG, English & Spanish, *

Maria Monedero

909-394-0304 x233

Upland

■ Oakmont of San Antonio Heights

CG, EO, AC, S

Anthony Villegas

909-981-4002

■ St. Anthony's Catholic Church **CG, ***

Laura Van Dran

909-921-1033

Victorville

■ Home Instead Senior Care **CG**

Sharon Jones

760-843-5655 or 909-476-9030

■ Sterling Commons **CG**

Debra Newlin

760-245-3300

SOUTHWEST RIVERSIDE COUNTY

Beaumont

■ Beaumont Senior Center (Albert

Chatigny) **CG**

Veronica Ramos

909-799-3117, 909-266-2672

Hemet

■ Desert Hills Memory Care Center

CG, *

Facilitator: Jane Farmer

Contact: Chantelle Hudson

951-652-1837

Sun City/Canyon Lake

■ Canyon Lake Community Church

CG

Facilitator: JoAnn Wickerath

Contact: Beverly Haney

Facilitator: 951-679-7736

951-244-1877 x200 (church)

Sun City/ Menifee

■ Care Conexus Adult Day Care **CG**

Jim Slater

951-509-2500

Temecula

■ Rancho Community Church **CG**

Facilitator: Sylvia Garcia

Facilitator: Lyn Euzenas

951-303-3986

CRISIS HOTLINES & HOSPITALS

If you are experiencing a current emergency, call 911. This information came from the NAMI Los Angeles website.

Crisis Team Hotlines

Crisis Hotline,
ALWAYS OPEN, 800-854-7771
S.M.A.R.T. Team,
Monday – Friday only, 213-996-1300
Police Officer responds with Mental Health Worker, 310-966-6500
PMRT (Pet Team) Psychiatric Mobile Response Team, 310-482-3260
MEU – Mental Health Evaluation Unit – LAPD, 213-996-1300
MET – Mental Health & Sheriff for LA County, 800-854-7771

Santa Monica Police,
310-458-8491
Local Police West L.A. Captain,
310-575-8400
TYT-hearing impaired,
562-651-2549
Suicide Prevention Hotline,
310-391-1253
West L.A. Mental Health Center – Ed Edelman, 310-966-6500
San Fernando Valley Mental Health Center, 818-832-2586
Exodus Recovery, Inc. (no insurance),
310-253-9494

Mental Health and Crisis Services in the Westside,

Los Angeles County

Local L.A. County Dept. of Mental Health, 213-738-2524
Ed Edelman Westside Mental Health Center, 310-966-6500
Step Up On Second,
310 394-6889
Didi Hirsch, 310 390-8896
Hollywood Mental Health Center,
323-769-6100

Local Westside Hospitals

U.C.L.A. Neuropsychiatric,
800-825-9989
Brotman Mental Health Hospital,
310-836-7000

Del Amo Psychiatric Services & Hospital, 310-530-1151
Daniel Freeman Mental Health – Marina Del Rey, 310-823-8911
Santa Monica U.C.L.A. Hospital,
310-319-4000

Other Resources

Homeless Assistance,
310-399-6878
Family Advocate with the Department of Mental Health, 213-738-3945
Suicide Prevention Hotline,
310-391-1253

Source: <https://namila.org/crisis-hotlines-hospitals/>

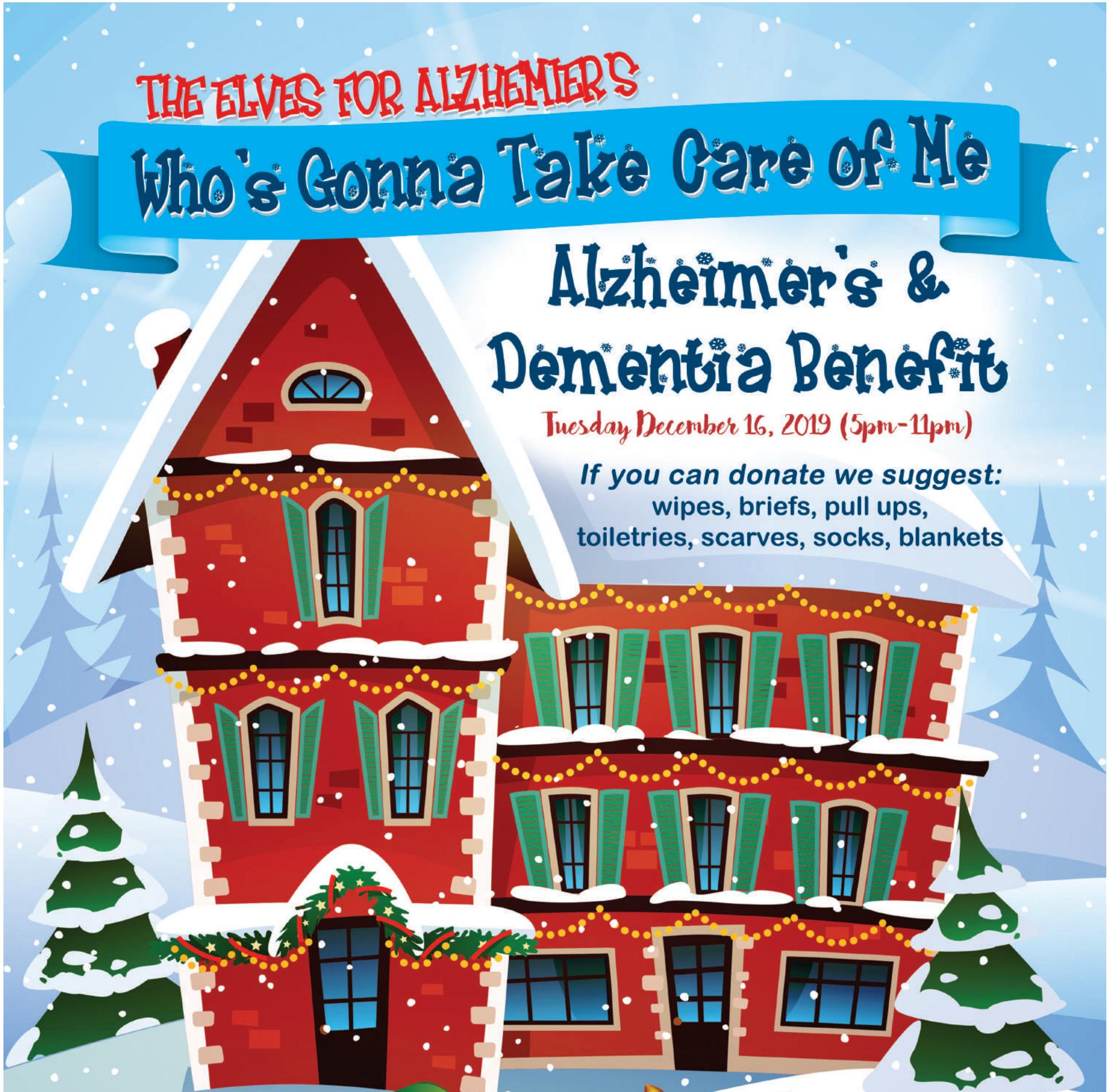
THE ELVES FOR ALZHEIMER'S

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Alzheimer's & Dementia Benefit

Tuesday December 16, 2019 (5pm-11pm)

If you can donate we suggest:
wipes, briefs, pull ups,
toiletries, scarves, socks, blankets



Drop off starts **TODAY**
through Dec 16th, 2019!

Whosgonnatakecareofme Office
8467 s Van Ness Ave.
Inglewood, Ca 90305
Phone: 310-693-4681

Wrapping party will take
place on Dec 19th, 2019 so
don't wait till the last minute!



www.whosgonnatakecareofme.com