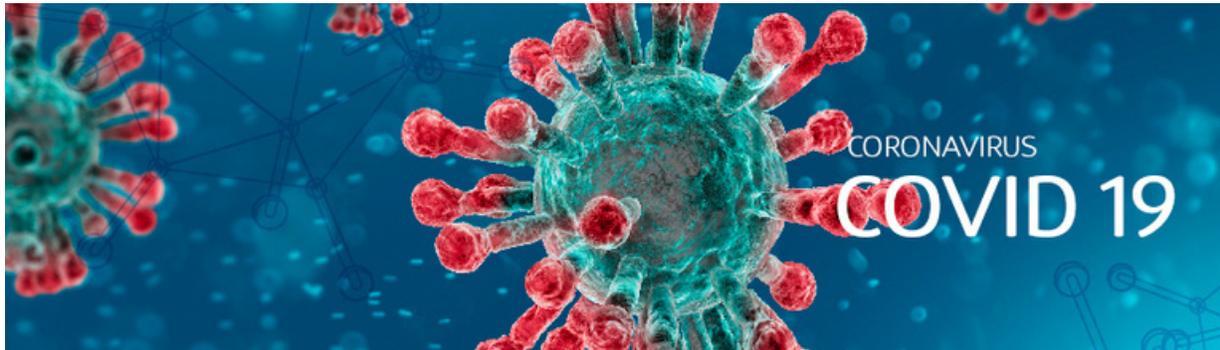


MCCFAD NEWS

MICHIGAN CENTER FOR CONTEXTUAL FACTORS IN ALZHEIMERS DISEASE



COVID 19 and Alzheimer's Disease

The Impact on Providing Care

The year 2020 will be remembered as having changed the world. The challenges, both physical and mental, are already enormous for those who provide care to another person. These challenges are heightened more than ever during COVID 19. Alzheimer's disease (AD) is not a normal part of aging. It's symptoms worsen over time and persons with AD can live anywhere from four to twenty years. The National Institute of Health reports that providing day - to - day care over several years to someone living with AD can lead to high emotional, physical and financial costs. Every care situation is unique, and the challenges can be monumental. If you provide care from a long distance, support and resource exist for you and your family. Below we highlighted key tips suggested by the Alzheimer's Association and the National Institute of Health.

- **Organize all vital information.** In one place and up to date, including healthcare documents, wills, and financial information. Make sure at least one caregiver has secured written permission to represent you in case of incapacity.
- **Plan your visits.** Find out in advance what the person would like to do. Aim for simple and relaxing activities. Check with the primary care person to see if you can help with any priority tasks.
- **Stay connected.** Schedule calls with healthcare providers and facility staff to discuss the person's well-being. Update trusted family members on your loved one's health and needs.
- **Consider care training.** The Alzheimer's Association offers regular sessions, often in virtual formats at no charge. Other not-for-profit organizations might offer caregiving courses. Medicare and Medicaid will sometimes cover the cost of this training.
- **To learn more visit:** www.nia.nih.gov/long-distance-caregiving
- **Alzheimer's Association** <https://www.alz.org/>
- **Document information** <https://www.nia.nih.gov/health/caregiving/advance-care-planning>

News in Alzheimer's Disease Diagnosis and Treatments

Efforts to develop a blood test to diagnose Alzheimer's disease

Irving E. Vega, PhD

There are more than 5.7 million people in the USA diagnosed with Alzheimer's disease (AD). Accurately diagnosing AD has been an area of concern for years, especially because it is needed to properly manage and treat individuals that have cognitive impairments. Presently, a definite AD diagnosis can only be achieved through a neuropathological study of the brain after death. Scientists around the world are conducting studies to develop a blood test that can be used to accurately diagnose AD.

The main biological marker of AD is the abnormal accumulation of two proteins in the brain (Abeta and tau). Both can be detected in the blood of individuals diagnosed with AD. This summer an international group of scientists reported that detection of *modified tau protein* in blood samples increase the ability to identify the difference between someone with clinically diagnosed AD and those individuals that are "normal" or without AD. The results demonstrate that the detection of a specific protein (tau species) in blood is as accurate as the expensive (and difficult to access) brain imaging approaches. Scientists acknowledge that more research is needed to be sure this blood test can, in fact, diagnose AD. Nevertheless, these latest research findings represent a big step forward in the hunt to develop a blood test that can accurately diagnose AD.

Facts about Brain Health

Like any other organ in the body, the brain needs a healthy and balanced diet. The Mediterranean-DASH Intervention for Neurodegenerative Delay diet, or more commonly, the MIND diet <http://bit.ly/minddietsample>, provides healthy nutrition suggestions! A research study found that participants who strictly followed the MIND diet experienced a 53% reduction in risk of developing Alzheimer's. Eating healthier food can help slow cognitive decline.

Legumes are a healthy staple in the Mediterranean diet. They are low in fat, a good source of protein and fiber. Legumes add flavor and texture to a variety dishes. One common legume in the MIND diet is the lentil. Lentils were grown in the Middle East in 8000 B.C and came to the Americas in the early 16th century. This small grain is packed with many nutrients such as: iron, zinc, fiber, folate, and potassium. Lentils are high in protein and gluten free. Did you know that when lentils are combined with a whole grain it has as much protein as meat? Try these tasty lentil soup recipes:

Middle -Eastern lentil recipe: <http://bit.ly/mccfad-lentil-recipe>

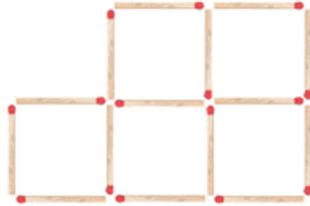
Sopa de Lentejas: <https://dorastable.com/best-lentil-soup-recipe/> vegan lentil soup



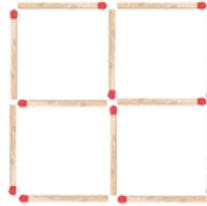
Mental Exercise

Matchstick Puzzles - #1

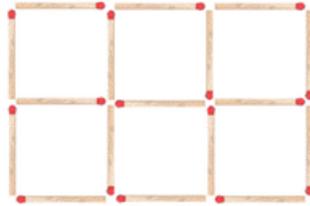
1. Leave just three squares by removing three matchsticks.



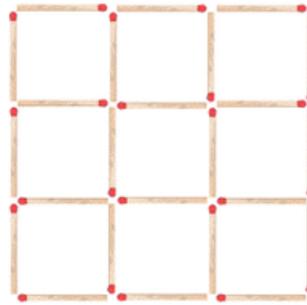
4. Leave just two squares by removing two matchsticks.



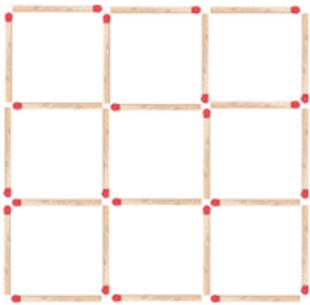
2. Leave just three squares by removing five matchsticks.



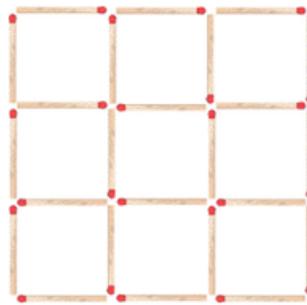
5. Leave just six squares by removing eight matchsticks.



3. Leave just two squares by removing eight matchsticks.

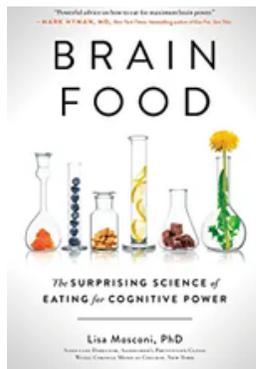
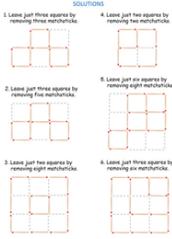


6. Leave just three squares by removing six matchsticks.



© puzzler-to-print.com

Matchstick Puzzles - #1



Recommended Reading

Brain Food: The Surprising Science of Eating for Cognitive Power
by Lisa Mosconi PhD



MCCFAD
MICHIGAN CENTER FOR CONTEXTUAL
FACTORS IN ALZHEIMER'S DISEASE

Community Coffee Time from the Virtual World



September 26, 2020
Alzheimer's Walk



September 26, 2020
CENA Radio



October 9, 2020
Stigma & Dementia



October 25, 2020
Islamic House of Wisdom



November 20, 2020
Dearborn Community Center
Masjid Al-Salaam

**What's coming up
2021**

Check these links for our next event

FACEBOOK
[WWW.FACEBOOK/MCCFAD](https://www.facebook.com/MCCFAD)

WEBSITE
<http://mccfad.isr.umich.edu>

Importance of Research

Currently, there is very little research on Middle Eastern Americans or Latinos in Alzheimer's Disease. Studies in our communities are needed to answer questions and explain what we do not know about Alzheimer's disease. We invite community members of all ages to become part of MCCFAD's groups of people who would participate in future studies. You can accept the invitation to be part of MCCFAD's group of people who would participate in future studies by completing a short 2-page survey that takes approximately 5 minutes to complete. See links below to access the survey in English, Arabic and Spanish.

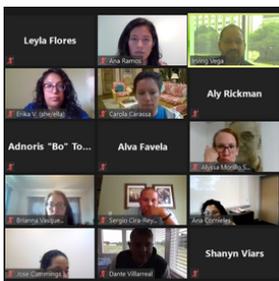
<https://bit.ly/EnglishPRPSurvey>
<https://bit.ly/ArabicPRPSurvey>
<https://bit.ly/PRP-Español>



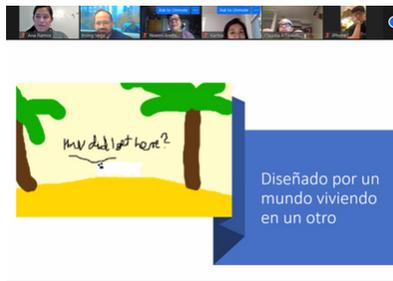
August 6, 2020
Radio Show



October 5, 2020
Hispanic Center of Western Michigan



September 10, 2020
Latino Community Coalition



October 22, 2020
Empowering the Community



October 22, 2020
Core Health Presentation

MCCFAD Resources:

- <https://mccfad.isr.umich.edu/>
- https://www.youtube.com/channel/UCHTerj41gBPOGQR_EMXVS9w
- <https://www.facebook.com/MCCFAD>
- <https://www.facebook.com/LaTremendadeMichigan/>
- Whats App: <https://chat.whatsapp.com/KzTNY5LefuM9ikvAlvXvEC>



In this Together

Bound by Love, Hope and Faith



In June of 1943, Genoveva (Ina) Cruz and Otilio Cruz got married in Yabucoa, Puerto Rico. For thirty years, they raised their family of 12 children on a beautiful countryside ranch in Yabucoa.

In September 1973, Ina and Otilio Cruz moved their family to Chicago, Illinois. They eventually moved to Michigan, to be near extended family members. Ina Cruz raised 12 lovely children with immense love, strong faith and hope. She taught them to support one another during difficult times and instilled in them family unity and the importance of preserving their culture.

In February of 1999, Ina's children began to notice changes in their mother. Teresa, one of Ina's daughters, noticed that her mother was starting to forget things, and that she would misplace items around the house. This was concerning to her children as they had not noticed these things in their mother before. Ina's children talked with one another and decided that it was time for their mother to see a doctor. After many tests and doctor's visits, Ina was diagnosed with Alzheimer's disease.

Teresa and her siblings did not have much knowledge around this disease as it had not affected their family before. Following the diagnosis, Teresa and her siblings had a family meeting where they decided they would care for their mother together as a family. It was difficult for Ina to make the decision to move in with her children and leave behind her home, as she still felt that she could take care of herself and be on her own.

It was decided that Ina would move in with Teresa and her husband, Jaime. The family rallied together and provided support to one another, visiting her frequently, providing respite for Teresa and Jaime and continuing to celebrate holidays as a big family.

While it was not an easy process, Teresa felt that it was a blessing to take care of her mother, "I had to learn how to be patient with my mother, and to develop a sense of humor because some things you just have to laugh off. I experienced a lot of personal growth, and saw my mother's vision of love, hope, and faith for our family come to life as we cared for her."



"I would tell people who have a family member with Alzheimer's disease to reach out for education and resources in regards to this disease. There are so many forms of support out there that weren't available to my family when our mother was diagnosed with Alzheimer's disease. Connect with family members, support groups, and other organizations for support. It is so important in this process to have support."

If you have a story you would like to share: email
Donna Jawad at donjawad@umich.edu or Ana Ramos at amramos@alz.org

