

Glenview Values Meeting
September 10, 2019

Programming Cynthia Phon, LCSW
Director, House of Welcome Adult Day Services, North Shore Senior Center

See Handouts attached to e-mail

Notes from Presentation

Dementia is not part of normal aging

Dementia is not a diagnosis & not a disease; it's an umbrella term that reflects a collection of symptoms that cause cognitive impairments

Important to understand underlying disease. Knowing what type of disease is underlying/causing symptoms will dictate treatment options

People think of Dementia as memory loss; its more than that. Your brain is atrophying
Impacts language, executive functioning, orientation, mood, behavior, perception, physical abilities, etc...

Happens differently in every single person

Cause: Is it Alzheimers? Or a reversible condition? (e.g., B12 deficiency, metabolic disorders, infections, brain tumors, delirium, etc)

60-80% of people living with Dementia are experiencing Alzheimer's Disease

ALZ.org a great resource (Alzheimer)

50% have mixed dementia (i.e., more than 1 type)

What to do if you suspect dementia?

Get medical evaluation(s)

- a. Consult with internist
- b. See a Neurologist
- c. Neuropsychological Testing
- d. Psychiatrist

Managing Dementia takes a village; Caregiving is really difficult

Use resources in community (NSSC); Don't have to do by themselves

Biggest risk factor for Alzheimers is Age; people living longer

Increase in rates 145% increase from 2000 to 2017

Shared great resource/tool to use to gather information about symptoms: 10 Warning Signs of Alzheimer's (obtain through alz.org)

Another good resource:

10 Steps to Approach Memory Concerns (obtain through alz.org)

Alzheimer's hotline support 24/7 Phone: 800-272-3900

50% of people 85 years old have Alzheimer's

North Shore Senior Center Resources:

- 1) Alzheimer's Family Support Group. 2nd Tuesday of every month 1:00-2:30. Northfield Campus. For family members of people living with memory loss from Alzheimer's disease and other dementias.
- 2) Memory Café. (3rd Friday from 1:30-3:30). For person living with Dementia and their care partner. Free and Open to the Public (Don't have to register). Starting at the Northfield Campus.
- 3) Day Program (House of Welcome). Daily, 8:30-4:00 all different stages, ages, of Dementia. Call to register. 100\$ a day. Have sliding fee scale.
- 4) Mind Matters: Exclusively at the Early Stage of Memory Loss. Need to be aware of memory loss and want to talk about it. It's a support group. Tuesday and Thursdays: call main number to register. 65\$ per day. Have sliding fee scale.

Vendorized through VA. VA can pay for veterans; VA dictates which veterans qualify.

Accredited by CARF; therefore, opens up option for long-term care insurance coverage.

Big portion of programming at NSSC is supporting the caregiver.

Provide Case Management support to caregivers in both programs.

Community Updates

Wise Up has a new Executive Director, Paula Cleve.

Cathy Kedijian: District 34 will likely be going to referendum. Holding community engagement sessions this month to share information D34 has and to get feedback from community members.

Linda Rockewell: JourneyCare.

1) Months of November and December JourneyCare is displaying Veteran's art. Paintings, drawings, photography to put on exhibit. Vietnam era veteran (served in any location between November 1, 1955 and May 15, 1975)

2) Chair Yoga Program 11:00 at JourneyCare today!

Mike McCarty

Update on Referendum Projects

- 1) Grove: Don't be alarmed by how it looks now. Small water retention pond. Started work on entrance way, starting to do the widening of the entryway. Will return to looking more itself soon.

- 2) Interpretive center will be ready to be open in middle of October. Much refurbished.

- 3) Glenview Park foundation funding the Megatherium (I am sure this is spelled wrog) sloth exhibit. Tied to Robert Kennicot and Smithsonian.
- 4) Ice Center: Going along great. Closing the current NHL sheet. Change: Unable to do temporary season. Relocated programs which are now dispersed through the community. Plan to get existing NHL and all 12 locker rooms by May 1. All the rest will to relocate programs and collaborate.

Kim Hand

Shared resources for senior and family services (see hand-outs attached)
October 4th Voice Your Choices, Advanced Directives

Zahra Somani

(taken over for Abby) Congresswoman Schakowsky's office.
Came from Chicago office.

Upcoming Values Programming

Tuesday, October 1st at NIPSTA (Northeastern Illinois Pubic Safety Training Academy)
November meeting is state of the village address (November 7)
December meeting is Korean Immigrant Experience