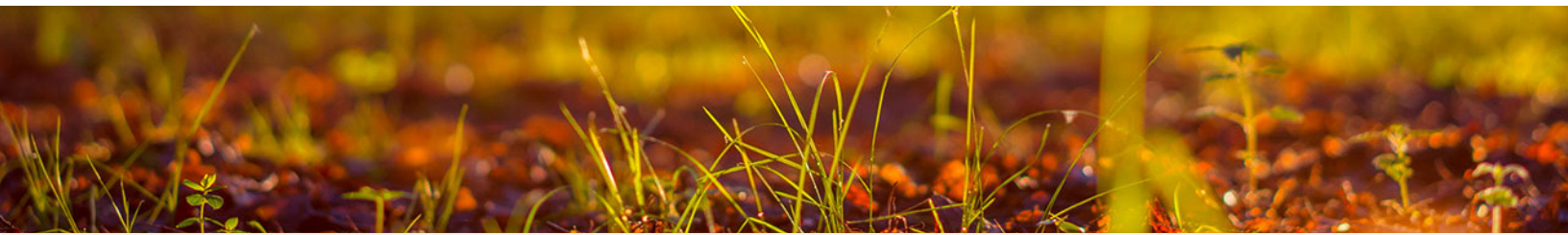


November 2024

The Empowered Caregiver



Together With You on Your Ceresti-Care Partner Journey



FEATURED ARTICLE

November: A Time to Shine Light on Alzheimer's and Family Caregivers

November is a special month for many reasons, but for those affected by Alzheimer's disease and for family caregivers, it holds particular importance. This month is both *Alzheimer's Awareness Month* and *National Family Caregivers Month*. It's a time to bring attention to Alzheimer's disease and to honor the incredible dedication of family caregivers. Let's explore why these topics matter and how we at Ceresti can support you, our family caregivers.

Understanding Alzheimer's Disease

Alzheimer's disease is a brain disorder that slowly destroys memory and thinking skills. It's the most common cause of dementia, a group of brain disorders that lead to the loss of intellectual and social skills. For the families affected by Alzheimer's, the changes in their loved ones can be heartbreaking.

Early symptoms of Alzheimer's include forgetting recent events or conversations, repeating questions, and struggling with

routine tasks. As the disease progresses, symptoms become more severe. People may lose the ability to carry on a conversation, respond to their environment, or recognize loved ones.

There is no cure for Alzheimer's, but treatments can temporarily slow the worsening of symptoms and improve the quality of life for those with the disease. Research is ongoing, and there is hope that one day a cure will be found.

The Role of Family Caregivers

Family caregivers are the unsung heroes in the journey of Alzheimer's. They provide vital support and care, often without pay or formal training. A caregiver might be a spouse, child, or even a close friend. They help with daily tasks such as bathing, dressing, and eating. They also provide emotional support and companionship, which are just as important as physical care.

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Caring for someone with Alzheimer's is a demanding and often stressful role. It can lead to feelings of isolation, burnout, and emotional exhaustion. Caregivers may also neglect their own health while focusing on the needs of their loved ones. This is why National Family Caregivers Month is so important – it's a time to recognize and support those who give so much of themselves.

Ways to Support Alzheimer's Awareness and Other Family Caregivers

- 1. Educate Yourself and Others:** Learn about Alzheimer's disease and share that knowledge with others. Understanding the symptoms and challenges can help create a more supportive community.
- 2. Offer Help:** If you know a family caregiver, offer practical support. This could be cooking a meal, running errands, or providing respite care so they can take a break.
- 3. Listen and Show Empathy:** Sometimes, the best support you can give is a listening ear. Let caregivers express their feelings and frustrations without judgment.
- 4. Promote Resources:** Encourage caregivers to seek out resources and support groups. There are many organizations that offer advice, support, and even financial assistance.

5. Advocate for Research and Funding:

Support efforts to fund Alzheimer's research. Increased funding can lead to better treatments and, hopefully, a cure.

Looking Ahead

As we move through November, let's keep the spotlight on Alzheimer's disease and on you, our family caregivers who make a world of difference every day. By increasing awareness, offering support, and advocating for research, we can make strides in the fight against Alzheimer's to improve your life and that of your loved one.

Final Thoughts

November is a time for reflection and gratitude. Let's take this opportunity to educate ourselves, support those who care for others, and advocate for change.

Remember, small acts of kindness and understanding can go a long way. We honor and appreciate you, and all family caregivers and continue the fight against Alzheimer's disease.

By Marilyn Abrahamson, Brain Health Education Specialist at Ceresti Health



To learn more about Alzheimer's Disease and other brain-health-related information, visit **Ceresti's Brain Health Education Portal** at brainhealth.ceresti.com. If this is your first time, use the code **GIVECARE** to register.

YOUR MONTHLY MEMORY BOOST

4 SIMPLE WAYS TO BOOST MEMORY EVERY DAY

Caring for a loved one is a rewarding experience, but it can also be challenging, especially when it comes to keeping your memory sharp. If you find yourself forgetting things or struggling to recall details, you're not alone. Fortunately, there are simple ways to give your brain a boost.

1. Stay Organized

A cluttered space can lead to a cluttered mind. Keep a daily planner or a to-do list to help you keep track of important tasks and appointments. This simple habit can reduce stress and make it easier to remember what needs to be done.

2. Use Mnemonics

Mnemonics are memory aids that can help you remember information more easily. For example, if you need to remember a grocery list, try making up a funny sentence using the first letter of each item. The sillier the sentence, the more likely you are to remember it!

3. Get Moving

Physical exercise isn't just good for your body—it's great for your brain, too. Even a short walk each day can improve blood flow to your brain and help you think more clearly. Plus, regular exercise has been shown to boost memory and cognitive function.

4. Stay Social

Interacting with others is a fantastic way to keep your mind engaged. Whether it's chatting with a friend or participating in a community activity, social connections can help keep your memory strong.

Remember, taking small steps each month to care for your brain can make a big difference over time. So, keep practicing these memory-boosting tips, and you'll be on your way to a sharper, more focused mind!

TIME OUT FOR BRAIN FITNESS

BALANCE OF NATURE

Nature offers a powerful antidote to anxiety, particularly for stressed-out caregivers.

Immersing oneself in natural surroundings, whether through a walk in the park, tending to a garden, or simply observing wildlife, can significantly reduce stress hormones and promote tranquility. Even brief interactions with nature can provide respite and help prevent burnout.

Additionally, physical activities like walking or yoga in natural settings combine exercise with the restorative effects of nature, offering a holistic approach to easing anxiety and fostering emotional balance for caregivers.

Learn more about supporting your healthier brain in 4 steps:

1. Visit the Ceresti Health Brain Health Education portal at brainhealth.ceresti.com.
2. Register on the site using the code GIVECARE.
3. After registering, navigate to the PREVENTION tab and scroll down for "The Seven Steps to a Healthier Brain" to access the information.

I AM GRATEFUL FOR...

Nicole: Spending time with my daughters, many animals, finding fun things to do, growing my garden, friends and family, and the good people in my life, sunshine, the ocean, and laughter!

Marilyn (Brain Health Coach): The blessings of good health, cherished family and friends, the joy of welcoming my beautiful new granddaughter, Avery, and the rewarding experience of teaching Ceresti caregivers and their loved ones how to lead a brain-healthier life.

Eileen: My ability to travel to Puerto Rico to spend time with my family and friends, and for the wonderful memories that my parents have bestowed upon me, while eagerly awaiting the arrival of my first grandchild, Sophie.

Most of all...

We are grateful for

YOU!

**Happy Thanksgiving from
Your Coaches at Ceresti**

Cheryl: My husband, family and the closeness we share, my church family, the love we have for God, and each other. For having a job that I love so much, and the ability to assist amazing Caregivers I work with every day.

Chandler: A loving family, supportive friends and the ability to wake up each day and try to make this world a little better than the day before!

Ashley: Spending time with my kids, renovating my house and spending time outside with my dogs. Also, my family and my wonderful children. I feel so blessed to have a job that I love so much.

Sarah: My amazing job, which not only allows me to make a meaningful difference in the lives of caregivers and their loved ones but also gives me the flexibility to be a present mom to my three young children.

