



Fall/Winter 2008

# ESSENTIALS

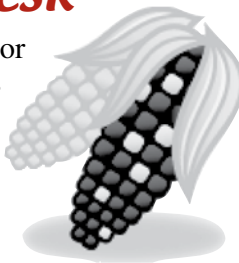
NEWSLETTER of ESSE Adult Day Services

## Mission Statement

*"To provide adult care options that promote the physical, emotional and spiritual well-being of older adults and their families."*

## From the Director's Desk

The City of Wheaton is celebrating a major milestone. 150 years ago Wheaton was incorporated as a city. February 21, 2009 **The City of Wheaton Sesquicentennial Birthday Gala** will be held at Wheaton Park District Arrowhead Golf Club.



This is the first of its kind black tie gala fundraiser supporting fifteen community charities through corporate sponsorships, ticket sales, in-kind contributions, an online auction and a silent auction. ESSE is honored to have been selected as one of the charities.

The Gala will be a tented event and utilize the beautiful Arrowhead Golf Club to host 1000 important guests. The evening will include a VIP party for over 300 guests, a Sesquicentennial Award Ceremony for the Wheaton Notable Alumni, fabulous food and unique entertainment. For more information, please log onto [www.wsfedv.org](http://www.wsfedv.org) or call 630.567.8988.

We appreciate the continued support of the **Tom Russell Charitable Foundation** for the generous \$5,000 grant to assist us as we care for the elderly.

**ESSE's Annual Volunteer Luncheon** was held at Faith Lutheran Church in Glen Ellyn on September 26, 2008. Volunteers from 28 supporting churches and members from the community were honored. Nancie Barry, Terre Fulmer and Andrea Van Kampen prepared a delicious luncheon for 71 guests. Charles Christensen entertained us with guitar and vocals.

**10 year Anniversary Celebration** for ESSE Staff and Clients!!! We honored staff member Mary Eickhoff, and clients, Phyllis Eide, Juana De Cuna and Jelena Basic who have been with ESSE for **10 years!!** Everyone received engraved picture frames and flowers while enjoying cake and coffee at our Wheaton Center.

*Cathy Davit*

## ESSE's 12th Annual Pancake Breakfast Fundraiser

*Please mark your calendars!*

**Saturday**

**November 8th, 2008**

**7:30-11:00 am**

**Donation: \$5.00**

**ST. PAUL LUTHERAN CHURCH**  
515 S. Wheaton Ave. • Wheaton, Illinois

Call for tickets or purchase at the door  
(630) 260-3773

*Great Raffle!*

*Door Prizes!*

*Silent Auction!*

**Special Guest — Mayor Michael Gresk**

*We wish to thank these generous sponsors who help make our Annual Pancake Breakfast Fundraiser possible:*

**Butterfield's Pancake House  
Brighton Gardens of Wheaton  
Thrivent Financial for Lutherans**

Thank you to the **John Potanos Family** and **Mrs. Susan Gara** for their generous donation to help us kick off our Fall Fundraiser!

## CAREGIVERS SUPPORT GROUP

ESSE Adult Day Center located in St. Paul Lutheran Church  
515 S. Wheaton Ave. • Wheaton  
is offering a Caregiver Support Group  
3rd Thursday of every month • 6:30-8:00 pm  
Call for reservations: (630) 260-3773

### ALZHEIMER'S CAREGIVER UPDATE

#### Tips for Alzheimer's Disease Homecare

*Alzheimer's Disease Center*

##### ■ Communicate Clearly

Choose simple words and speak in short sentences with a calm tone of voice. Allow enough time for a response, and be careful not to interrupt.

Try to frame questions or instructions positively, maintain eye contact using friendly facial expressions.

##### ■ Choose Simple, Engaging Activities

Utilize skills the person already has; break down activities into smaller tasks.

##### ■ Energize and Enrich Daily Life

Enjoy **Music** from a favorite singer, link music with memories by going through old photos. Encourage movement and interaction such as clapping, dancing or singing. **Enjoy Arts and Crafts** together, allow plenty of time. Consider bringing a **Pet** into their life, animal companionship can reduce depression and boost self-esteem.

##### ■ Make Everyday Life As Easy as Possible for Both of You

Develop routines!

##### ■ Stay Active Together

Give the person a sense of being normal and engaged with life. For example, by visiting friends, playing cards, or cleaning house. Be flexible. Focus on having fun.

##### ■ Understand the Person's Medications

Never leave medication up to the person with Alzheimer's disease. ALWAYS check that it's been swallowed. Lock medication cabinets! Be sure they're taken as directed

##### ■ Keep Stress Under Control

Create a scene in your mind that helps you relax such as "The Beach with a beautiful Sunset" and deep breathing exercises are two examples which may help you de-stress.

##### ■ Deal with Depression

Physical and mental activity can help lift the dark cloud. Attend Support Groups and Counseling. Consult your doctor regarding antidepressants.

##### ■ Stay Connected with Others Who Can Help

In-home services  
Adult Day Care

### EXERCISE PREVENTS MEMORY LOSS

*American Journal of Respiratory and Critical Care Medicine*

#### **Exercise may help treat memory problems in adults**

Previous studies have provided evidence that physical activity reduces the risk of cognitive decline as the age progresses. To investigate this association further, researchers from Australia studied 138 men, aged 50 years or older, who reported memory problems but did not meet the criteria for dementia. The participants were randomly allocated to an education and usual care group or to a 24-week home-based program of physical activity. Those in the exercise group were encouraged to do at least 150 minutes of moderate-intensity physical activity per week in three 50 minute sessions. Walking was the most frequently recommended type of activity. Participants in the exercise group did an average of 142 minutes more physical activity per week, or 20 minutes more per day, than those in the usual care group.

It was found that during 18 months, participants in the exercise group scored better on memory assessments and cognitive tests and lower on dementia ratings test than those in the usual care group. The benefits of physical activity were apparent after six months and persisted for at least another 12 months after the intervention had been discontinued.

The above findings substantiate the evidence that exercise improves cognitive function in older adults with mild cognitive impairment. The researchers recommend regular exercise and healthy lifestyle changes for elders to keep **Alzheimer's disease** at a bay.

### MODEST BRAIN TEST BENEFIT SEEN WITH BRISK WALKING

*By Lindsey Tanner*

Brisk walking led to slight improvements on mental tests for older people with memory problems in what is billed as the first rigorous test of exercise on the aging brain. The results from the small Australian study were only modest. But they back up observational studies showing potential mental benefits from physical activity.

The effects of exercise were at least as good, if not better, than those seen with drugs approved to aid mental function in Alzheimer's disease, according to experts not involved in the study.

# Why There's Real Reason to Hope

By Barbara Basler-AARP Bulletin Today

Scientists unveiled the latest Alzheimer's research, including two promising new therapies that for the first time successfully target "tau," the tangles of protein that form inside the brain cells of people with Alzheimer's. Although the cause of Alzheimer's is still unknown, many researchers have been at work on drugs that target beta-amyloid, a protein that forms sticky plaque on the outside of the brain cells. While both tau tangles and amyloid plaque are hallmarks of Alzheimer's, researchers have repeatedly shown that when plaque is reduced in the brains of mice with Alzheimer's, the mice can solve problems and run mazes that once confounded them. It's taken longer, one expert says, to come up with drugs that affect the tangles and less is known about their role in the disease. While researchers still believe that amyloid is an underlying cause of Alzheimer's, "I think having the first two antitangle medicines is a real landmark," says Sam Gandy, M.D., chair of the National Medical and Scientific Advisory Council of the Alzheimer's Association.

"Our evidence," he says, "is that tangles form earlier than plaque. So it could be that a cocktail of antitangle and anti-amyloid drugs will be the most effective therapy."

## DRUG STUDIES

**Rember:** A drug that directly targets tangles in the brain cells of Alzheimer's patients was found to slow the progress of the disease by as much as 80%.

**Rember** was more than 2-1/2 times as effective in treating the symptoms of Alzheimer's as Aricept. Larger clinical trials should get underway in 2009

**AL-108:** This drug, which reduces the tangles in the brains of mice, was found to improve some kinds of short-term memory when tested in a 12-week study of 144 patients with mild cognitive damage (a precursor to Alzheimer's). Further studies are planned.

**Dimebon:** Already hailed a breakthrough drug earlier this month, when the results of a year-long study were reported in the Lancet medical

journal, this antihistamine continued to impress researchers when the study was extended for another six months. This drug improves thinking and behavior in people with mild to moderate Alzheimer's and sustains those improvements for at least 18 months, researchers say. The few drugs available today to treat Alzheimer's only tend to stabilize impaired memory, so **Dimebon** is considered a real advance. Possibly on the market by 2010.

**PBT2:** The drug prevents amyloid from interacting with copper and zinc, which have been shown to play a role in the process that "clumps" amyloid protein into sticky plaque. Not only was the drug well tolerated, but patients showed improvement in two tests of verbal and reasoning abilities. Those same abilities deteriorated in the group given a placebo. Dr. Jeffrey Cummings, who worked on the study, says, "The results indicate PBT2 is having an impact on the underlying biology of Alzheimer's, which is very exciting. I am very hopeful, but cautious."

## IS IT ALZHEIMER'S?

Here are some difference between Alzheimer's and normal age-related memory changes according to the *Alzheimer's Association*

### Alzheimer's Disease Symptoms

Forgets entire experiences

Rarely remembers later

Is gradually unable to follow written/spoken directions

Is gradually unable to use notes as reminders

Is gradually unable to care for self

### Normal age-related memory changes

Forgets part of an experience

Often remembers later

Is usually able to follow written/spoken directions

Is usually able to use notes as reminders

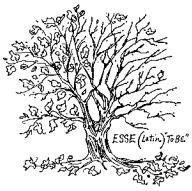
Is usually able to care for self

## ART and DEMENTIA

Neurology has concentrated on the deficits of patients with dementia. Studies of individuals with frontotemporal dementia have shown that some people develop new artistic skills after the onset of the disease.

Watercolors are enjoyed during our Artist Workshop on a regular basis at all three ESSE centers. Thank you notes to ESSE volunteers using watercolors were created by our seniors and presented at our Volunteer Luncheon.





**ECUMENICAL SUPPORT SERVICES FOR THE ELDERLY, INC.**

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**ESSE CENTERS**

**Faith Lutheran Church** Phone: 630-858-1005  
41 N. Park Blvd. • Glen Ellyn, IL 60137

**St. Paul Lutheran Church** Phone: 630-260-3773  
515 S. Wheaton Ave. • Wheaton, IL 60187

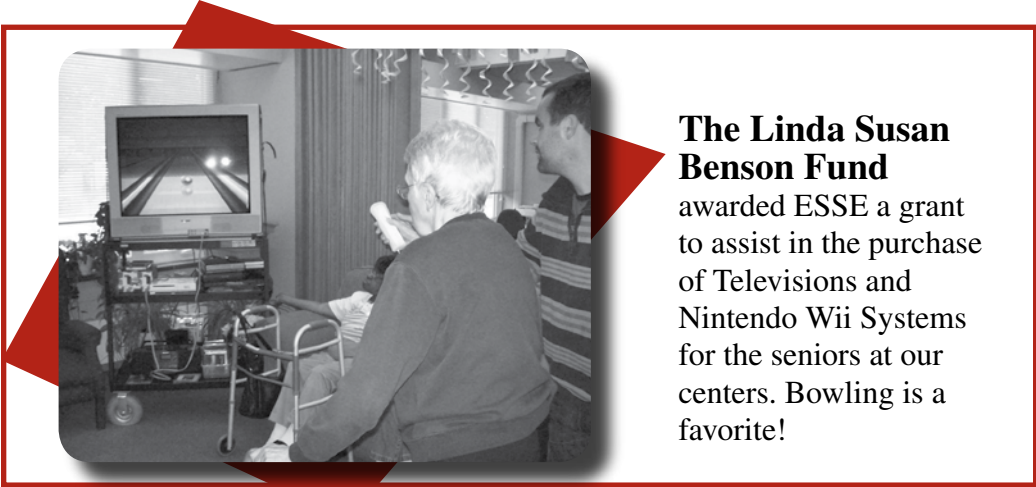
**Holy Cross Lutheran Church** Phone: 630-784-0773  
802 E. Geneva Rd. • Wheaton, IL 60187

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Executive Director CATHY DAVIT  
Business Manager DON BERRY

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



**The Linda Susan Benson Fund** awarded ESSE a grant to assist in the purchase of Televisions and Nintendo Wii Systems for the seniors at our centers. Bowling is a favorite!

***In Memory***  
  
*Morris Dalton, Administrator BP Volunteers Naperville Chapter, will be greatly missed by all of us at ESSE.*

**Mark Your Calendar!**

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