

COOPERATIVE NEWS

Cooperative Home Care News

March 2015

About Dementia

Dementia is not a specific disease. It's an overall term that describes a wide range of symptoms associated with a decline in memory or other thinking skills severe enough to reduce a person's ability to perform everyday activities.

Many dementias are progressive, meaning symptoms start out slowly and gradually get worse.

Vascular dementia, which occurs after a stroke, is the second most common dementia type.

While symptoms of dementia can vary greatly, at least two of the following core mental functions must be significantly impaired to be considered dementia:

- Memory
- Communication and language
- Ability to focus and pay attention
- Reasoning and judgment
- Visual perception

FACT:

Alzheimer's
disease accounts
for 60 to 80
percent of cases.

In This Issue

- Information on Dementia
- Training Classes for each office
- National Pancake Day

alzheimer's  association®

KNOW the
10 SIGNS

EARLY DETECTION MATTERS

1. Memory loss that disrupts daily life.
2. Challenges in planning or solving problems.
3. Difficulty completing familiar tasks at home, at work or at leisure.
4. Confusion with time or place.
5. Trouble understanding visual images and spatial relationships.
6. New problems with words in speaking or writing.
7. Misplacing things and losing the ability to retrace steps.
8. Decreased or poor judgment.
9. Withdrawal from work or social activities.
10. Changes in mood and personality.

TRAINING CLASSES

Franklin County

415 S. Main Street
St. Clair, MO 63077
636-629-5313

Jefferson County

1320 Commercial Blvd
Herculaneum, MO 63048
636-937-9449

St. Charles

4101 Mexico Road
Suite A
St. Peters, MO 63376
636-441-7753

March & April

No Trainings
Scheduled

May

In-Service

Wednesday
May 13th
Time: ???

St. Louis

1924 Marconi Ave
St. Louis, MO 63110
314-772-8585

March

In-Service

Thursday
March 19th
9:00am—2:00pm

CPI

Friday
March 20th
9:00am—3:00pm

Caregiver's Corner—You asked...we listened:

Thank you to all the caregivers who took the time to fill-out and return the survey. We appreciate your feedback.

Caregiver Rosalind T. from the St. Louis office suggested we announce National Pancake Day at IHOP.



Contact Us

Cooperative Home Care

Visit us on the web:
CooperativeHomeCare.com
Facebook
Twitter (ParentsAging)

Flip for Free Pancakes! Tuesday, March 3, 2015

Since beginning its National Pancake Day celebration in 2006, IHOP restaurants have raised almost \$16 million to support charities in the communities in which they operate. On March 3, 2015, guests from around the country will celebrate a "Decade of Giving" with the tenth annual National Pancake Day at IHOP restaurants and enjoy a free short stack of Buttermilk pancakes*. In return for the free pancakes, guests will be asked to consider leaving a donation for Children's Miracle Network Hospitals© ** or other designated local charities. Our Goal this year is \$3.5 million for charity!