



## Parish Nurse News Bulletin

Mary Williams Monthly Update

Greetings from your Parish Nurse, Lately I have had more people talking about their “senior moments” occurring more frequently. They are concerned about dementia or Alzheimer’s setting in. Chances are you’ve walked into a room and suddenly forgotten what you were looking for. Or perhaps during a conversation, a certain word eluded you. Those episodes, often dubbed “senior moments,” are generally just temporary lapses in memory. If we compare people in their 20s with older people, the younger people will almost always do better on memory tests. Much of what we call “senior moments” might be more attentional or focus-related, or it could be processing speed. Information just can’t be processed as fast as it used to be.

Trying to discern what is normal age-related forgetfulness versus something more serious is not always a black and white issue. Small lapses in memory are generally no big deal. For example, not being able to recall a person’s name upon seeing them, then remembering that name sometime later is less likely to be of concern. The people who later remember things they’ve forgotten are more likely to be experiencing normal age-related memory changes. It’s the people who don’t remember that they have forgotten things. That’s when our level of suspicion goes up. Other instances that raise concern include: repetitive questioning within a short period of time, getting lost on familiar routes, memory loss that affects daily function, falling for similar financial scams multiple times. If you or your loved one experiences some of the above situations, the first step is to see a primary care doctor or a geriatric physician. That physician will typically do a short cognitive screening test before deciding whether to refer you to a specialist for more extensive memory testing. I remember having to draw a circle for a clock and then place the hands to reflect a specific time. I was asked to remember three unrelated words, such as chair, pineapple, and dust. Then later during the exam, I

was asked for those words to be recalled. Another test was a Mini-Mental State Exam. It consists of a series of questions and tests such as Orientation: what is today’s date and season? Attention and calculation: count backwards from 100 by 7’s. Language: look at a pencil and state out loud what it is. If these short exams suggest a potential problem, the doctor may refer a patient to a specialist for further evaluation. Tests with these experts are more comprehensive, requiring about an hour and a half, and possibly multiple visits. Some medical illnesses (and medications) can impact a person’s memory and cognitive function. I have been told that one of my anti-rejection medications can cause more forgetfulness. I am more conscious of that fact now. In any case, if you are noticing more of these signs, let your doctor know so more further evaluations can be done.

## Blood Pressure Checks

I will be checking blood pressures on Feb. 2<sup>nd</sup> & 3<sup>rd</sup> at St. Ignatius & Holy Redeemer and on Feb 16<sup>th</sup> & 17<sup>th</sup> at St. Mary's Note the dates.

## Visits

If you would like a visit from Father leave a message at the office at 437-5348 for us. I can be reached at home by calling 437-4810 and leaving a message. If you are in the hospital and would like a visit, please let the hospital know which parish you belong to on admission otherwise we cannot get that information from the Pastoral Care office. If we know that you are in the hospital and ask for your name, they then can let us know which room you are in.

## Health Move of the Month: Gentle stretches to fight time spent sitting

Seated torso rotation. Sit up straight in a chair with your feet flat on the floor, and your arms at your sides. Slowly rotate your head and torso to the right side, placing your left hand on the outside of your right knee and your right hand next to your right hip. Hold. Slowly return to the starting position. Repeat to the left side, this time with your right hand on the outside of your left knee and your left hand next to your left hip. Seated hamstring stretch. Sit up straight toward the front of a chair with your feet flat on the floor. Extend your right leg straight in front of you with the heel grounded on the floor and toes pointing to the ceiling. Hinge forward from the hip, placing your hand on your left thigh for support. Keep your spine neutral.

Hold. Repeat with the left leg.

## Seasons of Grief-Seasons of Healing Grief Support Group.

Our next sessions of our grief support group will be held on Thursday evenings March 21<sup>st</sup>, 28<sup>th</sup>, April 4<sup>th</sup> & 11<sup>th</sup>. Times: 7-9pm. Place: Mt. Horeb Evangelical Lutheran Church in the Matthew room. I wanted to avoid Holy Week so that is why it is scheduled that way. Call Mary Williams at 437-4810 to register by March 11<sup>th</sup>. All are welcome no matter how long it has been. There is no cost for the sessions. Refreshments are provided.

## Community Free Meal Reminder

Our parishes will be hosting the Community Free meal on March 19<sup>th</sup>. We are planning to have casseroles again. We will be serving from 5:30 till 6:30pm that night. Set up will start after 4:15pm. We will need help for set up, serving, kitchen help and clean up. Any high school young people looking for Silver Cord hours are welcome to help. A sign up sheet will be posted in the narthex in early March.

## Hearing Loop System

Just another reminder that our Hearing Loop system is up and running. I have heard many good comments from those folks who have hearing aids and have had them adjusted by their audiologist so they are able to use the system. Please consider having your hearing aids adjusted to the system. I have tried

the system out with the portable hearing piece. I have been finding myself not hearing as well yet don't feel that I need to have hearing aids yet. The portable piece works very well but the company suggests that your purchase your own ear piece to be safe. Staff will be meeting with a representative from the company so that we can better help you to decide what would work best for each person. Check out the pamphlet that is in the narthex also. The system does work.

## Food for Thought

Your biological family is for a lifetime, your church family is for eternity.

Church is where you will meet family you never knew you had.

You are never too bad to go to church, and you are never too good to stay away.

You will have a better time in your house if your family spends time in God's house.

With your relatives, the family resemblance is usually seen in the face. With your church,, the family resemblance is usually seen in the heart.

Quotes taken from, "God is in the Small Stuff for your Family".