

# Alzheimer's Resource of Alaska

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## ***Sleep and Alzheimer's Disease***

***Can improving sleep help delay or prevent Alzheimer's? Researchers gain new insights***



Studies confirm what many people already know: Sleep gets worse with age. Middle-aged and older adults often sleep less deeply, wake more frequently at night, or awake too early in the morning. Could these problems be related to risk of cognitive decline or Alzheimer's disease? Scientists are beginning to probe the complex relationship between the brain changes involved in poor sleep and those in very early-stage Alzheimer's. It's an intriguing area of research, given that both risk for disturbed sleep and Alzheimer's increase with age.

"Nearly 60 percent of older adults have some kind of chronic sleep disturbance," said Phyllis Zee, Ph.D., a sleep expert at Northwestern University's Feinberg School of Medicine, Chicago.

It's long been known that people with Alzheimer's often have sleep problems—getting their days and

nights mixed up, for example. Now scientists are probing the link between sleep and Alzheimer's earlier in the disease process and in cognitively normal adults. They wonder if improving sleep with existing treatments might help memory and other cognitive functions—and perhaps delay or prevent Alzheimer's.

### ***Which comes first, poor sleep or Alzheimer's?***

The chicken-and-egg question is whether Alzheimer's-related brain changes lead to poor sleep, or whether poor sleep somehow contributes to Alzheimer's. Scientists believe the answer may be both.

"We're gaining new insights, primarily in animal studies, about a possible bidirectional relationship between sleep and Alzheimer's disease," said Mack Mackiewicz, Ph.D., who oversees sleep research for NIA's Division of Neuroscience. Findings show that brain activity induced by poor sleep may influence Alzheimer's-related brain changes, which begin years before memory loss and other disease symptoms appear.

***Sleep, Page 4***

## ***The Checkbook War: One Family's Solution***

My mother always kept the checkbook and ran the household accounts while she raised her family and through my parents' retirement years. She continued to manage her money after my father died.

As Alzheimer's claimed its terrible price, she continued to control her checkbook with my sister's assistance. My sister was added as a signatory to the account, given a financial power of attorney (POA) and took over the task of supervising the account.

Then, her anxiety over my mother's financial vulnerability skyrocketed.

She noticed things like the increasing number of checks voided out because of errors Mom made in writing out the sum. There were suspect purchases. Checks were written out of sequence.

Mom studied and worried and perseverated over that checking account throughout the mild stage and into the moderate stage of her disease. She captured my sister in ***Checkbook, page 7***

Director's Message .....	pg. 3
News and Events.....	pg. 6
Classes & Groups.....	pg. 10-11



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## Letter From The Executive Director

Greetings,

Supporting Alaskans affected by Alzheimer's Disease and related dementia's (ADRD) is central to our mission. So, I would like to express a profound sense of gratitude to our statewide community of partners and supporters for their participation in making our 13th annual Amblin' for Alzheimer's a resounding success. For every Alaskan affected by ADRD there is a unique story of difficulty and often heartbreak. Amblin' for Alzheimer's helps us support caregivers, the unsung heroes who take on the crucial and necessary tasks of not just caring for vulnerable persons, but of educating themselves to insure those persons attain the highest possible quality of life. It was an honor and a pleasure to spend a beautiful Saturday in May and walking with people who support our cause by raising awareness and advocating on behalf of so many vulnerable Alaskans.



Events like Amblin' for Alzheimer's make clear how vital a role generosity, and community partnerships play in supporting Alaskans affected by ADRD. This is possible through the support of partners like the Alaska Neurology Center, Alaska Airlines and the Anchorage Golf Course and many others, all of whom made this year's Amblin' for Alzheimer's an event that brought together Alaskans from all walks of life. It is great news that Amblin' for Alzheimer's is expanding to Kodiak this year, due in large part to recently forged partnerships with Providence Health Systems Kodiak Island, Kodiak Senior Center and Sun'ami, Inc.

Supporting Alaskans also includes sharing stories of success. I encourage you to read the enclosed contribution from Pam Kelley, our Education Director. Pam shares how she and her family came up with a wonderfully innovative strategy for caregivers who find themselves needing to take control of a loved one's finances – without upsetting that loved one's sense of control or making them feel disempowered. Pam's story was born from experience caring for her mother and is a testament to the power of compassionate, creative caregiving.

I wish you all a great summer and we look forward to continued growth and to meeting the needs of Alaskans across the state.

Best Regards,

*Karee Fisher*  
Executive Director

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# **Sleep and Alzheimer's** *(from page 1)*

NIA-funded scientists are studying the biological underpinnings of this relationship in animals and humans to better understand how these changes occur. Although evidence points to certain sleep problems as a risk factor for Alzheimer's, "it is not known whether improving sleep will reduce the likelihood of developing Alzheimer's," Dr. Mackiewicz said. He adds, "There is no scientific evidence that sleep medications or other sleep treatments will reduce risk for Alzheimer's."

## ***Effects of good and bad sleep***

At any age, getting a good night's sleep serves a number of important functions for our bodies and brains. Although our bodies rest during sleep, our brains are active. The process is not totally understood, but researchers think that sleep might benefit the brain - and the whole body - by removing metabolic waste that accumulates in the brain during wakefulness. In addition, it has been shown that some memories are consolidated, moving from short-term to long-term storage during periods of deep sleep. Other sleep stages may also influence memory and memory consolidation, research shows.

Disturbed sleep - whether due to illness, pain, anxiety, depression, or a sleep disorder - can lead to trouble concentrating, remembering, and learning. A return to normal sleep patterns usually eases these problems. In older people, disturbed sleep may have more dire and long-

lasting consequences. Scientists long believed that the initial buildup of the beta-amyloid protein in the brain, an early biological sign of Alzheimer's, causes disturbed sleep. Recently, though, evidence suggests the opposite may also occur - disturbed sleep in cognitively normal older adults contributes to the risk of cognitive decline and Alzheimer's disease.

For example, in a study of older men free of dementia, poor sleep, including greater nighttime wakefulness, was associated with cognitive decline over a period of more than 3 years. Sleep was assessed through participants' reports and a device worn on the wrist that tracks movements during sleep.

Sleep disorders such as sleep apnea may pose an even greater risk of cognitive impairment. In a 5-year study of older women, those with sleep-disordered breathing (SDB) - repeated arousals from sleep due to breathing disruptions, as happens in sleep apnea - had a nearly twofold increase in risk for mild cognitive impairment (a precursor to Alzheimer's in some people) or dementia.

In addition, certain types of poor sleep seem to be associated with risk of cognitive impairment. These include hypoxia (low oxygen levels that can be caused by sleep disorders) and difficulty in falling or staying asleep.

## ***What's the connection between sleep and Alzheimer's?***

Evidence of a link between sleep and risk of Alzheimer's has led to investigations to explain the brain activity that underlies this connection in humans. Some recent studies suggest that poor sleep contributes to abnormal levels of beta-amyloid protein in the brain, which in turn leads to the amyloid plaques found in the Alzheimer's brain. These plaques might then affect sleep-related brain regions, further disrupting sleep.

Studies in laboratory animals show a direct link between sleep and Alzheimer's disease. One study in mice, led by researchers at Washington University, St. Louis, showed that beta-amyloid levels naturally rose during wakefulness and fell during sleep. Mice deprived of sleep for 21 days showed significantly greater beta-amyloid plaques than those that slept normally. Increasing sleep had the opposite effect—it reduced the amyloid load.

A subsequent study, also by Washington University researchers, showed that when Alzheimer's mice were treated with antibodies, beta-amyloid deposits decreased and sleep returned to normal. Mice that received a placebo saline solution continued to sleep poorly. The results suggest that sleep disruption could be a sign of Alzheimer's

*continued on next page*





## Sleep *(from page 4)*

disease beginning in the brain, but not necessarily its cause.

Studies in humans have also addressed the relationship between sleep and biomarkers of Alzheimer's disease. One study found that in cognitively normal older adults, poor sleep quality (more time awake at night and more daytime naps) was associated with lower beta-amyloid levels in cerebrospinal fluid, a preclinical sign of Alzheimer's. Another study, by researchers at NIA and Johns Hopkins University, Baltimore, found that healthy older adults who reported short sleep duration and poor sleep quality had more beta-amyloid in the brain than those without such sleep problems.

### *Emerging insights—stay tuned*

How exactly do poor sleep and Alzheimer's influence each other? Research so far suggests a few possible mechanisms:

- Orexin, a molecule that regulates wakefulness and other functions, has been found to affect beta-amyloid levels in mice.

- Chronic hypoxia, insufficient oxygen in blood or tissue that is a feature of sleep apnea, increased the level of harmful beta-amyloid in brain tissue of mice.

- Reduced slow-wave sleep leads to increased neuronal activity. Other factors may also be involved. For example, it has been shown in laboratory animals that the glymphatic system, the brain's waste removal system, removes beta-amyloid during sleep. A recent mouse study suggests that sleeping in different positions impacts waste removal from the brain. Sleeping on the side cleared beta-amyloid more efficiently than sleeping on the back or belly, researchers found. They pointed to the glymphatic system as a possible pathway for intervention.

Further biological and epidemiological studies and clinical trials should cast more light on the mechanisms behind the sleep-Alzheimer's connection, and whether treating poor sleep might help delay or prevent cognitive decline in older adults.

"Sleep is something we can fix, and people with sleep problems should consult a doctor so that they can function at their best," Dr. Mackiewicz said. As for Alzheimer's, for now, he said, improving sleep is "not the same as preventing Alzheimer's disease. Researchers are committed to achieving a better understanding of this complex dynamic in hopes of making a difference in the lives of older adults."

*National Institute on Aging*



## \*MIND MATTERS

After receiving a diagnosis of Alzheimer's disease or related dementias, one naturally experiences a wide range of emotions. Feelings can include fear, loneliness, frustration, sadness or anger. If someone you know has recently been diagnosed with Alzheimer's or a related dementia, there is support. Participants will learn about the services and resources available in their communities, while sharing personal experiences in a positive and supportive environment.

### **Anchorage** **561-3313**

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10:00-11:30AM

Thursdays, 7/21 - 9/8  
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Wednesday, 8/3 - 8/31  
10:30-Noon

### **Fairbanks** **452-2277**

Thursdays, 9/1 - 10/20  
1:00-2:30PM

All of our course offerings can be found on our website at [AlzAlaska.org](http://AlzAlaska.org).

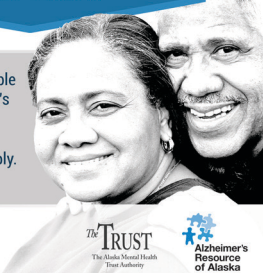
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APPLY TODAY

Up to \$2,500 per year is available to an individual with Alzheimer's disease or related dementia (ADRD) to purchase items or services. Some restrictions apply.

Visit: [AlzAlaska.org](http://AlzAlaska.org)  
or call 1-800-478-1080



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This year's 13th annual Amblin' for Alzheimer's was held at the Anchorage Golf Course on May 7th, it was an opportunity to take an easy amble on the behalf of a loved one or in memory of someone special. The weather was perfect and if you were an early arrival a local moose welcomed us to the "greens".

Our sponsors have been incredibly generous and we would like to thank them and everyone who helped make Amblin' such a success. We raised \$68,000.00 and the contributions continue to arrive. Our contributors are listed listed along with other generous individuals on page 8 and we would like to acknowledge our business partners as well.

Kodiak Island joined the walk this year with their inaugural walk held at the Woody Way Field. Along with our Education Director, Pam Kelley, about 55 souls braved the pouring rain to walk in a show of support for our community - the group raised \$5,300.00.

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## *Checkbook* (from page 1)

ceaseless conversations about her money. She spoke to me on the phone for hours about her frustration with my sister's intrusion into her financial privacy.

Our family eventually arrived at a solution to the problems surrounding Mom's money obsession.

Rather than staggering from one problem or battle to the next, a depleting process that occupied far too many months, the phony checkbook was born. My sister took a box of checks from a closed account, checks bearing my mother's name, address, and proper bank. Only the account number differed, and the sequence of checks. She substituted the dummy checks for the negotiable ones, and started a new register with my mother's accurate current balance.

Immediately, this accomplished one important benefit. The checkbook wars between my sister and my mother ended. Now, my sister could pay the bills, reconcile the account, and keep Mom's financial house in order – all offsite and online at my sister's house rather than at my mother's kitchen table.

A huge charade ensued – all of my mother's experience of managing the checking account remained the same: receiving the bills into her home, sitting down with my sister to write the checks

and enter them into the register, recording her Social Security and other deposits.

The difference was that my sister was no longer striving for accuracy. She could relax into the charade and simply be with my mother through the process, validating Mom's decisions and actions rather than "correcting" them. The reduced conflict was beneficial to Mom, and the lessened stress was a boon to my sister. Perseverating over money and the checkbook was much less noticeable in our daily phone calls.

This simple decision – to substitute checks from a dormant account for the real McCoys – eliminated a trigger for upsets.

When my mother moved across the country to live with me, her faux checkbook came along. We continued the practice my sister established without deviation.

There were fewer entries; she was not running a household any longer. Yet every month there were regular deposits recorded, and checks written.

My mother accepted the fact that Alaska stores would not take her "out-of-town checks" and didn't try to tender them. Instead, she used cash or let me pay. If the latter, she wrote me a reimbursement check from her phony account.

It pleased her that she continued to control her own checking account.

The only problem we had with this system occurred in the first month Mom lived with us. She'd written me a dummy check to reimburse me for an expense. I left the check on my working table, only to be discovered by my husband – a kind soul who works hard in a financial institution. He saved me the effort of having to deposit the check, taking it with him one day. I received the call from the bank later, informing me that this check wasn't legal tender.

I'd overlooked sharing the chronicle of the fake checking account with him!

My mother continued to benefit from her familiar role of controlling her own money, even though she would concede that she needed my help. She magnanimously said, "Honey, you can look at my book any time you want." She was secure. Her accessible money safe.

And there was an armistice in the checkbook wars.

*This article appears courtesy of the author, Pamela R. Kelley, and Alzheimers Reading Room, where it originally appeared. (alzheimersreadingroom.com)*



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Monday, 9/12  
10-11:30am or 5:30-7pm

#### **Incontinence & Related Concerns**

Monday, 9/19  
10-11:30am or 5:30-7pm

#### **Behaviors That Challenge Us**

Monday, 9/26  
10-11:30am or 5:30-7pm

#### Savvy Caregiver

Thursdays  
8/18 to 9/22  
3-5pm  
Registration is required.

#### Mind Matters I \*

Wednesdays  
7/20-9/7; 9/28-11/16  
10-11:30am

#### Mind Matters II \*

Thursdays  
7/21-9/8; 9/29-11/17  
10-11:30 am

#### Brain Works \*

Tuesdays  
7/19-9/6; 9/27-11/15  
10-11:30 am

#### Virtual Dementia Tour

Thursday, 8/4  
12pm-5 pm  
By appointment.

#### Art Links

Fridays  
11-12:00 pm

## MAT-SU

10355 Palmer-Wasilla Hwy.  
746-3413

### ABC Presentations

#### **Finding Health Info. You Can Trust**

Wednesday, 7/20  
1-2:30 pm

#### **When Does Forgetting Become a Disease?**

Thursday, 7/21  
5:30-7pm  
(Mat-Su Health Services  
1363 W. Spruce Ave.  
Wasilla, AK)

#### **The Dementias**

Tuesday, 8/16  
1:00-2:30pm or 5:30-7pm

#### **Meaningful Activities**

Tuesday, 9/13  
1-2:30 pm or 5:30-7pm

#### **Honoring Connections: Communication and Dementia**

Thursday, 9/22  
5:30-7 pm  
(Mat-Su Health Services  
1363 W. Spruce Ave.,  
Wasilla, AK)

#### Savvy Caregiver

Mondays, 7/18-8/22  
5-7pm  
Registration required.

#### Virtual Dementia Tour

Wednesday, 7/27  
9am-4 pm  
By appointment.

#### Mind Matters \*

Wednesdays  
8/3-9/21;  
10:30-12:00pm

#### Art Links

Fridays  
12-1pm

## JUNEAU

3225 Hospital Dr.586-6044  
586-6044

### ABC Presentations

#### **The Related Dementias in ADRD**

Thursday, 7/21  
12-1:30pm

#### **Meaningful Activity and Purposeful Days**

Thursday, 9/22  
12-1:30 PM

#### **Making Visits Positive**

Thursday, 9/29  
12-1:30 PM

#### Savvy Caregiver

Wednesdays, 10/5 –  
11/9  
5:30-7:30 PM  
Registration is required.

#### Virtual Dementia Tour

Friday, 7/15  
10:00 to 4:30 pm  
By appointment

## STATEWIDE WEBINARS

Contact Gay Wellman  
907-822-5620

### ABC Webinars

#### **What About The Kids?**

Thursday, 7/14  
7-8:30 pm

#### **When Does Forgetting Become a Disease?**

Thursday, 8/11  
7-8:30 pm

#### **Legal Issues for Caregivers**

Thursday, 9/8  
7-8:30 pm

#### Savvy Caregiver Webinar

Contact Gay Wellman  
907-822-5620  
Thursdays, 8/4-9/8  
2-4pm  
Registration is required.

## FAIRBANKS

565 University Ave. #2  
452-2277

### ABC Presentations

#### **Decision Making**

Tuesday, 7/19  
5:30-7 pm

#### **Activities of Daily Living**

Tuesday, 8/16  
5:30-7 pm

#### **Assisted Living Homes**

Tuesday, 9/20  
5:30-7 pm

#### **Healthy Body, Healthy Brain**

Tuesday, 10/18  
5:30-7pm

#### Mind Matters \*

Thursdays, 9/1-10/20  
1:00-2:30 pm

#### Savvy Caregiver

Wednesdays, 9/7-10/12  
5:30-7:30 pm  
Registration is required.

#### Art Links

Thursdays  
11-12:00 pm

#### Virtual Dementia Tour

Tuesday, 9/13  
9am-5 pm  
By appointment.

## STATEWIDE PROFESSIONAL WEBINARS

Contact Amber Smith  
907-586-6044

#### **Legal Issues**

Tuesday, 7/19  
12-1pm

#### **Meaningful Activity and Purposeful Days**

Tuesday, 8/16  
12-1pm

#### **Honoring Connection**

Tuesday, 9/20  
12-1m

*\*Participants Require Pre-Screening*



## Support Groups around the state

A safe place for caregivers, family and friends of persons with dementia to share experiences and solutions.

Statewide Telephone Support Group				
Alzheimer's Resource of Alaska	Caregiver	1st and 3rd Wednesday 2-3 PM Dial in 1-877-216-1555, Code 927989		Gay Wellman 822-5620 or (800) 478-1080 x5
Anchorage				
Alzheimer's Resource of Alaska 1750 Abbott Rd.	Caregiver Caregiver	2nd Thursday 4th Thursday	12PM-1:30 PM 5:30-7:00 PM	Debbie Chulick 561-3313
Chester Park Cooperative 2020 Muldoon Rd.	Caregiver	1st & 3rd Friday	10 -11:30 AM	Kim Jung 561-3313
Eagle River				
Holy Spirit Episcopal Church 17545 N. Eagle River Loop Rd.	Caregiver	2nd Thursday	6:30-8:00 PM	Linda Shepard 746-3413
Fairbanks				
Alzheimer's Resource of Alaska 565 University Ave. Suite 2	Caregiver	1st & 3rd Tuesday 2nd Tuesday	11:30-1:00 PM 5:30-7:00 PM	Joan Adams 452-2277
Homer				
Homer Senior Center	Caregiver	2 & 4th Thursdays	2:30-3:30 PM	235-7655
Juneau				
Southeast Senior Services 419 Sixth Street	Caregiver	Call for more information		463-6177 or (866)746-6177
Ketchikan				
Ketchikan Senior Center Upper Level	Caregiver	Call for more information		Bernice 225-8080
Kodiak				
Kodiak Senior Center 302 Erskine Ave.	Caregiver	4th Thursday	12:30-1:30 PM	486-6181
Mat-Su Valley				
Alzheimer's Resource of Alaska <u>10355 E. Palmer-Wasilla Hwy.</u>	Caregiver	2nd Wednesday	1-2:30 PM	Linda Shepard 746-3413
AK Veterans & Pioneer Home	Caregiver	First Fridays	10:00-11:30 AM	Janice Downing 746-3413
Seward				
Seward Senior Center	Caregiver	4th Thursday	1-2 PM	224-5604
Sitka				
Brave Heart Volunteers 120 Katlian Street	Caregiver	Call for more info.		747-4600
Soldotna				
Soldotna Senior Center	Caregiver	2nd & Last Tuesday	1-3 PM	262-1280 or (800) 776-8210
Sterling				
Sterling Senior Center	Caregiver	1st Tuesday	1-2 PM	262-1280 or (800) 776-8210



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- You still earn your Rewards Points, Fuel Points, and Rebates, just as you do today.
- If you do not have a Rewards Card, they are available at the Customer Service desk of any Fred Meyer store.
- For more information, please visit [www.fredmeyer.com/communityrewards](http://www.fredmeyer.com/communityrewards).

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