



Two New Trainings

Alzheimer's Brain Tour

The Alzheimer's Brain Tour (<http://www.alz.org/brain/01.asp>) has been well received in each County where it has been presented. Since our first presentation in January of this year, we have had many requests from community groups for an encore. Our next 2 presentations will be in Olympia on September 15 and in Hoodspport on September 21. Please see page 3 of the newsletter for registration information. We will take a look at and learn about normal and Alzheimer's brains. We devote the second half of the presentation to a discussion about the pictures, problems and possibilities of Alzheimer's disease for caregivers. Please join us.

Food and Feldenkrais — a different take on Diet and Exercise

We have all heard through the years Diet and Exercise are the foundation of vital Health and Health Care. The FCSP is offering a different look at Diet and Exercise with our workshop entitled, **Food and Feldenkrais**.

Food is all about what we eat. Diet is often about what we do not eat. We will spend some time learning the newest research about what to eat to protect, enrich, preserve your brain and fortify yourself against stress. Lunch will be provided to practice what we learn.

Exercise does not have to be lifting weights or jogging. Exercise can be movement. Feldenkrais teaches about movement. Using Feldenkrais you will learn about gentle, precisely structured movements that involve thinking, sensing and moving. Feldenkrais teaches how you can increase your ease of motion, improve flexibility and increase coordination.

Our instructor will be Jeanne Murdock-Zvonchenko who has worked with caregivers for two decades and has been a Feldenkrais practitioner for over 5 years. Jeanne is a skilled practitioner who will help us to experience movement and exercise differently. Please see page 3 for registration information. If you join us wear loose comfortable clothing.

Join us for one of our events listed in page 3 of this newsletter.

Medicare Mysteries Solved

The following is an overview of Medicare Options which may help you choose what is best for you.

Option 1 – Find out if your current insurance provider can be used as a supplement to Original Medicare and how much they are charging if available (make sure that it has a Part D prescription plan that is equal to or better than Medicare's Part D plan).

Option 2 – Going with Original Medicare + a stand alone Part D Prescription Plan

Original Medicare – covers part A (hospital) and part B (medical) at 80% and Part D covers your medications.

Under the Original Medicare it does not cover dental and vision.

Option 3 – Going with Original Medicare + a stand alone Part D Prescription Plan + a Supplement (Medigap) plan

Original Medicare + Part D covers your medications + a Medigap plan which covers the remaining 20% (see enclosed material- plans available in Washington are Plan A-G and K -N)

Medigap plans are regulated by Medicare so it does not matter which insurance companies cover the plan, they all provide the same benefits depending on the plan you choose (see enclosed material).

Option 4 – Going with an Advantage Plan also known as “Part C”. An Advantage Plan differs from the other options in that a private insurance company will be handling your healthcare needs. The insurance companies were selected by the government. This plan is a great option for those that do not have a lot of medical needs. Under the Advantage Plan, some may offer additional benefits such as (dental, vision, gym membership etc...). **You cannot purchase a Medigap with this plan.**

Under the Advantage Plan there are two options:

Option A: An Advantage Plan with a prescription plan attached;

Option B: An Advantage Plan without a prescription plan attached but you must then purchase a stand alone Part D prescription plan.



EVENTS FOR UNPAID FAMILY CAREGIVERS

Fall Prevention, Risk Assessment and Walker Safety Inspection

Wednesday July 27, 2011 10 AM to 12PM

LMT AAA office 1651 S. Market Blvd Chehalis

Open House format

“Food and Feldenkrais”

Saturday, September 10, 2011 10AM to 3PM in Olympia

Pre-registration is required. Call 360-664-3162 ext. 102 for more info or to register.

Third Thursday, September 15, 1pm to 4pm

“Resource Roundtable” Centralia

To register call our Chehalis office.

Third Thursday, September 15, 1pm to 4pm

“Alzheimer's Brain Tour” Olympia

To register call our Olympia office

Third Wednesday, September 21, 1PM to 4 PM

“Alzheimer’s Brain Tour” Hoodspport

To register call our Olympia office

“Better Your Balance”

Speakers on Fall Risk, Health Screening and Exercise Demonstrations

Thursday September 22, 2011, 1:00 PM to 3:00 PM

Westwood Baptist Church 333 Kaiser Road NW, Olympia



Lewis-Mason-Thurston Area Agency on Aging

Family Caregiver Resource Managers

Debbie Cool in Thurston and Mason Counties
360-664-3162 ext. 106 or toll free 888-545-0910
4419 Harrison Ave NW, Olympia, WA 98502

John Rodgers in Lewis County
360-748-2524 ext. 110 or toll free 888-702-4464
1651 S. Market Blvd., Chehalis, WA 98532



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go to www.LMTAAA.org

Website Resources

Memory Wellness Program

<http://depts.washington.edu/memorywe/>

The Memory Wellness Program is a collaboration between The University of Washington and Veterans Administration Puget Sound Health Care system. The MWP focuses on innovative research of memory-loss and aging. One area the Memory Wellness Program is currently investigating is exploring the relationship between insulin/glucose problems and memory.

The Memory Wellness Program relies on volunteers for their research and offers opportunities to participate in memory research. The website outlines who qualifies to join the research and provides memory assessments for people who qualify for their research studies. Check their website to learn about the two step screening process.