

# Boomers, Elders, and More E-Newsletter

2140 Belcourt Avenue  
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<https://www.vanderbilt.edu/child-family-center>

## ***Message from the Coordinator***

Caring for loved one can be a difficult task and can cause one to experience high levels of stress. When taking care of others, you must be sure to practice self-care. Self-care is taking care of the mind, body, and spirit. Some ways to practice self-care may include: going for a walk, reading a book, getting rest or even catching up on your favorite show. The lack of self-care can lead to physical and/or mental health issues.

A great way to de-stress is by practicing mindfulness. Mindfulness is a practice that it involves aiming our attention to the present moment. Practicing mindfulness, while caregiving, can improve one's physical, mental and emotional health (reducing stress levels, anxiety, improving sleep, and burnout). If you would like to know more about mindfulness and self-care, we will be hosting a speaker, Michelle Foote Pearce on November 15th.

### **Upcoming Events**

Vanderbilt Family Resource Center's Caregiver Support group will be held on Wednesday, November 8, 2017 from 12 p.m. to 1 p.m. in Light Hall Room 419C. The caregiver support group is a time to share information and openly discuss your problems without judgment, to process your feelings, and to hear others talk about their experiences.

Michelle Foote, Director of Mindfulness Program and Outreach, Integrative Health Psychotherapist will be discussing some ways of taking control of the experience of stress when we can't control the stressors, by using mindfulness. She will also be giving several short mindfulness practices, and some of the ways that mindfulness has been demonstrated to be helpful to health and emotional well-being. This month's Boomers, Elders, and More Lunchtime session will be held on Wednesday, November 15, 2017, from Noon to 1 pm at Light Hall Room 431.

**If you need information or resources to assist you in your caregiving role, contact Denisha Morris, Family Services Coordinator, at [denisha.m.morris@vanderbilt.edu](mailto:denisha.m.morris@vanderbilt.edu) or 615-936-1990.**

Division of Administration

# Child & Family Center



# News Highlight



Alzheimer's disease (AD) is the most common form of dementia among older people. Dementia is a brain disorder that seriously affects a person's ability to carry out daily activities.

AD begins slowly. It first involves the parts of the brain that control thought, memory and language. People with AD may have trouble remembering things that happened recently or names of people they know. A related problem, mild cognitive impairment (MCI), causes more memory problems than normal for people of the same age. Many, but not all, people with MCI will develop AD.

In AD, over time, symptoms get worse. People may not recognize family members.

They may have trouble speaking, reading or writing. They may forget how to brush their teeth or comb their hair. Later on, they may become anxious or aggressive, or wander away from home. Eventually, they need total care. This can cause great stress for family members who must care for them.

AD usually begins after age 60. The risk goes up as you get older. Your risk is also higher if a family member has had the disease.

No treatment can stop the disease. However, some drugs may help keep symptoms from getting worse for a limited time.

*Source:* <https://medlineplus.gov/alzheimersdisease.html>

## *Celebrating Caregivers*

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around. - Leo Buscalga

Source: <http://www.lss-sw.org/news>

Did you know November is National Family Caregivers Month? This month, millions of Americans, like you, will be honored because of the care you provide to your loved one. Let's celebrate your hard work. Ask yourself, when was the last time you treated yourself or did something fun? If you can't recall, then the time is now. Here are some ways to reward you:

- ❖ Get tickets to a show. This can be to the movies or a comedy club.
- ❖ Treat yourself to your favorite restaurant.
- ❖ Purchase tickets to a sporting event.
- ❖ Go shopping at your favorite store.
- ❖ Treat yourself to the spa.
- ❖ Take a min vacation—even if it just for the weekend.
- ❖ Give yourself a manicure or pedicure.
- ❖ Buy yourself a new outfit or at least a new accessory.

# Fracture Risk Higher for Seniors With Diabetes

By Robert Preidt

Seniors with type 2 diabetes may be at increased risk for fractures. And researchers think they know why.

"Fracture in older adults with type 2 diabetes is a highly important public health problem and will only increase with the aging of the population and growing epidemic of diabetes," said study author Dr. Elizabeth Samelson.



Samelson and her colleagues used special medical scans to assess more than 1,000 people over a three-year study period. The investigators found that older adults with type 2 diabetes had bone weakness that cannot be measured by standard bone density testing.

"Our findings identify skeletal deficits that may contribute to excess fracture risk in older adults with diabetes and may ultimately lead to new approaches to improve prevention and treatment," said Samelson, of Hebrew SeniorLife's Institute for Aging Research in Boston.

Fractures among seniors with osteoporosis -- the age-related bone-thinning disease -- are a major concern. Such fractures can lead to decreased quality of life, disability and even death, as well as significant health care costs, she said in an institute news release.

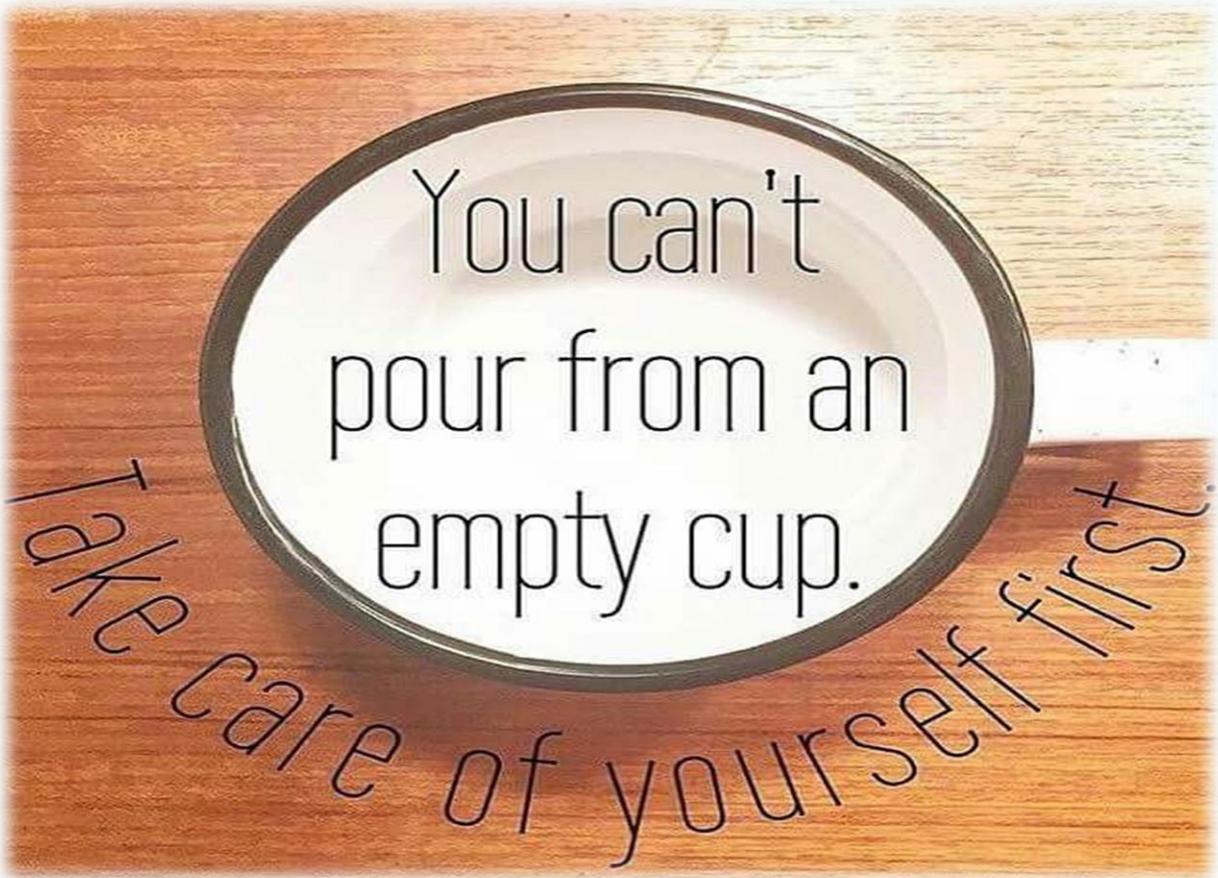
Even those with normal or higher bone density than their peers appeared to have a higher fracture risk if they had type 2 diabetes, the researchers said.

Specifically, these people had a 40 percent to 50 percent increased risk of hip fracture, the findings showed. This is considered the most serious type of osteoporosis-related fracture.

The authors said, in the study, that better understanding of the various factors that influence bone strength and fractures will aid prevention efforts.

SOURCE: [https://medlineplus.gov/news/fullstory\\_168497.html](https://medlineplus.gov/news/fullstory_168497.html)

Daily Reminder...



*Source: Pinterest*