



**Welcome!**

### **The Truth about Avoiding Dementia**

So many questions and so little time! We realize that when attending seminars, it can sometimes feel as though you are drinking water from a firehose, so feel free to use this worksheet as a tool to help you prepare for the audience Q & A portion of the program at the end. Remember... **every question is a GOOD question!!!!**

#### **Hosts/Moderator:**

- Annette & Brett Junell, Downsizing Coaches & Realtors, Junell Realty Group – Retired Moves Division @ Keller Williams (775) 432-6300

#### **Panelists:**

- Nancy Schier Anzelmo, BS, MS; Gerontologist, Alzheimer’s Care Associates LLC
- Jennifer Carson, Ph.D.; Director of Dementia Engagement, Education & Research Program, University of Nevada, Reno
- Denise Hund, LSW; Family Care Associate, Alzheimer’s Association
- Cathy Maupin, M Ed.; Community Educator and Advocate Volunteer, Alzheimer’s Association

#### **My burning question starters:**

I was wondering... I am curious about... I had this friend who wanted to know... What if...  
I’ve always wanted to know... I heard... Would you clarify...

#### **My burning question(s):**

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## **Dementia Warning Signs**

- Memory loss
- Challenges in planning or solving everyday problems
- Difficulty with language
- Difficulty completing familiar tasks at home, at work or at leisure
- Confusion with time or place
- Decreased or poor judgment
- Problems with abstract thinking
- Misplacing items
- Changes in mood and personality
- Withdrawal from work or social activities

***For a comprehensive description on the 10 Early Signs and Symptoms of Alzheimer's, refer to:***  
[https://www.alz.org/alzheimers-dementia/10\\_signs](https://www.alz.org/alzheimers-dementia/10_signs)

## **Resource(s):**

- Alzheimers Association: **24/7 Helpline 800.272.3900** (best place to start) | [www.alz.org](http://www.alz.org)  
Local number (775) 786-8061 for:
  - Education Classes
  - Care Giver Support Groups
  - Respite Care (Alzheimer's Association and the State of Nevada Aging and Disability Services)
- Dementia Friendly Nevada: **775-682-9444**  
[www.dementiafriendlynevada.org](http://www.dementiafriendlynevada.org)
  - Directory of Online Resources:  
<https://dementiafriendlynevada.org/online-resources/>
  - Nevada Dementia Support Toolbox (list of grant-funded programs and services for people living with dementia and care partners):  
<https://dementiafriendlynevada.org/wp-content/uploads/2019/10/FINAL-NV-Dementia-Support-Toolbox-PDF-1.pdf>
- Dementia Action Alliance (national not-for-profit serving people living with dementia and care partners):  
<https://daanow.org/>



## Additional Information

- Health Brains by Cleveland Clinic (**a free online brain health check-up and information**):  
<https://healthybrains.org/>
- US Pointer Study (preventing cognitive decline)  
<https://alz.org/us-pointer/overview.asp>
- Causes and Risk Factors for Alzheimer's Disease  
<https://www.alz.org/alzheimers-dementia/what-is-alzheimers/causes-and-risk-factors>
- Brain Health (risk modification)  
[https://www.alz.org/help-support/brain\\_health](https://www.alz.org/help-support/brain_health)
- Care planning, including talking to your health provider  
<https://www.alz.org/professionals/health-systems-clinicians/care-planning>
- Information about the drug Aduhelm (aducanumab)  
<https://www.alz.org/alzheimers-dementia/treatments/aducanumab>
- Clinical trials - TrialMatch  
[https://www.alz.org/alzheimers-dementia/research\\_progress/clinical-trials/about-clinical-trials](https://www.alz.org/alzheimers-dementia/research_progress/clinical-trials/about-clinical-trials)

