



Proudly Serving the Community Since 2005

Patient Newsletter

Spring 2018

## Understanding Dementia Series - 2018

The Wake Forest Renaissance Centre is hosting several upcoming events designed to educate area residents about Alzheimer's disease and related dementias. Each event is designed to offer local families the opportunity to learn about dozens of dementia-related programs, services, products, and resources - all in one location.

The Renaissance Centre is presenting these sessions in collaboration with the Alzheimer's Association Eastern NC Chapter and Wake Forest SING as part of our commitment towards being a dementia-friendly community.

To register for the following workshops, visit <https://www.wakeforestnc.gov/dementia-awareness-education-series.aspx>. Staff Contact: Debra Horton - 919-435-9566

All events will take place at the Renaissance Centre located at 405 S Brooks Street, Wake Forest.

*Admission: Free but registration is required*

<p><b>Sunday, July 15</b> <b>2:00-3:30 pm</b></p>	<p><b>Memory Cafe</b></p> <p>An afternoon of live music designed for those diagnosed with Alzheimer's and other dementia related diseases. Special opportunities for persons diagnosed with early stage memory loss and their care partner(s)/family to engage with peers in a relaxed, unstructured environment. The café atmosphere promotes social engagement and support through interaction with others experiencing similar lifestyle changes. Sponsored by generous donations from the Family of Irma M. Adams and Carillon of Wake Forest. Special entertainment by Capital Transit Band. Limited seating is available for this performance.</p>
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<p><b>Thursday, July 26</b>  <b>9:30-11:30 am</b></p>	<p><b>Know the Ten Signs - Early Detection Matters</b></p> <p>The warning signs of Alzheimer's disease are often dismissed as normal aging. If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Hear from people who have the disease and learn how to recognize the 10 warning signs of Alzheimer's in yourself and others.</p>
<p><b>Thursday, August 23</b>  <b>9:30-11:30</b></p>	<p><b>Healthy Living for Your Body &amp; Brain</b></p> <p>We have always known that the health of the brain and the body are connected. Now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement and how to incorporate these into a plan for healthy aging.</p>
<p><b>Thursday, September 27</b>  <b>9:30-11:30 am</b></p>	<p><b>Dementia Conversations</b></p> <p>Learn about information and tips on how to have honest and caring conversations with family members about deciding when to stop driving, going to the doctor and making legal and financial plans.</p> <p>Wake Audiology will be one of the sponsors of this event. Be sure to stop by our table to say hello.</p>

**Ask the Expert**

Q: I've read that untreated hearing loss can affect memory. Please explain.

A: The ears send information to the brain for processing. Hearing loss weakens or distorts the information sent from the ears, so the brain has to work harder to recognize the individual words. That leaves less cognitive energy to process the meaning of the words, making it easy to get behind in the conversation. The information is not locked in to our memory, so it's isn't available for recall at a later date.

**Hear What Our Patients Are Saying ...**

*"Everyone at Wake Audiology treats me with courtesy and respect. They help in every way possible to improve my hearing in a variety of settings. I would recommend them highly to anyone considering hearing aids." NPC/ASC*