

# GOLDEN

## 2014 Calendar for Caregivers

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Senior to Senior Expedition • 2013-2014 • Harborside Academy



# JANUARY

"Nothing is impossible, the word itself says 'I'm possible!'" Audrey Hepburn

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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## QUICK FACTS

- Dementia comes from the Latin phrase "out of one's mind." (Snowdon, 2001, p. 86)
- Alzheimer's is diagnosed by two distinct features in the brain: plaques and tangles. (Snowdon, 2001, p. 90)
- Plaques are formed by the massing of soluble proteins in the brain. (Snowdon, 2001, p. 90)





# FEBRUARY

"Believe you can and you're half way there."  
Theodore Roosevelt

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## QUICK FACTS

- Some people whose brains are effected by Alzheimer's show no symptoms. (Snowdon, 2001, p. 99)
- A healthy female brain weighs between 1,100-1,400 grams, while a brain with dementia weighs under 1,000 grams. (Snowdon, 2001, p. 89)
- Tau is a natural protein in the brain, but, in Alzheimer's it overpopulates and destroys communication between neurons. (Snowdon, 2001, p.91)





# MARCH

"You have to believe in yourself"

Audrey Hepburn

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

## QUICK FACTS

- German researchers Heiko and Eva Braak published what they believed to be the 6 stages of Alzheimer's now known as the Braak Stages. (Snowdon, 2001, p. 91)
- Dementia has 60 causes including depression and bacterial infection. (Snowdon, 2001, p. 87)
- Dementia can be caused by head trauma. (Snowdon, 2001, p. 87)

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# APRIL

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

Maya Angelou

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## QUICK FACTS

- Tangles are formed by the collection of a protein called tau in the brain. (Snowdon, 2001, p. 91)
- Alzheimer's disease was first described by Alois Alzheimer, a German physician, in 1907. (Snowdon, 2001, p. 46)
- Scientists theorize that mental and physical activity prevents the symptoms of Alzheimer's from developing. (Snowdon, 2001, p. 38)





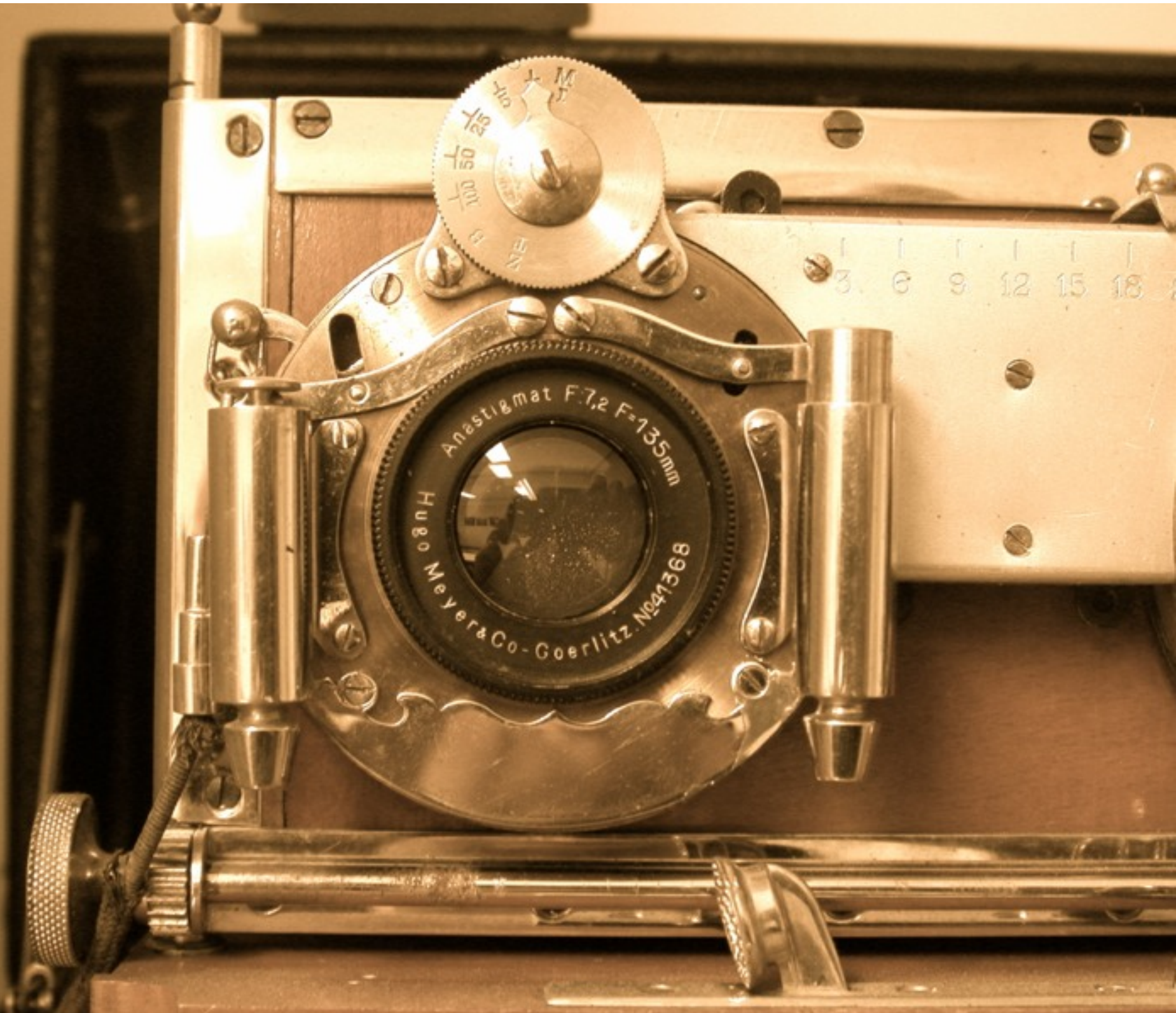
# MAY

"Everything has beauty, but not everyone can see." Confucius

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## QUICK FACTS

- Five million people have been diagnosed with Alzheimer's. (Lloyd, 1996)
- Government funding for the disease rose to 202 million in 2012. (Latest Facts, 2013)
- Early-onset Alzheimer's is diagnosed in people under the age of 65. (Latest Facts, 2013)



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Hugo Meyer & Co - Goerlitz. No. 41368



# JUNE

"Do what you can, where you are, with what you have." Teddy Roosevelt

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## QUICK FACTS

- Diagnosis of Alzheimer's is expected to triple by 2050. (Lloyd, 2013)
- Scientists are developing medicine that prevents the death of brain neurons. (Tucker, 2010)
- 15% of caregivers live an hour or more away. (Latest Facts, 2013)





# JULY

"Some days there won't be a song in your heart. Sing anyway."  
Emory Austin

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## QUICK FACTS

- There are 15.4 Million unpaid caregivers. (Latest Facts, 2013)
- 30 percent of people with Alzheimer's or other dementias are on both Medicare and Medicaid. (Latest Facts, 2013)
- The Federal cost for Alzheimer's is expected to increase to 1.2 trillion by 2050. (Latest Facts, 2013)





# AUGUST

"Happiness is an attitude. We either make ourselves miserable, or happy and strong. The amount of work is the same."

*Francesca Reigler*

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## QUICK FACTS

- Dementia contains a category of diseases that happen when the brain cells die or malfunction. (Latest Facts, 2013)
- Alzheimer's is the most common form of dementia. (Latest Facts, 2013)
- It wasn't until the 80's that research on the disease made significant progression. (Latest Facts, 2013)





# SEPTEMBER

"An inconvenience is an adventure  
wrongly considered."

G. K. Chesterton

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## QUICK FACTS

- It is a common symptom to experience frustration and depression. (Latest Facts, 2013)
- The disease is often diagnosed a decade after it has started to progress. (Latest Facts, 2013)
- Brain cells that make up the brain are called neurons. (Inside the Brain, 2011)





# OCTOBER

"We grow because we struggle, we learn and overcome."  
R. C. Allen

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## QUICK FACTS

Symptoms of Alzheimer's (Memory Loss, 2009)

1. Memory loss
2. Lack of Problem Solving Skills
3. Common tasks become difficult to complete
4. Forgetting time and place
5. Loss of visual perception





# NOVEMBER

"Determination that just won't quit --  
that's what it takes" A.J Foyt

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

## QUICK FACTS

- Alzheimer's first develops in areas of the brain involved in memory. (Inside the Brain, 2011)
- 1 of every 9 seniors 65 years and older have Alzheimer's. (Latest Facts, 2013)
- 1 of every 3 seniors 85 years and older have Alzheimer's. (Latest Facts, 2013)

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# DECEMBER

"One person caring about another represents life's greatest value."

Jim Rohn

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## QUICK FACTS

- A normal adult brain has about 100 billion neurons. (Inside the Brain, 2011)
- Alzheimer's destroys the way Neurons transmit signals to each other. (Inside the Brain, 2011)
- In the disease, the loss of cells eventually shrink the brain, especially the hippocampus, the part of the brain that holds memories. (Inside the Brain, 2011)

# Citations



["Inside the Brain: An Interactive Tour | Alzheimer's Association." \*Inside the Brain: An Interactive Tour | Alzheimer's Association.\* Alzheimer's Association, n.d. Web. 19 Nov. 2013. <http://www.alz.org/alzheimers\\_disease\\_4719](http://www.alz.org/alzheimers_disease_4719)

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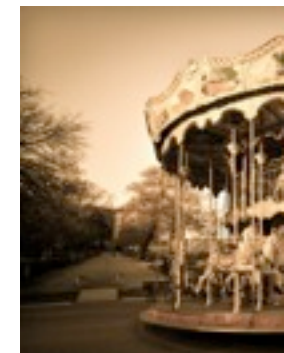
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Created by  
Khari Bell  
Abby Lutz



