

MILD COGNITIVE IMPAIRMENT (MCI)

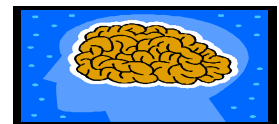
1. Memory Complaint
 2. Poor performance on memory tests
 3. Normal non-memory cognitive domains
 4. Able to perform activities of daily living
 5. Absence of Dementia
- Must have all five for a diagnosis of MCI
 - The degree and frequency of forgetfulness is a factor to diagnosis
 - Elimination of other causes for the forgetfulness are also required.
 - People with MCI may have a higher susceptibility to developing Dementia of the Alzheimer type.

There currently is no absolute test for this impairment. The earlier it is identified, however, the sooner intervention can occur. Many researchers believe a cure for MCI will be a cure for Dementia of the Alzheimer type.

JAMA, 10/1/08-V 300, No 13, p 1566

DID YOU KNOW?

- ◆ The brain is a three pound walnut shaped mass.
- ◆ 1990-2000 was declared the Decade of the Brain by the President;
- ◆ The brain of Albert Einstein, great mathematician and scientist, was found to be a “relatively light and thin brain.” His brain “was populated with a much higher density of brain cells than the average brain.”*



*Anderson B, Harvey T. Alteration in cortical thickness and neuronal density in the frontal cortex of Albert Einstein. *Neurosci Lett* 1966; 210: 161-164

ARE YOU READY FOR

WINTER?



HYPOTHERMIA: a Cold Weather Hazard

Staying warm: Keep room temperature at least 68—70 degrees F. Stay away from cold places. Eat well—keep some fat on your bones. Keep any illness under control that may make it harder for your body to stay warm, like, hypothyroidism, diabetes, skin problems such as psoriasis. Find out if any of your medicines affect your body heat. Use alcohol moderately, if at all. Wear several layers of loose clothing.

How can you tell if someone has Hypothermia? Look for the “umbles”—stumbles, mumbles, fumbles and grumbles. Confusion/sleepiness; slowed, slurred speech or shallow breathing; weak pulse or low blood pressure; a change in appearance or behavior; shivering; stiffness in the arms or legs; signs that a person has been in a cold place; poor body movement control; slow reactions. Get Emergency Help if your body temperature is below 96 degrees F.

While you're waiting for the help: Keep the person warm and dry; wrap in layers of clothing or blankets. Use your own body heat if necessary. Avoid rubbing the arms and legs of an older person.

-National Institute on Aging: Age Page

SPACE HEATERS

A room temperature of 60—65 degrees F can lead to illness.

Using a space heater to avoid high heating costs is not a good idea due to Fire Hazards and Carbon Monoxide Poisoning.

Check with the Consumer Product Safety Commission (1-800-638-2772) for information on the safety of space heaters.

Minimally, exercise extreme caution by keeping flammable objects away, maintain good air flow throughout your home, and make sure your smoke alarms are working!

-National Institute on Aging: Age Page

THE ADVANTAGE OF A BAD MEMORY IS THAT ONE ENJOYS SEVERAL TIMES
THE SAME GOOD THINGS FOR THE FIRST TIME. -FRIEDRICH NIETZSCHE

Good News Studies have proven that you can improve your mental functioning regardless of your age. There are exercises designed for general improvement and/or targeting specific cognitive domains. Our cognitive domains include:

* Memory * Language * Attention * Executive Function * Visual Abilities

Normal aging causes normal “wear and tear” on these domains. There are tests you can take to assess your weaknesses and strengths. This is important since studies have shown that the brain, like everything else about you, is very unique. In fact, the older you get, the greater variability there is between you and others your age. Diet, exercise, education, and stress all impact your brain’s function.

Dr. Zaldy S. Tan’s, *Age-Proof Your Mind: Detect, delay, and prevent memory loss—before it’s too late*

HELP for Fuel Bills: Contact your state or local energy agency or the local power or gas company for help in weatherizing your home—funds may also be available. Shut heating vents and doors of unused rooms and keep basement doors closed. Those with limited income may be eligible for help in paying heating bills. A place to call toll free is 866-676-6327 Low-Income Home Energy Assistance Program or check with your local Area Agency on Aging. -National Institute on Aging: Age Page

Midland Area Agency on Aging	618.532.1853
Egyptian Area Agency on Aging	618.985.8311
Southeastern IL Area Agency on Aging	618.262.2306



To find your local AAA, contact the Illinois Department on Aging Senior Help Line
1.800.252.8966

SAVE THE DATE!

December 10 – 12, 2008, Governor’s Conference on Aging, Chicago
Contact the IDOA website www.state.il.us/aging for registration information.

April 23—24, 2009, Mental Health & Aging Conference, Lincolnshire, IL

Questions or Comments?

If you have questions or comments regarding this newsletter or MHASI you may contact the Gero-Psych Specialist in your area.

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