

# PANDA PROJECT NEWSLETTER

PROVIDING ALZHEIMER'S 'N DEMENTIA ASSISTANCE

BY TAYLOR FISHER

Dementia causes a group of symptoms that affect memory, thinking, and social abilities due to changes in the brain. Alzheimer's is the most common type of Dementia.

## Encouragement to Start Your Day

"It is not how much you do, but how much love you put in the doing."

-Mother Teresa



## Recent Dementia News

**Wrist device that monitors activity could help provide early warning of Alzheimer's**

Small study finds differences in activity patterns among older adults with brain amyloid buildup and those without.

[> READ MORE](#)

## PANDA Continues to Grow

To Date, PANDA has enrolled 96 Persons with Dementia and 72 Caregivers on the program.



## In-office News

PANDA is excited for Senior Appreciation Day on May 23rd, 2024. It is put on every year by the Area Agency on Aging of West Alabama. It is a day to pay tribute to Older Americans. This year it will be held at Shelton State Community College for the second year in a row. The event features FREE entertainment, lunch, dancing, and more! Register at 205-333-2990 to attend. The event is 9:30am-2:30pm with doors opening at 9:30am. Look for PANDA staff if you attend and say hello!



## Event Recaps

PANDA was busy during the month of March, and several presentations were completed in the community. Senior Center managers from all seven counties were able to learn about dementia, Cadence Bank in partnership with Dementia Friendly Alabama went through training to make them aware of dementia signs, Chapel Hill Baptist Church and Presbyterian Apartments were able to participate in either education on dementia or how to stay brain healthy. PANDA would be happy to come speak to your organization, schedule with Taylor today!

## Upcoming Events

Alzheimer's Foundation of America is partnering with PANDA to speak to professionals and caregivers about Dementia on May 8th, 2024! It will be at Ridgcrest Baptist Church (912 31st Street East, Tuscaloosa AL 35405) 9am-4pm. RSVP with Taylor for this free conference.

## Dementia Supportive Item Spotlight



**SHOWER WITH PRIVACY:** The Dignity Bath & Spa Bathing Cover Up provides a sense of dignity to both the caregiver & loved one during bath time by covering privates. Provides security to your more modest loved one while also providing warmth. This item can be bought for both men and women.

**ORDER NOW** 

Previous Newsletters are now archived on our website!!

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## LOCAL RESOURCE SPOTLIGHT

### Make Dementia Your B

Local Podcast/Book/Blog helps caregivers confidently manage difficult dementia behaviors so that they and their loved ones experience happier relationships.

[> LEARN MORE](#)

Editor's note: This podcast was created by Dr. Rita Jablonski, who is currently a nurse practitioner in a memory clinic at UAB. Information on this blog does not replace medical care or advice. This information is here to assist formal and family caregivers with many of the challenging behaviors seen in persons with dementia.

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