

Thriving Minds

Alzheimer's and Dementia Resource Service Newsletter

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Understanding the prefrontal cortex

The prefrontal cortex is the last area of the brain to fully develop as we age. In many kinds of dementia, it is one of the first parts of the brain that begins to show signs of change. Understanding what this area is responsible for can help to understand and support those with changing brains.

The prefrontal cortex has six primary functions:

- Taking in data from the environment and consolidating it
- Impulse control
- Sequencing processes (starting a task, doing the steps in the right order, finishing and moving on to something else)
- Insight into strengths and changes, and knowing when to ask for help
- Understanding other peoples' points of view
- Making decisions



Indiana University Health

alzresourceindiana.org

Orange County relaunch

Dementia Friendly
Orange County is hosting a conference to relaunch efforts in the area. Rebekah Wilson from Aging Care Coach and Positive Approach to Care will be the keynote speaker. Attendees can expect to learn about dementia friendly efforts in the area and participate in brainstorming about future efforts.

Who should attend?

People living with dementia, care partners, professionals working in the aging industry, community members and businesses interested in better supporting their neighbors living with dementia

New Memory Cafe in Orleans

The first Memory Cafe in Orleans was a great success. Five people attended to socialize over coffee and cookies and learn from one attendee all about his hobby of whittling. Many said that they were glad to have a local resource and place to meet with others.

The Orange County Memory Cafe meets the first and third Tuesday of each month from 1 – 2:30 pm at the Orleans Public Library. All are welcome.

Dementia Friendly Care Partner Instructor Training

Do you train current or future professional caregivers? Are you looking to improve your own skill sets and add to your training toolbox? This training is intended to provide a train-the-trainer experience for dementia-specific education and best practices for improving care, avoiding burnout and creating a better experience for care partners and residents. The program includes a curriculum of 20 hours of dementia education and communication, and a one-day Alzheimer's Disease and Dementia Care Seminar recognized by the National Council of Certified Dementia Practitioners (NCCDP). This seminar gives attendees the ability to send their certificate of completion to the NCCDP to be globally recognized as a Certified Dementia Practitioner.

Friday will be the Certified Dementia Practitioner (CDP) training, which starts at 8 am and may extend until 5 pm. There is a cost of \$200 for the CDP.

Upcoming training dates:

April 22 – 26 or July 8 – 12

For more information or to register, please contact Amanda at 812.353.9310.

Indiana State Alzheimer's advocacy

Recently, members of Bloomington's Community Dementia Alliance (CDA) and other advocates from across the state attended State Advocacy Day in Indianapolis. Throughout the day, they learned about how Alzheimer's and other dementias are impacting Hoosiers and they asked our legislators to support the following bills.

- **S.B. 273 – Biomarker Coverage.** This bill would ensure that insurance coverage would be available for testing to determine if someone carries the biomarkers for Alzheimer's. The bill has already passed the state Senate and is now with the House.
- **H.B. 1099– Alzheimer's and Dementia Education.** This bill asks that Alzheimer's and dementia-specific language be included in currently existing public health work, that increased awareness and training be available to professionals and that the state allow the Department of Health to apply for grants to assist with the training gap. This bill has not currently had a hearing in either the House or Senate.

Who are my representatives?

These bills still need support. You can help by contacting your representatives. To find out who your representatives are, visit iga.in.gov/information/find-legislators.

Fun brain facts

- Your brain uses 20% of the oxygen and blood in your body.
- It is a myth that humans only use 10% of our brain. We actually use all of it. We're even using more than 10% when we sleep.
- The largest brain of any animal is that of the sperm whale. It weighs about 20 pounds (the human brain is about 3 pounds)
- The brain of a human contains approximately 100 billion neurons.



When will the event be held?

April 30, 10 am–1 pm
(for those who are interested, there will be an opportunity to participate in the Virtual Dementia Tour from 1 - 2 pm)

Where will this event be held?

Orange County
Community Center,
1075 N. Sandy Hook
Road, Paoli, IN 47454

How do I register?

Call Lucie at
812.276.4279.

Learn more at
dfindiana.org/orange.



Indiana University Health

**Alzheimer's and Dementia Resource
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583 S. Clarizz Blvd.
Bloomington, IN 47401

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