October Newsletter

Caregiver Services

Programs Serving Waseca Communities

Hours of Operation

Monday—Friday 7 AM—4 PM

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- Vice Chair - Joe Mitzel
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- Program Director - Tracey Curry
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- Program Coordinator - Shanna Peoble
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From the Executive Director's Desk

WACS is happy to announce we were awarded with the Capacity Grant for Rural & Underserved Communities. With these funds we will be developing and expanding our service day for our "Sometime Away" program that is held on Wednesdays, to also be held on Mondays.

"Some Time Away" is a group program great for the person with mild to moderate memory loss and those who spend most of their time alone. It's social time for them and a chance to have some time away from home. It also gives YOU (the caregiver) some free time to do the things you want or need to do. This service is offered from 10:00 AM to 2:00 PM, every Wednesday in Waseca.

In Addition, we are seeing an increasing number of older adults beginning to consider downsizing their current homes and/or are seeking to relocate to a more manageable living space. WACS will be focusing efforts on more fully developing a service that will assist aging homeowners in making this transition to alternative housing and providing needed support in moving and relocating these individuals.

Our model is a Core Home and Community-Based Services aim to strengthen and develop additional home and community-based services and alternatives to nursing homes and other residential services throughout Waseca County to allow care receivers (regardless of income) to remain in their own homes for as long as possible.

Volunteer of the Month

Jill Tobin

This month we recognize Jill Tobin as our volunteer of the month. She is a member of the Waseca Area Caregiver Services Volunteer Advisory Committee that meets each month, helps with our " Some time Away" Program, fundraising events, and volunteer meetings. When asking Jill what her favorite part about volunteering she said "The excitement of being around people." In her free time, she enjoys going for walks with her dogs, enjoying pontoon rides on the lake and crocheting during the winter months. WACS would like to thank you for everything you have done to help! You are APPRECIATED!

Question of the Month:

Do we offer a support group for Caregivers?

Answer: Yes, we do!!. (AKA) Caregiver Club.

Come join our ever-growing support group of Caregivers. We meet every first Wednesday of the month here at
Waseca Area Caregiver Services.
1st Wednesday from 12:45 to 1:45
113 2nd Street NE Waseca, MN 56093

All Caregivers for Aging Adults welcome. See you at the Club House! Together we find ways to:

- Reduce your stress.
- Learn to set boundaries
- Share ideas with other caregivers
- Be OK with accepting and asking for help from others
- Practice letting go of the things we cannot change

Take time for ourselves with No Guilt!

Covid-19 in seniors linked to increased Alzheimer's risk, study finds

Researchers find a correlation with new-onset dementia in an analysis of more than six million health records. A study using the electronic health records of more than 6 million Americans over age 65 found those who had Covid-19 ran a greater risk of receiving a new diagnosis of Alzheimer's disease within a year. The study, led by researchers at Case Western Reserve University School of Medicine and published in the Journal of Alzheimer's Disease, does not show that Covid-19 causes Alzheimer's, but adds to a growing body of work suggesting links between the two. The results suggest researchers should be tracking older patients who recover from Covid to see if they go on to show signs of memory loss, declining brain function or Alzheimer's disease. The study found that for every 1,000 seniors with Covid-19, seven will be diagnosed with Alzheimer's within a year, slightly above the five-in-a-thousand diagnosis rate for seniors who did not have Covid. "We know that Covid can affect the brain, but I don't think anyone had looked at new diagnoses of Alzheimer's," said Pamela Davis, one of the study's co-authors and a research professor at Case Western Reserve University School of Medicine. Colleague Rong Xu said she had expected to see some increase among seniors sickened by Covid, but was surprised "by the extent of the increase and how rapidly it occurred."

The study, though "important and useful" was "limited," said Gabriel de Erausquin, director of the Laboratory of Brain Development, Modulation and Repair at University of Texas Health San Antonio, who was not involved in the research. He cautioned that a diagnosis of Alzheimer's disease is not necessarily confirmation of the disease. Doctors sometimes diagnose Alzheimer's based on changes in behavior, or responses to a memory test. These are considered less accurate than imaging or spinal fluid tests that measure two types of proteins, beta-amyloid and phosphorylated tau, which accumulate abnormally in the brains of people with Alzheimer's. Brain scans that look for structural changes, such as the shrinking of certain regions, are another more accurate indicator. "You have people who very much look like they have Alzheimer's, but they do not have Alzheimer's," said de Erausquin, adding, "People who have long Covid are at risk of being diagnosed with Alzheimer's disease." In their paper, the Case Western Reserve researchers acknowledged that the study was limited by the potential for inaccurate diagnoses of Alzheimer's. Davis, however, said she thinks it is unlikely doctors would mistake long Covid for Alzheimer's. "To label somebody with Alzheimer's disease is different from the brain fog and the confusion associated with long Covid," she said. "When a physician makes a diagnosis of Alzheimer's disease, it represents a substantial cognitive impairment."

The Case Western Reserve study used a database representing patients from almost 70 health care centers across the country. The scientists focused on patients over 65 who made a medical visit during a 15-month period from Feb. 2, 2020 to May 30, 2021, dividing them into two groups: those diagnosed with Covid-19, and those with no Covid diagnosis. Through much of the study period, the electronic record system did not include a code for long Covid, leaving open the possibility that patients who had continuing health problems after their bout with Covid may have been misdiagnosed with Alzheimer's. Still, the new study adds to a growing body of research examining the relationship between Covid-19 and Alzheimer's disease. An earlier study by some of the same researchers at Case Western Reserve examined the electronic health records of almost 62 million Americans over age 18 and found that patients with dementia had a significantly higher risk for Covid-19 than patients without dementia. Thomas Wisniewski, director of the NYU Langone Alzheimer's Disease Center, raised the possibility that some patients may already be on their way to Alzheimer's when they get Covid-19, causing their brains "to take a second hit." He said scientists need to look at whether Alzheimer's biomarkers that appear in Covid-19 patients "stay increased over time, and do they result in a faster disease trajectory?" Scientists at Columbia University Vagelos College of Physicians and Surgeons studied the brains of a small number of deceased Covid-19 patients and found they had defective receptors considered to be an indicator of Alzheimer's disease.

A second study looked at the serum, a component of blood, from hospitalized Covid-19 patients with no prior history of dementia and they had developed markers of neurodegenerative disease at comparable levels to those found in Alzheimer's disease patients. https://www.washingtonpost.com/health/2022 More and more folks this month have been inquiring if we have a caregiver support group? The answer is yes!!

Thank You!

A special thank you to

Tim's Custom Engraving for making our Community Stakeholders and Family Plaques.

Above: Kelly Boeddeker and Tim Bohnen

Below: Elaine Spain and Tim Bohnen

Caring Hands Program

Are you an aging adult that is 60+ looking for some extra support at home? WACS offers services that help support individuals that may struggle with tasks that can include light housework, yard work, and/or who may struggle with meal preparation and other activities of daily living. Give WACS a call if this sounds like something that may be of interest to you!

Movers & Shakers

- MN Department of Human Services
- MN River Area Agency on Aging
- Private Donations
- Waseca Area Chamber of Commerce
- Waseca Area Foundation
- Waseca Roundbank
- Patton Hoversten & Berg PA

Bridge Builders

- Kubat CPA
- Farm Bureau—Monte Dufault
- Walmart
- Juniper
- The Mill
- By The Way Gas Groceries
- Kwik Trip

Community Connection

- Dennis Funeral Homes
- Faith United Methodist Women
- Ward House Brewery
- Sweet Sommers VFW 1642
- American Legion Post 228
- Waseca Lions Club
- Waseca Music Company
- Dave's Body Shop
- Canine Central
- Waseca County Auto Sales
- P&G Construction

Friends

- Kroeger's Koncept Salon
- Fessel's Wood Recycling
- Ace Hardware
- Waseca Senior Center
- Faith United Methodist Church
- Alzheimer's Association
- Morgan's Meat Market
- Waseca Chrysler
- Main Street Dental—New Richland
- Lush Cakes
- Sportsmans Stop