



Newsletter #18 – June 2023

Our current newsletter brings you a variety of new articles. If you have any articles that you think others would enjoy, please send me the link at ira@asherman.com.

From: ALZ Magazine – Spring 2023

Animal therapy helps people navigate dementia

Bobbie Lytle loved animals her whole life. An elementary school teacher from Maitland, Florida, she was known to bring her dog into the classroom and had an open-door policy at home, where she regularly hosted a menagerie of animals. "We grew up with dogs, cats, squirrels or whatever else we rescued," says Bobbie's daughter Tiffany. Read more: <https://www.alz.org/news/2023/pet-power>

From: Alzheimer's Weekly / Dementia Weekly

FDA Unanimously Votes Leqembi Benefits Alzheimer's

The FDA Advisory Committee's endorsement of Leqembi paves way for traditional approval, ushers in a new era for Alzheimer's.

<https://alzheimersweekly.com/2023/06/fda-unanimously-votes-leqembi-benefits-alzheimers/>

From: Alzheimer's from Web M.D. – June 15, 2023

When Your Significant Other Has Alzheimer's

When your partner has Alzheimer's, your own risks for mental and physical problems go up. Even more so than for caregivers of other conditions.

https://www.webmd.com/alzheimers/significant-other-has-alzheimers?ecd=wnl_alz_061523&ctr=wnl-alz-061523_supportTop_cta_1&mb=vksnlp0Y7JmLQNh8pF0%2FxeBPK9ElyaPi1jyxooF%40Jc%3D

From: Being Patient

5 Ways To Make Communicating Easier, Even When Language Is Lost

Speech and language impairments are often part of the experience of dementia. Experts say targeted therapy can help people adapt as their abilities change.

https://www.webmd.com/alzheimers/significant-other-has-alzheimers?ecd=wnl_alz_061523&ctr=wnl-alz-061523_supportTop_cta_1&mb=vksnlp0Y7JmLQNh8pF0%2FxeBPK9ElyaPi1jyxooF%40Jc%3D

Four Years After Jack Hanna's Alzheimer's Diagnosis, A Look at His Symptoms

Is Jack Hanna's Alzheimer's journey 'normal'? Dementia caregiving experts explain what he's going through and how to manage similar symptoms.

<https://www.beingpatient.com/jack-hanna-alzheimers-symptoms/>

Neuroscientist Q&A: How Dance and Yoga Change the Brain for the Better

As a yoga instructor, dancer, and a neuroscientist at the Embodied Brain Lab, Dr. Julia Basso shares insights from her research on how physical movement enhances the mind-body connection and protects brain health.

https://www.beingpatient.com/neuroscientist-dance-yoga-dementia-brain-health/?utm_source=Being+Patient+Newsletter.

From: Today's caregiver

Home-Based Palliative Care

Family caregivers for seriously ill patients play an important role in society. Not only do they provide emotional and physical support for their loved ones, but they also assume the responsibilities of preparing meals, providing transportation, maintaining the home, managing medications and coordinating doctor's appointments.

https://caregiver.com/articles/home-based-palliative-care/?ct=t%28Caregiver+Newsletter+6-22-23%29&mc_cid=ac04dea334&mc_eid=b4f1a11e07

From: The ATLANTIC

How People with Dementia Make Sense of the World

Dasha Kiper's piece for The Atlantic is an excerpt from her illuminating book "Travelers to Unimaginable Lands: Stories of Dementia, Caregivers and the Human Brain." With great compassion, Kiper uses stories from her time providing therapy to dementia caregivers to illustrate how the workings of a *healthy* brain makes it difficult for us to understand and meet the needs of those whose brain is sick.

[Read/Download Article \(PDF\)](#)

From: The New York Times Magazine

A Story of Dementia: The Mother Who Changed by Katie Engelhart

In October 2017, Diane Norelius stopped answering the phone. Her two daughters called and called. They called Diane's boyfriend, Denzil Nelson, too. Whenever Denzil picked up, he would only say, "She doesn't want to talk to you." But usually, he didn't pick up. The women worried that their mother, who was 81, was sick, or maybe even dead. After a few days of radio silence, they flew home to Denison, Iowa, a town of around 8,000 people, surrounded by cornfields.

<https://www.nytimes.com/2023/05/09/magazine/dementia-mother.html>

[Note: You may need to be a NY Times subscriber to access the article]

U.S Department of Health and Human Services (HHS)

Interested in volunteering for research on Alzheimer's disease, related dementias, and cognitive health? Easily learn about new and featured studies by using the [Alzheimers.gov Clinical Trials Finder](#).

A book we will be reading

My Father's Brain - by Sandeep Jauhar

A deeply affecting memoir of a father's descent into dementia, and a revelatory inquiry into why the human brain degenerates with age and what we can do about it.

Almost six million Americans—about one in every ten over the age of sixty-five—have Alzheimer's disease or related dementias, and this

number is projected to more than double by 2050. What is it like to live with and amid this increasingly prevalent condition—an affliction that some fear more than death? In *My Father's Brain*, the distinguished physician and author Sandeep Jauhar sets his father's descent into Alzheimer's alongside his own journey toward understanding this disease and how it might best be coped with, if not cured.