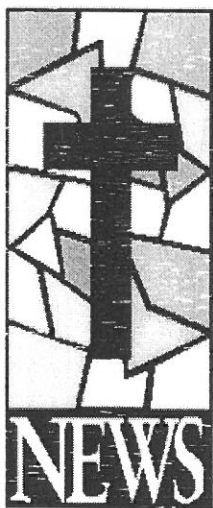


# Mary's Parish Nurse News Bulletin

Monthly News Update



Greetings from your Parish Nurse, Lately we have been seeing changes in some of our parishioners because of their diagnoses of Dementia and its different categories. How can we help ourselves? Here are 8 Healthy steps that might help ward off Dementia. Notice that it does say **MIGHT**. Most Americans are more afraid of developing dementia, which includes Alzheimer's disease, than any other condition, including cancer, heart disease, and stroke. Many people worry about losing their independence becoming a burden to their family, or forgetting their loved ones. The numbers of people who live with

dementia, that number is expected to almost triple by 2050.

Of the nine lifestyle recommendations, only one—secondary or higher education—must have been implemented early in life. People who don't attend or finish high school are at higher risk for dementia than those who graduate. Education helps build cognitive reserve—a type of intellectual buffer that makes your brain more resilient against the effects of aging.

Factors you can modify.

1. **Protect your hearing.** Hearing loss is a recently discovered risk factor for dementia. Both are related to aging and damage to small blood vessels.
2. **Don't smoke.** Cigarette smoke contains a cocktail of toxic chemicals harmful to both your body and brain.. Smoking may also influence dementia risk by damaging blood vessels.
3. **Control depression.** Depression could theoretically increase dementia risk by increasing stress hormone levels or by

shrinking the hippocampus—the part of the brain involved with learning and memory.

4. **Be Active.** Studies suggest that older adults who stay active maintain better memory than those who are inactive. Physical fitness also has other benefits, like improving mood, balance, and longevity. Both aerobic exercise and strength training seem to protect memory.
5. **Lower high blood pressure.** Lowering blood pressure with medication may reduce the risk of mental decline.
6. **Stay socially engaged.** Having dementia makes it harder to get out and maintain friendships. Researchers think that social isolation also contributes to memory loss, in part by preventing intellectually stimulating interactions.
7. **Treat diabetes.** Diabetes has been linked to a nearly twofold increase in dementia risk. In type 2

**diabetes, the body's cells become less sensitive to the effects of insulin. A rise in insulin damages blood vessels throughout your body—including those in your brain.**

- 8. Lose excess weight. Obesity in middle age is associated with an approximately 50 percent increased risk of dementia later in life.**

**The study highlighted other factors that might lower dementia risk. They include getting adequate sleep and following a Mediterranean-style diet, which focuses on fresh fruits, vegetables, beans, nuts, and whole grains; moderate amounts of fish, limited dairy and a small amount of red meat.**

### Blood Pressure Checks

I will be checking blood pressures on Feb. 3<sup>rd</sup> & 4<sup>th</sup> at St. Ignatius and Holy Redeemer and on Feb. 17<sup>th</sup> & 18<sup>th</sup> at St. Mary's. Note the changes.

### Visits.

If you would like a visit from Father or myself all you have to do is call the office and leave a message. Father can be reached at his home or through the office.

I will offer to check blood pressures in the home while I am with you. I can offer to trim your nails if a person is unable to get to their clinic or to the Senior Center. I can also set up medications.

### My Health Update.

This past Thursday, I had my second

kidney biopsy and everything went okay. The initial report was okay but we still have to wait for the final report which takes about 2 weeks. In the meantime there are no changes in my medicines or lab tests. I see the doctors in 3 months. Thank you all for the prayers. It meant a lot to me.

### Giving Tree.

Again, thank you to all who contributed with the gifts. We actually were able to help more people this year. The Clothes Closet appreciated everything that we donated. The Beacom could only take so much of what we wanted to donate because of a shortage of space there so I will call them back in a month or two to see if they want more of the laundry detergent. We then took the leftovers to the Catholic Multicultural Center and they were so pleased with what we had for them.

### Grief Support Group.

We did not have enough people at this time so we had to cancel for January. We will again offer our sessions in April. Watch for the dates and times. Since we lost Richard Lornson, who helped me with our groups, I could use more people that might be interested in helping me. Just let me know.

### Community Free Meal

St. Ignatius and Holy Redeemer CCW and Knights of Columbus will be hosting the Free Meal in March. The date is March 20<sup>th</sup>. I will have a sign up board in the entrance of church towards the end of February.

We need people to help set up, serve the meal, clean up, donate food items when we decide what we want to serve for food that night. At this time we are leaning to offering casseroles. We will choose certain recipes and folks can make them at home and bring them that day. Watch for the notices in the bulletin and on the board. We will also need desserts. Our young people can offer to help so that they can get Silver Cord hours. We serve from 5:30pm till 6:30pm.

**Food For Thought**  
**The bridge you burn now may be the one you later have to cross.**

- **If it be possible, as much as lieth in you, live peaceably with all men.**

**Romans 12:18**

**Although the tongue weighs very little, few people are able to hold it.**

**-Even so the tongue is a little member, and boasteth great things. Behold, how great a matter a little fire kindleth!**

**James 3:5**

**It's good to be a Christian and know it, but it's better to be a Christian and show it!**

- **By this shall all men know that ye are my disciples, if ye have love one to another.**

**John 13:35**