

## EXCITING NEWS ABOUT DEMENTIA

It's about time for some good news about the incidence of dementia in the U.S. If you've been following this, you know that the projections for the number of people with Alzheimer's disease in the U.S. are staggering. The Alzheimer's Association projects more than 13.8 million senior adults to have this diagnosis by 2050 – nearly three times the current population of affected individuals

A new study, published February 11, 2016 in the New England Journal of Medicine, shows that the incidence of dementia (especially that caused by things other than Alzheimer's disease) may actually be dropping in elders, with fewer people developing dementia and those that do developing it later in life. Read more:

### **WebMD article**

<http://www.webmd.com/alzheimers/news/20160210/u-s-dementia-rates-seem-to-be-falling-study-finds>

### **Aol article**

<http://www.aol.com/article/2016/02/11/dementia-rate-fell-44-percent-since-late-1970s-framingham-study/21310973/> .

Researchers found that education and improved cardiovascular health are having a positive effect on Americans, offering even more hope to those of us smack in the middle of the boomer generation.

For years we've focused on getting our heart rates up through vigorous walking, hiking and even running, all in the belief that what's good for the heart has to also be good for the brain. When families have asked, "What can I do to reduce my own risk of developing this disease?" We recommended the basics: staying mentally and physically active, watching your nutrition closely and keeping connected with other people.

It seems we have evidence that at least a part of this formula is spot on – an exciting development for all of us in health and senior care.

So instead of lunch today, take a brisk walk and save your heart and your brain!

**Golden Meadows:**  
Phone: (951) 849-7521  
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**Golden View:**  
Phone: (951) 845-7734  
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## **ENTERTAINMENT: REX PARIS**

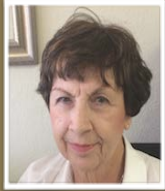
Rex has been entertaining our residents for over 15 years. He was born in San Jose Ca and has been a professional singer for more than 50 years. He has 2 Children, 4 Grandchildren and 3 Great grandchildren. He began his singing career as a "Long Haired Rock Musician" in the 1960s. In the 1970s he migrated south and became a Lounge singer in San Diego. Next he settled in Temecula where he spent many years singing at the Bucharest Restaurant. Now he spends his time entertaining seniors. Rex is known for his excellent memory of resident's names and details. Family and friends adore him. We look forward to many more years with Rex.

*March 2018*

**GOLDEN CARE**  
 SENIOR LIVING  
 ASSISTED LIVING & MEMORY CARE

**(800) 889-1864**

**ANNOUNCEMENTS FROM  
 OUR STAFF:**



**Nita Veloso**  
**Administrator of Golden View**



**Cassie Miller - Office Manager**

**Janet Oliver**  
**Administrator of Golden Meadows**

**Seniors Are Prone to UTIs**

The population most likely to experience UTIs is the elderly. Older individuals are more vulnerable for many reasons, including their overall susceptibility to infections due to a weakened immune system. Elderly men and women also experience a weakening of the muscles of the bladder and pelvic floor, which can lead to increased urine retention (incomplete emptying of the bladder) and incontinence. These things all contribute to infection,

**Typical Symptoms of UTIs**

Urine that appears cloudy or dark	Bloody urine
Feelings of pressure in the lower pelvis	Low-grade fever
Frequent or urgent need to urinate	Night sweats, shaking or chills
Pain or burning during urination	Strong or foul-smelling urine

**Lesser-Known UTI Symptoms in Seniors**

Older individuals with UTIs may not exhibit any of the hallmark signs listed above because their immune systems are unable to mount a significant response to the infection. On top of the lack of noticeable symptoms, many seniors do not or cannot express their discomfort to their caregivers. Since elders' bodies respond differently to infection, it is important to look for different signs and symptoms. One tell-tale symptom of UTIs in the elderly is often mistaken for the early stages of dementia or Alzheimer's disease, according to National Institutes of Health (NIH). Indicators of infection in seniors include the following:

Confusion or delirium	Agitation
Other unusual behavioral changes	Hallucinations
Dizziness	Falling
Poor motor skills or loss of coordination	



**Golden Care Senior Living  
 Specializes in:**

Dementia Care  
 Alzheimer's Care  
 Memory Care  
 Incontinence Care  
 Medication Management

**MEET OUR RESIDENTS:**



**Marie Eastman**  
**Sam Davis**  
**Pattie Miller**

**Lita DeGracia**  
**Julian Patterson**  
**Harry Bishop**

**REFERRAL SPECIAL**

**Attention Family & Friends. Refer someone to move into Golden View or Golden Meadows and receive \$500.00 off your loved ones rent for one month. Contact Cassie for details.**

*March 2018*