



Laraine Showing off the bracelet she made in Jewelry Class

Welcome Team Meets the 2nd and 4th Tuesday of Every Month at 9:30 in the Activity Room



George Holding the Flag for our Flag Day Ceremony

July Horoscopes and Birthdays

In astrology, those born between July 1–21 are Crabs of Cancer. Crabs are deeply emotional and nurturing. They create deep bonds and comfortable homes and are always willing to welcome people into their circle. Those born between July 22–31 are Lions of Leo. Leos are natural-born leaders: confident, charismatic, and creative. Leos use their humor and loyalty to bring people together to work for a common cause.



Rita Lazarus – July 3rd
Andrew Zavisza – July 18th
Paul Reese – July 19th
Melanie Shellard – July 19th
Ethel Martell – July 27th
Hazel Verneene – July 28th

Don't forget to come celebrate on July 18th at 2:30 for our Monthly Birthday Celebration featuring music by Guitar Dan!

Alzheimer's; It's Not Just for the Elderly *by Ava M. Stinnett*

We know that dementia is a progressive disease that advances in typical stages: people are often diagnosed in their mid- to late 60s and older. While dementia is more common in people over the age of 65, about 5 percent can develop symptoms beginning when they are in their 30s, 40s, or 50s. This means that if four million Americans have Alzheimer's, at least 200,000 people have the early onset form of the disease. According to the Alzheimer's Association, the term *early onset dementia* refers to an uncommon dementia "that first occurs in a person under age 65. The dementia may be caused by Alzheimer's or other diseases and conditions. People who have early onset dementia may be in any stage of dementia—early, middle, or late." (2017)

Diagnosing early onset dementia can be difficult, primarily due to a lack of awareness that dementia can affect younger people. Physicians may misdiagnose younger people as being depressed or anxious or suffering from the effects of stress. For women, symptoms may also be attributed to the start of the menopause. Another cause for misdiagnosis is that the symptoms of young onset dementia are so varied. Rather than appearing as memory loss, which is the most common symptom of dementia in older people, it more often appears as changes in behavior—such as apathy, irritability, or struggles at work—or personality—such as lack of empathy. Keeping a diary of symptoms may be useful if you suspect something is not right.

In addition, the Alzheimer's Association (2017) has developed a list of telltale signs to look for. Is memory loss affecting job skills or the ability to perform familiar tasks? Are there problems with language, such as finding the right words for familiar objects? Is there frequent disorientation as to where one is and what time of day it is? Is judgment poor or decreased? Are familiar objects frequently misplaced? Are there noticeable changes in mood, behavior, or personality?

If you recognize these signs in yourself or a loved one, it would be wise to see a physician. Your family doctor may do part of an evaluation and then recommend a doctor who is experienced in Alzheimer's diagnosis, such as a neurologist or other specialist to complete testing.

A doctor may ask family members about a loved one's behavior and thinking skills and whether there have been noticeable changes over time. This type of input is helpful in reaching a correct diagnosis. With treatment and early diagnosis, one can slow the progression of the disease and maintain mental function.

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July 2018



Celebrating July

Ice Cream Month

All American Cookout
July 3

Independence Day
July 4

Resident Council Meeting
July 10

Big Lots Plaza
July 18

Monthly Birthday Celebration
July 18

Trip to the Movie Theatre
July 28

International Day of Friendship
July 30



All American Cookout! Tuesday July 3rd

To celebrate Independence Day this year we are having an **All American Cookout** Sponsored by Home Health Care of Florida. The cookout will take place on the front porch, around the Gazebo and in the Activity Room. There will be raffles, games, and music by Guitar Dan! Since the cookout is scheduled for the first Tuesday of the month, the Resident Council Meeting and Menu Chats Meeting will be moved to the 10th at 2:00.



Home Health Care
of Florida.
There is a difference...you deserve the best!



Butterfly Garden

The entire flower bed was grown from seed and has an assortment of bright flowers that attract butterflies. There is a sunflower that is over 5ft tall and the Zinnas are the size of a tennis ball! We are raising our own butterflies in the activity room and releasing them in the garden. You don't want miss our *Lesson on Butterflies* Friday July 6th at 1:30. It's a short lesson that will teach you the stages of the Monarch butterfly that you will see in person.

