



# The Primrose Press

**Primrose  
Alzheimer's Living**

2080 Guerneville Road  
Santa Rosa, CA 95403  
(707) 578-8360

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## High hopes for Alzheimer's drug in clinical trials

A new drug created a stir in March when it's maker, Biogen in Cambridge, Mass., announced the results of a small human trial that exceeded expectations. The treatment, an engineered antibody tested in a first-phase study of 166 patients, substantially reduced the amount of abnormal protein deposits in the brain that have long been considered the primary cause of dementia in Alzheimer's patients. Patients who received the therapy also showed significantly less cognitive decline than those who had been given the placebo.

"I'm very encouraged—the most I've ever been," said Dr. Allen Bernstein, a neurologist who plans to begin a clinical trial of the drug in July for Santa Rosa's Annadel Medical Group, which is affiliated with St. Joseph Health.

Advancements in imaging have spurred the latest Alzheimer's research, experts said. High-tech scans have allowed scientists to confirm the diagnosis by seeing the buildup of amyloid and detect the disease in its earliest stages. Researchers at UCSF and Stanford are testing Eli Lilly's solanezumab

and crenezumab, from South San Francisco's Genentech. Both drugs failed early-stage trial goals, but the researchers think they may have potential value for early stage Alzheimer's patients and continue to test them.

"Even though the trials were negative, there were hints there were still some beneficial effect of the antibodies," said Dr. Adam Boxer, director of UCSF's Alzheimer's Disease and Frontotemporal Dementia Clinical Trials program. "We're pretty optimistic about these drugs and hopefully they'll have a big impact.

All of these antibodies operate on the same principal of binding to and removing amyloid from the brain, but they bind differently and have different risks of side effects. Brain swelling has been the most concerning.

The stakes are high, considering more than 5 million Americans have Alzheimer's and the number is expected to rise as the Baby Boomers age.

By Victoria Colliver, SF Chronicle May 31, 2015

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### Attn: Families

Please be careful coming in and out of our drive-in gate. Stop and wait for the gate to close before proceeding.

Make sure that there are no residents close by, and drive slowly in our driveway to keep residents safe.

Thank You



Day clubbers enjoying a trip to the beach at Bodega Head.



Lauri and Mary plant new flowers in the garden in front of the Day Club.

## In the Day Club

July is here and patriotism is in the air! Here's to all things red, white, and blue!

June was a wonderful month at Primrose. We had our annual Mock Wedding where residents and Day Clubbers play the parts of a wedding party, and we have all of the fun of the rituals and reception. We also celebrated Father's Day with a barbeque (on the Monday following). The food was delicious, the weather was beautiful, and we enjoyed a fun game of bowling. We also took advantage of one of the hotter days and made a trip out to the beach. Out at Bodega Head we sat at the picnic tables and watched the waves, the birds, and the kids playing in the sand. We couldn't have asked for a better day for the beach. The warmth of the sun was tempered by a gentle breeze and I think we were all ready to stay there the rest of the day!

July brings its own share of fun. Although we're closed on the fourth, we'll surely make the time to sing all those patriotic songs that are so dear to our hearts. Later in the month we'll be visited by two separate groups of animals. First, through the Lyon Ranch, we'll have camels and exotic birds, donkeys and goats. Near the end of the month we'll be having our Primrose County Fair with chickens and goats, live music, games for the kids, and more of the usual (and unusual) fun. Also, if you haven't been by the Day Club recently, come check out the pretty new flowers we've planted -they're gorgeous!



## Primrose Activities



Our residents sure had a lot of fun this month! We spent as much time as possible outdoors on our patio looking at the birds and making bird feeders for them. We welcomed our new volunteer musicians, Slim and None. They are a trio of teachers who, now that school is over, have some time on their hands and wanted to share their talent with our residents. We celebrated our annual Mock Wedding, where our residents were randomly selected to participate. A lucky pair got to be the bride and the groom and share their pretend wedding day with everyone else. Father's day was a big event. Residents and family members got to enjoy the delicious barbecued Turkish food and refreshments provided by our chef Jack. Thank you to all of those who participated. Our residents really enjoyed spending time with their families. Some of our residents had the chance to go on an outing to Glen Ellen to see a collection of model boats and planes built by George Karitianos.

July will be a fun month for us. We will be celebrating Independence Day with food and games. This month we will also be traveling to Tahiti and will be learning about its culture and food. Chef Jack will be providing us with a sampling of a traditional Tahitian dish. Our residents will be taking a trip to Sebastopol where we will drive down Florence Avenue and see creative, colorful and imaginative sculptures created by Patrick Amiot.

Join us as Primrose hosts its annual County Fair. We will have animals, food, music, games and prizes! It will be on **Friday July 24<sup>th</sup> at 10am**. Please RSVP by July 20th. (578-8360) Hope to see you here!

The fair is right around the corner and we will be taking our residents for lunch at the **Sonoma County Fair!** We are looking for volunteers to join us. It will be on **Thursday July 30<sup>th</sup> at 11am**. Please feel free to call if you are interested in volunteering.



## Kitchen Corner



If the old saying, “What goes up must come down” is true, then when it comes to our diet “What goes in must come out” is also true. And as true as that may be, sometimes, young or old, we experience a distressing delay in the transit of our food through the digestive system. The result is occasional constipation.

When designing a menu for the home, or particularly for our elders living in an aggregate setting, there are three main things to consider for optimal digestive health and regularity.

### 1. Fiber

We address this with a balanced, Mediterranean influenced diet that is rich with fruits, vegetables, legumes, flaxseed meal and whole grains.

### 2. Hydration

From our morning cup of coffee or tea through our daily meals and juices, we hydrate our system, but it cannot be emphasized enough the importance of water consumption throughout the day. It may seem like a lot, but drinking 12 cups of water a day is good for your regularity and overall health.

### 3. Activities

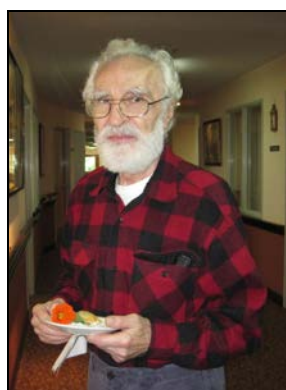
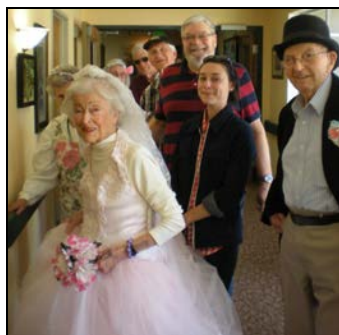
Daily exercise is an often overlooked natural remedy for occasional constipation. The bowel is happiest when the body has a regular and full range of motion. Even though as we age we might have less range or opportunity to exercise, there is no substitute for whatever activities we are comfortable with. A nice walk, some chair or bed exercise is the natural way to stimulate the bowel and encourage a more regular transit of stool.

Before you reach for the Milk of Magnesia or the Ex-Lax, you might try this dietary recipe to promote regularity:

½ Cup Plain Yogurt, 2 Tbl. Flaxseed Meal, 2 tsp. Honey. Enjoy your sweet yogurt and flax with a 4oz. chaser of Prune Juice.

“Bombs Away”! Chef Jack

The Mock Wedding Party  
gathers to start the  
celebration



Mehmet enjoys Turkish treats for  
Father's Day

Celine works hard on creating  
colorful birdfeeders



## Primrose Caregiver Support Groups

In **Santa Rosa**, we have a group that meets the **1st Tuesday of every month** from **2:30 - 4:00pm** at **Primrose** (2080 Guerneville Road).

\*At Santa Rosa location only - Day Club is offered for loved ones while attending the Primrose support group; please call prior to group for a Day Club reservation\*

In **Sebastopol**, we have a group that meets the **2nd Tuesday of each month** from **10:30am - Noon** at the **Sebastopol Senior Center**. Note: Day Club is not available at this group.

Our **Windsor** group meets **every 3rd Tuesday** of every month from **10:30am - Noon** at the **Windsor Senior Center** (9231 Foxwood Drive). Note: Day Club is not available at this group.

In **Rohnert Park**, group meets **every 4th Tuesday** of every month from **10:00am - Noon** at **Rohnert Park Community Center** (5401 Snyder Lane). Note: Day Club is not available at this group.