



# The Primrose Press

**Primrose**  
*Alzheimer's Living*

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

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## Walking pace may be clue to Alzheimer's risk

The way older people walk may provide a reliable clue about how well their brain is aging and could eventually allow doctors to determine whether they are at risk of Alzheimer's, researchers have found.

The study, involving thousands of older people in several countries, suggests that those whose walking pace begins to slow and who also have cognitive complaints are more than twice as likely to develop dementia within 12 years.

The findings are among the latest attempts to find and develop affordable, inexpensive diagnostic tools to determine whether a person is at risk for dementia.

Last month, researchers attending the Alzheimer's Association International conference in Copenhagen, Denmark, presented several studies focused on locating biomarkers of dementia in its earliest stages.

Now, researchers at the Albert Einstein College of Medicine of Yeshiva University and Montefiore Medical Center say that a simple test to measure a patient's cognitive abilities and walking speed could provide a new diagnostic tool to

Identify people at risk of dementia. It could be an especially important tool in low- and middle income countries with less access to sophisticated and costly technology, the scientists said. They cautioned, however, that slower walking speed is not by itself sufficient to determine whether has pre-dementia, as gait can be affected by common age-related ailments such as arthritis or inner ear problems that affect balance.

The Einstein study was published last month in *Neurology*, a journal of the American Academy of Neurology, by a team led by neurology and geriatrics professor Joe Verghese. The researchers sifted data on nearly 27,000 people from 17 countries. The subjects were at least 60 years old and free of dementia.

The researchers found that nearly 10 percent of the people suffered from motoric cognitive risk syndrome, a recently identified condition characterized by slowing walking speeds and cognitive lapses. They also found that the condition was a factor for cognitive decline.

Info Provided by Fredrick Kunkle  
Washington Post

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### Attn: Families

Please give resident gifts of food to the shift manager to give to your family member... we have some residents with food allergies that could be life threatening if they ingest them.

**Thank You**





Mary and Yolanda hamming it up at our Halloween Party



Fall Dayclub Decor

## In the Day Club

Here come the holidays! In October we enjoyed decorating the Day Club with beautiful fall colors, we renewed our love of flower arranging, and we enjoyed our usual group of fun folks. We had fabulous hats and face painting for Halloween and ate delicious Halloween treats.

Now, we happily move into November. Hooray for a month of gratitude! Even though Day Club is closed on Thanksgiving itself, we will be making delicious pumpkin desserts and finding as many things to be thankful for as possible - with our happy Day Club family that will be pretty easy.



Baking Club's Goulish Treats



Roy helps to maintain our beautiful fall display

## Primrose Activities

We started our October out with a (better late than never) Octoberfest Party on the 14th. We made home-made pretzels, drank non-alcohol beer and listened to Polka favorites, like "Roll Out the Barrel".

For our Halloween Party this year, we had Michael playing our favorite scary tunes on the piano while we danced and ate the fabulous goulish treats provided by the baking club.

On November 4th we will do our civic duty and learn about some of the issues being voted on.

For Veterans Day we will honor our own Veterans with our Day Clubbers.

On Thursday, November 20th we will be hosting our family Thanksgiving Dinner starting at 4 pm with yummy appetizers followed by a traditional Thanksgiving Dinner and Pumpkin Pie created by Jack and our fabulous kitchen staff.



## Kitchen Corner



In Sonoma County, summer seems to stretch well into the Fall, all the way through the grape harvest and near to the time when the olives are ready to pick. We are now in the heart of our season of warm days, so our four week menu cycle features some summer favorites like cheeseburgers, and shrimp roll sandwiches with a variety of fresh coleslaws, salads, and ripe watermelon.

This month, I would like to share a few of the ways we add interest to summer salads made with crisp shredded cabbage.

Cheers! Chef Jack

1. For mayonnaise based slaw dressings, try adding a touch of Dijon mustard and apple cider vinegar. For the slaw mix, add shredded apple, jicama, or golden beets to your standard blend of cabbage and carrots.
2. For an Asian twist, try this new Primrose Vinaigrette recipe on a mix of shredded cabbage, carrots, apple and julienned green onion:

Combine:

1/3 cup rice wine vinegar  
 1 Tbl lime or lemon juice  
 1 Tbl fresh ginger, minced  
 2 Tbl sesame oil  
 2 Tbl sugar  
 2 Tbl soy sauce  
 1/2 tsp Chinese 5-spice  
 1/2 tsp garlic powder  
 3/4 light olive or peanut oil

Enjoy !

## Community Presentations

Our speaker, **Elizabeth Edgerly, PhD., Chief Program Director for the Alzheimer's Association, as well as a clinical psychologist**

will be presenting:

**“Help and Hope in Alzheimer's Science and Care”**

At Primrose, 2080 Guerneville Rd., Santa Rosa

**Friday, November 14, 2014 from 2:00 – 4:00 pm**

Please call by November 12th to RSVP at (707) 578-8360

## 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: Care is not available at this group.**

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

In **Rohnert Park**, group meeting **every 4th Thursday** of every month from **10:30am - Noon** at **Emeritus, Rohnert Park (4855 Snyder Lane). Note: Care is not available at this group.**