

[<Back](#)

 [Print](#)

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Brain Matters

October E-Newsletter

October 9, 2009

in this issue

[People With Alzheimer's At Risk of Fraud and Abuse](#)

[Nobel Prize Winner in Physics Suffers From Alzheimer's](#)

[Chronic Sleep Deprivation Worsens Alzheimer's Disease](#)

[Communication Problems In Dementia Care Cause Physical Strain](#)

[Caregiver Conference - 11/14](#)

[Speakers Bureau Training - 10/27](#)

[Around the Chapter](#)

People With Alzheimer's At Risk of Fraud and Abuse

• **Nobel Prize Winner in Physics Suffers From Alzheimer's**

Nobel Prize winner for physics Charles Kao Kuen said he finds communication hard because of Alzheimer's disease. In an interview with KTSF 26, a Chinese-language TV station serving Northern California, Kao, 75, said he sometimes finds it difficult to talk.



"I myself am not very good now," the former vice chancellor of the Chinese University of Hong Kong said yesterday from his home near San Francisco. "Saying what I want to say from my heart, it's very difficult to do."

Kao, who holds British and US nationalities and has a home in Hong Kong as well as the United States, said he is "very happy" to receive the award.

The Shanghai-born scientist, who was educated in Hong Kong and Britain, will attend the Nobel ceremony in Stockholm in December, his wife Gwen Kao May-wan said. "I was under a lot of pressure, because I knew what this person was like before," she said. "This disease has changed him, it is like he's gone. [I] had cried for some time. Now [I am] used to it. I know this person was not the same person as before."

Kao is still physically fit, and is capable of taking care of himself and playing tennis with her regularly.

Meanwhile, the couple have decided to donate part of the US\$700,000 (HK\$5.46 million) prize money to the elderly center of St James' Settlement in Hong



People with Dementia are vulnerable to fraud and abuse. It may be perpetrated by immediate family, caregivers, or sales people. Consider the two current news stories mentioned below - in New York and London. One is fraud by a family member, the other by a hired caregiver.

NEW YORK - Brooke Astor's 85-year-old son was convicted Thursday of exploiting his philanthropist mother's failing mind and helping himself to her nearly \$200 million fortune. Anthony Marshall now faces a mandatory jail sentence of at least one year - and perhaps as many as 25 years.

Jurors delivered their verdict on the 11th full day of deliberations, ending a five-month trial that revealed the New York society doyenne's sad decline. She was 105 and had Alzheimer's disease when she died in 2007.

Marshall "stole from his mother while she suffered from Alzheimer's disease, making her life worse while enriching his own," prosecutor Elizabeth Loewy said after the verdict.

Marshall was accused of a range of tactics - from scheming to inherit millions of dollars to simply stealing artwork off her walls. Morrissey was accused of

Kong and an Alzheimer's Association in the United States, according to the China News Service.

Nobel Prize Winner Has AD

• **Chronic Sleep Deprivation Worsens Alzheimer's Disease**



People who do not get enough sleep could be at increased risk for Alzheimer's disease, according to a new study. Researchers at Washington University say their findings suggest the human sleep-wake

cycle could play a major role in development of the degenerative neurological disorder, which leads to dementia and eventually death.

The study's finding suggests that people who are chronically sleep deprived, such as those with a condition known as sleep apnea, are at higher risk for developing Alzheimer's because their brains are not getting enough rest. Patients with sleep apnea experience breathing difficulties that can rouse them out of their sleep hundreds of times per night.

More about AD & sleep

• **Communication Problems In Dementia Care Cause Physical Strain**

ScienceDaily (Oct. 5, 2009) - Excessive physical strain in dementia care is not so much related to equipment or the resident's body weight as it is due to communication problems and misunderstandings. This is shown in a new study from the Sahlgrenska Academy.



The study investigates how nurses' aides at three dementia care facilities in western Sweden feel about person transfers in the workplace and what they do to reduce the physical strain. While the residents' body weight seems to be less relevant for

helping manipulate a confused Astor into changing her will to leave Marshall millions of dollars that had been destined for charity.

LONDON, UK - A nurse who stole £72,000 from patient who had Alzheimer's disease has been jailed for three-and-a-half-years. Abdool Hamuth, 65, used the money in part to pay for his son's wedding and fled to his native Mauritius after the thefts, Southwark Crown Court heard. Judge Gregory Stone said it was difficult to imagine a crime "more despicable and mean".

Hamuth admitted three counts of obtaining money from 78-year-old Alan Roberts by deception. He also admitted two charges of attempting to obtain £128,000 by deception.

Hamuth, who forged Mr Roberts's signature on cheques in 2004, was extradited to face trial. Subsequent investigations have raised concerns that the nurse may have also forged Mr Roberts' will before he died, also in 2004.

What can be done to protect those with AD?

Include as many family members as possible in caregiving. Make sure someone is monitoring financial activity - including banking and credit cards. Consider closing unnecessary accounts, and changing recurring payments to direct withdrawals. Drop in at unexpected times to check on paid caregivers, whether at home or in a facility.

[Learn more about elder abuse and neglect.](#) Protect yourself from [solicitors and potential fraud](#). Do things that will limit solicitors calling you on the

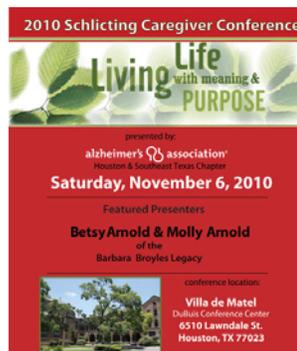
how straining the personnel perceive their work to be, Wångblad found misunderstandings and communication problems to be much more important.

'A resident who is unable to read signals from the surroundings or who forgets what he or she is supposed to do reacts with anxiety, confusion and resistance. The personnel can avoid communication problems by explaining things with different words and by using body language, and thereby make person transfers much easier', says Synneve Dahlin Ivanoff, Professor of Occupational Therapy at the Sahlgrenska Academy.

Individual-specific knowledge about the residents also seems useful. For example, the personnel can make person transfers easier by giving appropriate instructions, using the right vocal pitch, assisting a resident in the way he or she prefers, and by knowing whether it is possible to ask a resident to move faster.

Report on Communication & Dementia

• Caregiver Conference - 11/14



The 2009 Schlichting Caregiver Conference is November 14, from 8:30am - 2:30pm. This year's conference features six experts in Alzheimer's in a program titled *"Empowered for the Journey."*

Conference sessions include:

- Keynote Speaker - Ann Morrison, PhD RN, whose presentation is titled *"Keeping Families Healthy When a Member has Dementia."*
- Late Stage Care by Cindy Hartman, RN, BSN
- The Next Steps: Life Planning Tips by Michelle Sonnier LMSW
- Sexuality, Intimacy, & Alzheimer's by Fran Floersheimer LBSW
- Communication & Activity Modification Tips by Robyn Horn MLCA
- closing session will feature a presentation by Oma Morey PhD called *"Riding the Waves of Caregiving."*

phone or sending you mail. Get your phone number registered on the "[national do not call list](#). Consider getting Caller ID so you know who is calling you. Stop unwanted junk mail by [taking steps to get off mailing lists](#). Check your [risk of identity theft](#), and make changes to reduce your exposure.

A Post-Conference Workshop entitled **Demystifying Behaviors** will be presented by Ann Morrison from 2:45 - 4:15pm. Separate registration is required, and space is very limited.

Spanish translation for the conference and workshop will be provided.

[Register on-line...](#)

• **Speakers Bureau Training - 10/27**

Would you like to help increase awareness and understanding of Alzheimer's disease? Join us to learn more about dementia and gain skills to speak about Alzheimer's.

On October 27, from 6:30 - 8:30pm, the Chapter will host a speakers bureau training at our Houston office, 2242 W Holcombe Blvd at Greenbriar.

To participate, simply call Nikol at 713 314 1332, or send her an email at nblackmon@alz.org.

For those interested but not able to attend (or not in the Houston area), please call Nikol to request a training in your area.

[Become a Volunteer](#)

Quick Links...

- **[Chapter Website](#)**
- **[Community Education Survey](#)**
- **[Become An Alzheimer's Advocate](#)**
- **[Upcoming Events](#)**
- **[Request A Care Consultation On-Line](#)**
- **[Caregiver Conference on November 14th](#)**

• **Around the Chapter**

Chapter Events

- **[Events In Beaumont & Southeast Texas](#)**
- **[Events In East Texas \(Nacogdoches/Lufkin area\)](#)**
- **[Events In Gulf Coast Area \(Wharton, Sugar Land, etc\)](#)**
- **[Run In The Chevron Houston Marathon And Support Alz January 17](#)**



Memory Walks in Full Swing

Autumn is a busy time around the Chapter. This year we are sponsoring [14 Memory Walks](#) throughout our 37 county area. If you haven't attended a walk, don't despair - there

are still 10 walks to go, including our largest in [Houst on Galleria on October 24](#) and in [Sug ar Land on October 31](#).

Macy's Shop For A Cause Benefits Chapter

On October 17, the Chapter is participating in Macy's [Shop for a Cause](#), their national charity shopping day to support nonprofit organizations. Here's the deal: purchase a ticket for \$5 and receive 10 - 20% anything purchased on October 17. **To participate, simply call us to purchase a ticket (713 314 1313), or purchase a ticket in any Macy's store and designate our Chapter as the beneficiary.**

Memory Walks...

- **[Nacogdoches - October 10](#)**
- **[Galveston - October 10](#)**

- [Woodlands/Montgomery Co - October 17](#)
- [Baytown - October 17](#)

More Memory Walks

- [Houston Galleria - October 24](#)
- [Fort Bend - October 31](#)
- [Beaumont/Golden Triangle - November 7](#)
- [Bryan/College Station - November 7](#)

New Walks in Livingston & Kingwood!

- [Livingston Memory Walk - October 17](#)
- [Kingwood Memory Walk - October 17](#)

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713.314.1313

Clean Audit For Chapter

The Chapter's external audit was completed for Fiscal Year 2009. The report gave the Chapter a clean bill of health - we're delighted to report that our financials are in order and meet regulatory guidelines. As in the past, more than 75% of our expenses are directed to programs and services.

Poetry and Alzheimer's

The Montgomery County Literacy Arts Council, St Thomas University, Lone Star College-Montgomery, and the Alzheimer's Association, will host **two poetry readings from a book entitled *Beyond Forgetting: Poetry and Prose About Alzheimer's Disease***. Readings will include Seattle-based editor Holly Hughes, Montgomery County poet laureate Dave Parsons, Dallas poet/editor Carolyn Dahl, Sheryl Nelms, and University of St Thomas poet-in-residence Janet Lowery. Readings are Wednesday, November 4, at University of St Thomas from 5 - 8P; and Thursday, November 5, Lone Star College-Montgomery (Rm B-102) at 7P. For information, call Teri at 713-314-1353.

River Oaks Luncheon featuring Cloris Leachman

We're excited about this year's **Houston AWARE Family Portrait Luncheon featuring actress Cloris Leachman**. Houston AWARE has raised more than \$1.7M to support Chapter programs and services. This year's Tenth Annual Family Portrait Luncheon will honor the AWARE founders. For information, call Ana at 713-314-1331.

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