



Welcome!

*The Truth About Living with
Alzheimer's Disease and Dementia:
Knowledge is Power*



Pledge of Allegiance



Katherine Ambrose

Host & Founder of Empowered Senior

- REALTOR®
- Senior Real Estate Specialist®
- Certified Senior Housing Professional®
- Downsizing Coach®
- Senior Move Manager®

Television Producer & Host:
Empowering Seniors
PBS Kansas



(316) 686-4500



Downsizers Club is a community for mature adults, of any age, committed to making downsizing easy! Our mission is to take the overwhelm out of the downsizing and relocation process.

Downsizers Club meets the 1st Tuesday of every month at the new PBS Kansas Headquarters (8710 E 32nd St, Wichita KS) at 2 p.m.



Thank you to all Education Partners



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Vibrant living. Valued principles.



bluestemks.org



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Equip. Educate. Empower.



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Welcome our Panel!

**THE TRUTH ABOUT *LIVING*
WITH DEMENTIA:
KNOWLEDGE IS POWER!**

AND

HOW TO LIVE OUR BEST BRAIN LIFE!

OPTIMIZE YOUR HEALTH!

Fiona Harper



RN,BSN

CERTIFIED INDEPENDENT TRAINER AND CONSULTANT POSITIVE APPROACH TO CARE[®], APOLLO HEALTH RECODE[®] PRACTITIONER, MOCA CERTIFIED

CO-FOUNDER CHANGING MINDS

FIONA HAS SERVED THE WICHITA AND SURROUNDING COMMUNITIES FOR OVER 29 YEARS AS A REGISTERED NURSE IN GERIATRIC BEHAVIORAL HEALTH, EMERGENCY MEDICINE BEHAVIORAL HEALTH, BEHAVIORAL HOME HEALTH AND ADDICTION TREATMENT.

SHE HAS BEEN THE DIRECTOR OF TWO GERIATRIC BEHAVIORAL HEALTH UNITS. FIONA IS CERTIFIED IN THE POSITIVE APPROACH TO CARE[®] PROGRAM AS A CERTIFIED INDEPENDENT TRAINER AND CONSULTANT.

SHE IS ONE OF ONLY TWO NURSES IN THE UNITED STATES CERTIFIED AS AN APOLLO HEALTH RECODE[®] 2.0 PRACTITIONER.

Gaylynn Green



CERTIFIED GEMS® ACTIVITY SPECIALIST, PHYSICAL THERAPY ASSISTANT, HOME SAFETY EVALUATIONS

CO-FOUNDER CHANGING MINDS

GAYLYNN HAS SERVED THE WICHITA AND SURROUNDING AREA AS A PHYSICAL THERAPY ASSISTANT FOR OVER 25 YEARS IN LONG-TERM CARE, PHYSICAL REHABILITATION, SKILLED NURSING, AND HOME HEALTH. SHE IS FREQUENTLY PERSONALLY REQUESTED BY HOME HEALTH CLIENTS.

GAYLYNN IS A CERTIFIED POSITIVE APPROACH TO CARE® GEMS® ACTIVITY SPECIALIST. SHE ALSO HAD THE BLESSED EXPERIENCE OF CARING “WITH” HER BEAUTIFUL MOTHER, WHO LIVED WITH ALZHEIMER’S DISEASE, IN HER HOME. THROUGH THAT EXPERIENCE, GAYLYNN SOUGHT OUT RESOURCES ON HER OWN AND HAS BEEN A WEALTH OF KNOWLEDGE AND INSPIRATION TO OUR TEAM AND THE COMMUNITY.

Rayna Neises



CERTIFIED INDEPENDENT TRAINER POSITIVE APPROACH TO CARE®, ICF CERTIFIED COACH

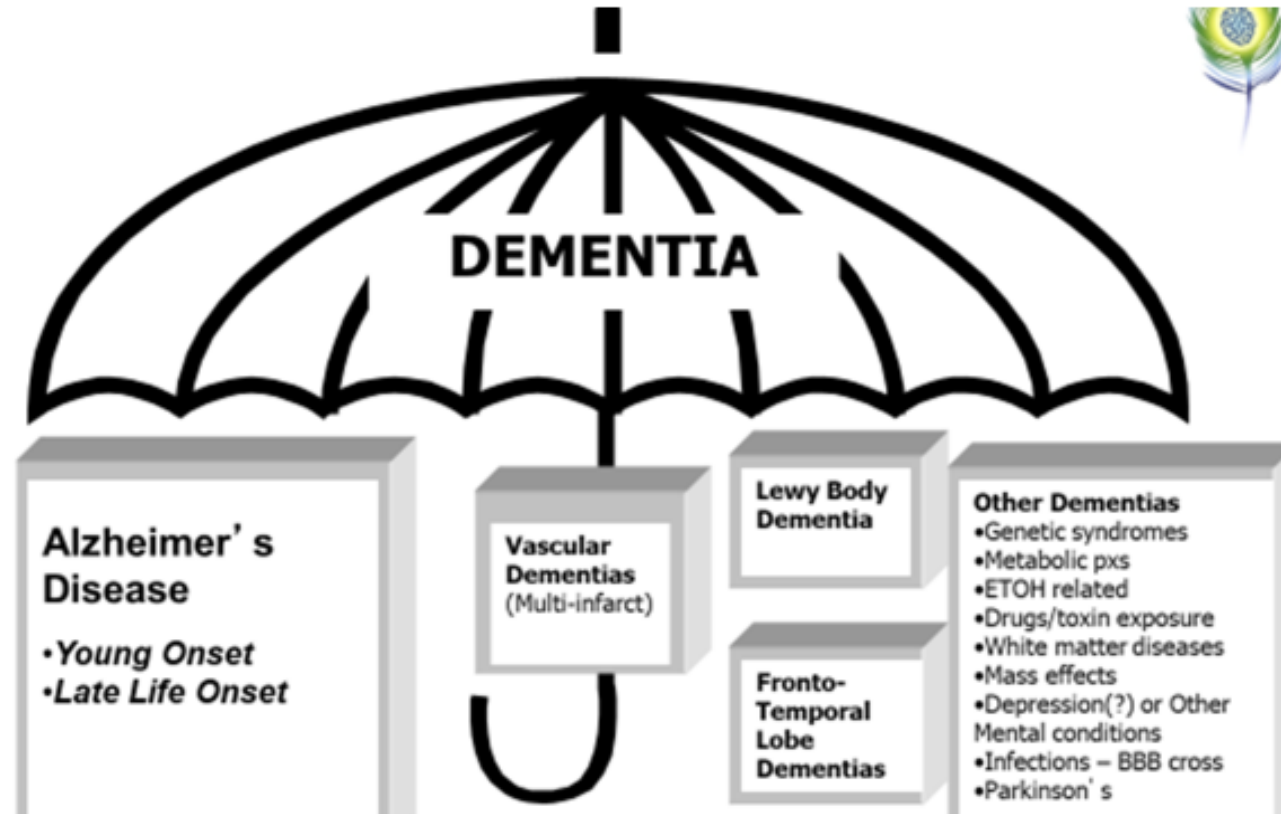
RAYNA NEISES IS THE AUTHOR OF *NO REGRETS: HOPE FOR YOUR CAREGIVING SEASON*, ICF CERTIFIED COACH, CERTIFIED INDEPENDENT TRAINER POSITIVE APPROACH TO CARE®, THE HOST OF “A SEASON OF CARING” PODCAST, AND SPEAKER WHO IS PASSIONATE ABOUT SUPPORTING DAUGHTERS AND SONS IN A SEASON OF CARING WITH THEIR AGING PARENTS.

RAYNA LOST BOTH OF HER PARENTS TO ALZHEIMER’S DISEASE TWENTY YEARS APART. AFTER HER SEASON OF CARING FOR HER DAD THROUGH HIS JOURNEY, SHE FOUNDED A SEASON OF CARING COACHING WHERE SHE OFFERS REGRET-FREE RESOURCES, ENCOURAGEMENT, AND SUPPORT AIMED AT PREVENTING FAMILY CAREGIVERS FROM AIMLESSLY WANDERING THROUGH THIS IMPORTANT SEASON OF LIFE.

WHAT IS DEMENTIA?

A BRAIN DISORDER THAT RESULTS IN LOSS OF
MEMORY, PROBLEM SOLVING, JUDGEMENT,
LANGUAGE AND OTHER COGNITIVE ABILITIES.
THIS LOSS RESULTS IN INTERFERENCE WITH
DAILY LIVING.

Teepasnow.com



WHO HAS IT?

2022 U.S STATISTICS

=65-74 YEARS OF AGE

=75-84 YEARS OF AGE

=85+ YEARS OF AGE

**TALK TO THE PERSON AND THEIR FAMILY
(aq21)**

COGNITIVE TESTS

BRAIN SCANS

GENETIC TESTS APOE4

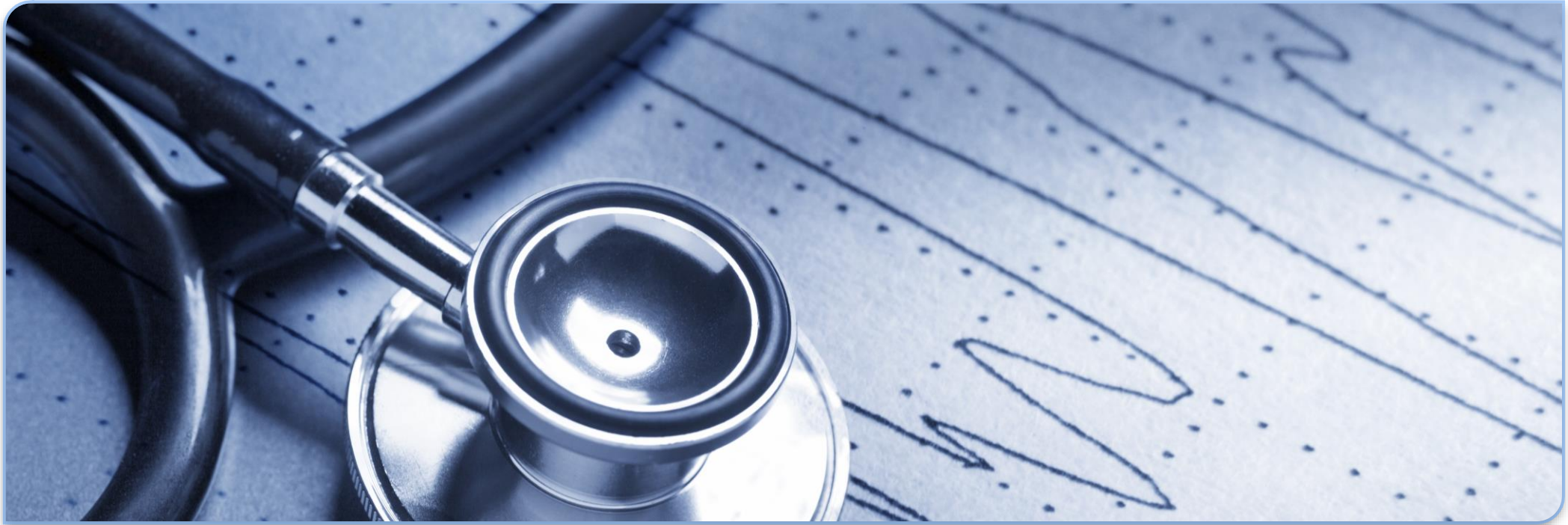
BLOOD TESTS

HOW IS IT DIAGNOSED?



Do your own yearly cognoscopy!

ANIMAL FLUENCY TEST



Talk to your doctor
ABOUT TREATMENT OPTIONS...*AND THEN*

OPTIMIZE YOUR HEALTH!

DIET

EXERCISE

SLEEP OPTIMIZATION

STRESS REDUCTION

SOCIAL INTERACTION

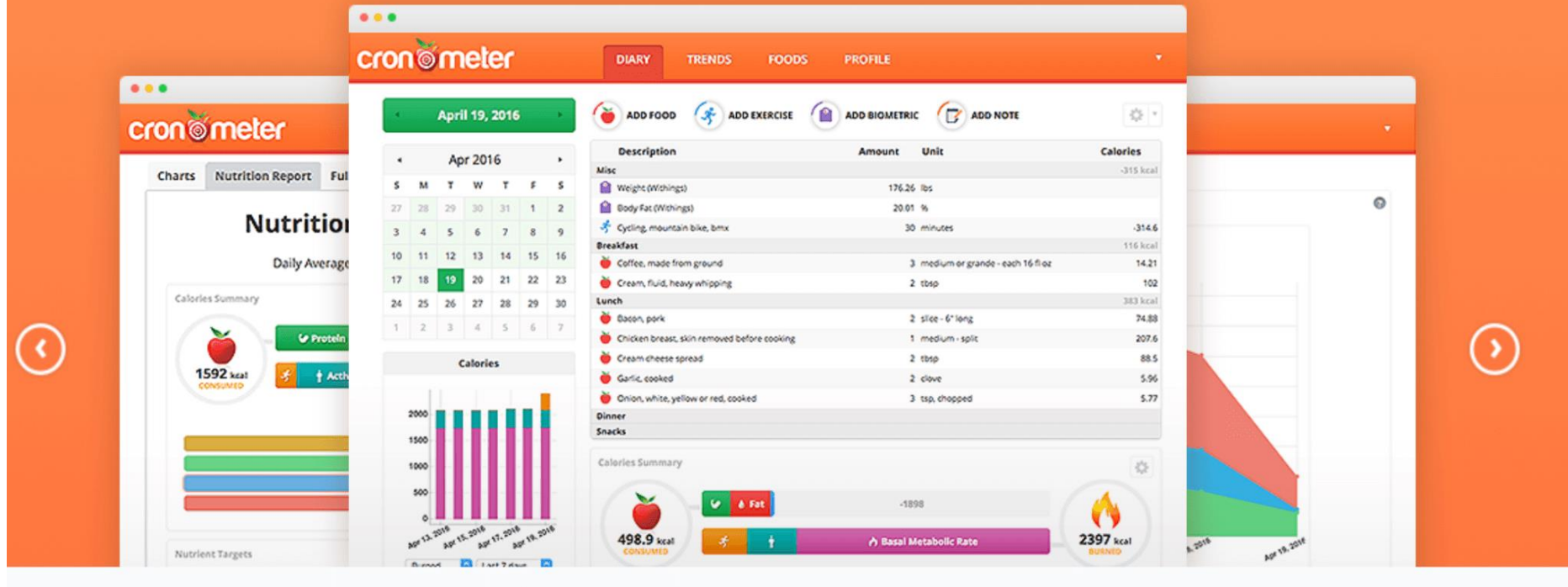
COGNITIVE STIMULATION

DESSSC!

Track Your Nutrition, Fitness, & Health Data

Log your Diet, Exercise, Biometrics and Notes

[SIGN UP FOR FREE](#)





Brain Training THAT WORKS



brainHQ
from Posit Science



Raising the bar on brain training

There are a lot of “brain games” out there.

BrainHQ is much more.

EMPOWER YOUR BRAIN

The LEAP! program translates the latest scientific evidence into everyday strategies for reducing your Alzheimer's risk. Developed by experts at the KU Alzheimer's Disease Research Center (ADRC), this program covers six key lifestyle factors that are associated with reduced risk of AD. Even small changes can make a difference, so get started with your brain-healthy lifestyle today!



LEAP!

LIFESTYLE EMPOWERMENT FOR
ALZHEIMER'S PREVENTION

KU ALZHEIMER'S RESEARCH CENTER

Alex Robinson & Ben Carmichael

Attorneys





Jason Bock & Matthew Sondergard

Attorneys





Questions?

See you in October for ...

The Truth About Getting Your Affairs in Order: Bad blood and blended families

Estate planning is no longer as simple as having a last will and testament. Virtually every state has different laws on matters such as probate and inheritance, making who gets what a very complicated issue. This is especially true for blended families and those with otherwise 'complicated' relationships.

