

August Caregiver Newsletter

August 8, 2022



Comfort
Keepers.

Elevating the
Human Spirit

Hello Bend Caregiver team, the Alzheimer's Association has educational events all month, shown below! Visit alz.org/CRF to explore additional education programs.



Join The Alzheimer's Association to learn about:

- The impact of Alzheimer's.
- The difference between Alzheimer's and dementia.
- Alzheimer's disease stages and risk factors.
- Current research and treatments available to address some symptoms.
- Alzheimer's Association resources.

Tuesday, August 30 2 p.m. - 3:30 p.m.
Downtown Bend Library
601 NW Wall St
Bend, OR 97703

Call 1-800-272-3900 or visit alz.org/CRF to register for this class.

The Alzheimer's Association has online webinars as well! Please call or the office or email Liane at lianegregg@comfortkeepers.com for the registration link, if you are interested in any of the webinars listed below:

10 Warning Signs of Alzheimer's

Aug 2, 12-1:30pm

Understanding Alzheimer's and Dementia

Aug 5, 9-10:30am and Aug 23, 1-2:30pm

Understanding and Responding to Dementia-Related Behavior

Aug 9, 12-1:30pm and Aug 17, 12-1pm

Managing Money: A Caregivers Guide to

Finances

Aug 10, 2-3pm

Effective Communication Strategies

Aug 11, 2-3:30pm and Aug 24, 12-1pm

Caregiver Spotlight: Amanda

Five fun facts about me:

1. I'm a mother of three adult children.
2. I love to garden, I thrive off the vegetables I grown in the summer.
3. I'm a writer and write many stories that reflect existing in a chaotic but beautiful world.
4. I enjoy kayaking and paddle boarding in the lakes of Central Oregon.
5. In my spare time I travel to unique destinations around Oregon and dabble in photography where I share my photos on social media.



Blueberry Spinach Breakfast Smoothie

Serves 2

INGREDIENTS

- 3 tbsp. old fashioned-oats
- 1 cup fresh spinach
- 1 cup frozen blueberries
- 1/3 cup plain Greek yogurt
- 3/4 cup milk (whichever type you prefer)
- 1/8 tsp. cinnamon (optional)

The American Academy of Ophthalmology says the vitamin C found in blueberries can prevent age-related macular degeneration (AMD) and cataracts, and the lutein and zeaxanthin in spinach works to protect the macula—the area of the eye that gives us our central, most detailed vision.

STEPS

1. Place all ingredients in a blender and blend until smooth. Serve immediately.

Source: American Academy of Ophthalmology & Kristine's Kitchen

**Try this fun
recipe with a
client or at
home!**

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