



**Pineview Cottage is a premier assisted living community in Harbor Springs, Michigan. The community provides our residents an upscale resort feel, within a caring home setting.**



**This publication is designed to assist potential residents and families in understanding the unique care available in our community. It also provides other helpful information and resources.**

Our mission **"Dignity in Life"** is expressed throughout our community. We've created a luxurious home like environment, exceeding expectations in all areas with emphasis on resident care and distinctive senior amenities—a place that lovingly supports people in being who they are. We promote awareness in the way we understand aging, growing old and the role of eldership.

*Mission—  
"Dignity In Life"*

Pineview Cottage is a beacon of innovation and inspiration in senior care. The moment you step foot in Pineview Cottage, you will feel something special. From the beautiful surroundings to the warm welcome you'll receive from our staff and residents, this community offers a wealth of opportunities that will complement your lifestyle. We invite you to experience Pineview Cottage— a great place to call home.

We can all use a helping hand from time to time. This is especially true as we age. At Pineview Cottage, our compassionate and dedicated staff provides individualized personal care and support services to our residents, all delivered in the comfort and privacy of your own suite.

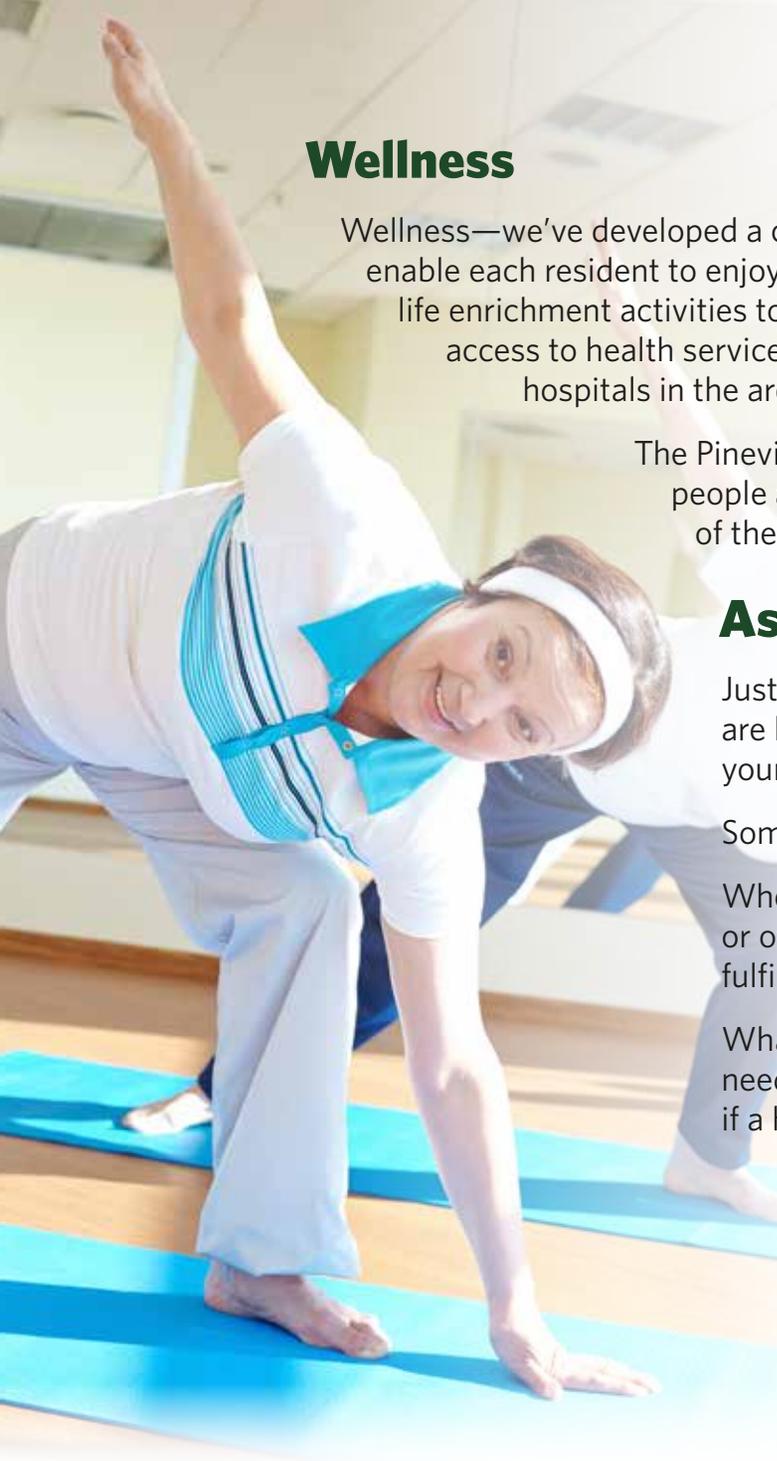
Each of our private suite apartments includes a bedroom, sitting area and spacious ADA accessible bathroom. Having your own private apartment allows you to get the help you need without sacrificing your privacy and independence. You'll be able to live a full, active life, while having the peace of mind knowing our caring staff is here to help you around-the-clock with medical care, personal care, housekeeping and other individual needs.

Residents can stroll around the property and enjoy their view of wildlife in a natural pine tree lined setting, while resting in the sensory stimulation garden.

We invite you to learn more, and consider sharing your life, your memories, your passions, and your friendship with us here at Pineview Cottage.

***"Having a place to go—is a home. Having someone to love—is a family."***





## Wellness

Wellness—we've developed a comprehensive and completely personalized Wellness Program intended to enable each resident to enjoy life to the fullest. From spa therapies, diet and exercise programs, and planned life enrichment activities to excellent medical response capabilities and services. To ensure expedited access to health services when needed, we partner with the finest doctors, rehab therapists and hospitals in the area.

The Pineview Cottage wellness approach is a deliberate and balanced synergy of places, people and programming with a singular objective: to optimize the quality of the lives of the people who call it their home.

## Assisted Living

Just because you need a little assistance doesn't mean you have to stop living. We are here to make sure that just because your body may have to slow down a bit, your life does not have to.

Sometimes living alone is simply too hard.

Whether due to the challenges of declining health, home upkeep, lack of community, or other obstacles—sometimes we or our loved ones need help to make each day fulfilling, instead of stressful. We're here for you.

What if each day could bring peace of mind? What if you knew that all of your needs, or those of your family member's, would be seen to and taken care of? What if a home came with a loving, thriving community and activities at its doorstep?

*Excellent Teams—*

*We will select and develop team members who radiate warmth, compassion and respect while skillfully performing their duties.*

## Memory Care

Caring for a spouse, parent or loved one with Alzheimer's disease, dementia or memory loss is challenging and requires a commitment to face each day with patience, flexibility and compassion. Often these conditions require caregivers to seek an additional level of support to ensure the well-being of a loved one.



It's hard to watch someone you love face memory decline. It shouldn't be hard to find the best possible care and lifestyle. Pineview Cottage offers those with Alzheimer's disease, dementia and other memory challenges a beautiful, lifestyle-focused community where remarkable people who understand all stages of memory loss provide exceptional care.

Owners/Managers Dean and Hilde Bonesteel, RN, have a long history of leadership in innovative care for residents with memory loss. Pineview Cottage Memory is a state-of-the-art memory community that's been designed to look and feel like home. We've created a therapeutic environment—a place that lovingly supports people in being who they are. We promote awareness in the way we understand aging, growing old and the role of eldership. Dementia/Alzheimer's care, specialized behavioral and emotional care, hospice, and transitional care coordination all are available to our residents.

Pineview Cottage Memory is unique because we treat the whole person. By offering a lively, balanced schedule of programs, classes and events, we ensure that residents enjoy each day to the fullest.

Residents bring their own furniture and personal items to make their apartments feel like home. Enclosed courtyards provide a safe, secure environment where Residents can enjoy the outdoors. Families have peace of mind knowing that their loved ones are receiving the best care possible.

## Alzheimer's Awareness — The Journey

**PURPOSE:** To provide support to those living with dementia and those touched by Alzheimer's disease. This disease has taken so much from us, we need to fight back against this most feared disease. ***Join us as we empower those with forgetfulness—learning ways to enter into their world and not make them live in ours.***



## We Believe

- At Pineview Cottage, we recognize our residents as the special individuals they are. Life is much more than physical health; it also includes the health of the human spirit. And when physical health begins to fail, the nurturing of the spirit becomes critical for maintaining the dignity of the individual.
- Pineview Cottage is dedicated to Making Life Better—Life with a Real Sense of Purpose.
- We should promote awareness in the way we understand aging, growing old and the role of eldership.
- We must strive to understand all the things that are important to those with Alzheimer's and dementia—we want to provide them with the care, support and inspiration they need to lead lives with a real sense of purpose.
- We must make a basic attitudinal shift: Dementia is our teacher. Rather than simply a disease, dementia has purpose and meaning. Rather than being people simply in need of our care, people who forget can teach us about life and living. Rather than a burden, people with dementia offer us an opportunity to deepen ourselves, to go deeper into our souls.
- We must not think of people with Alzheimer's as not having ability. They have an ability to feel and interact and WE need to try and enter into their world and not make them live in ours.
- Pineview Cottage is designed to make life easier for those with Alzheimer's disease and other memory impairments, along with their family members. Our unique, specialty communities, combined with the exceptional care and lifestyle, enables families to spend quality time with loved ones instead of worrying about their care and well-being.

### *Quality Reputation—*

*We are known for promoting relationships of trust, confidence and loyalty through the quality of our services, the honesty of our people and involvement in our community.*

## Meaningful Life Enrichment Programs

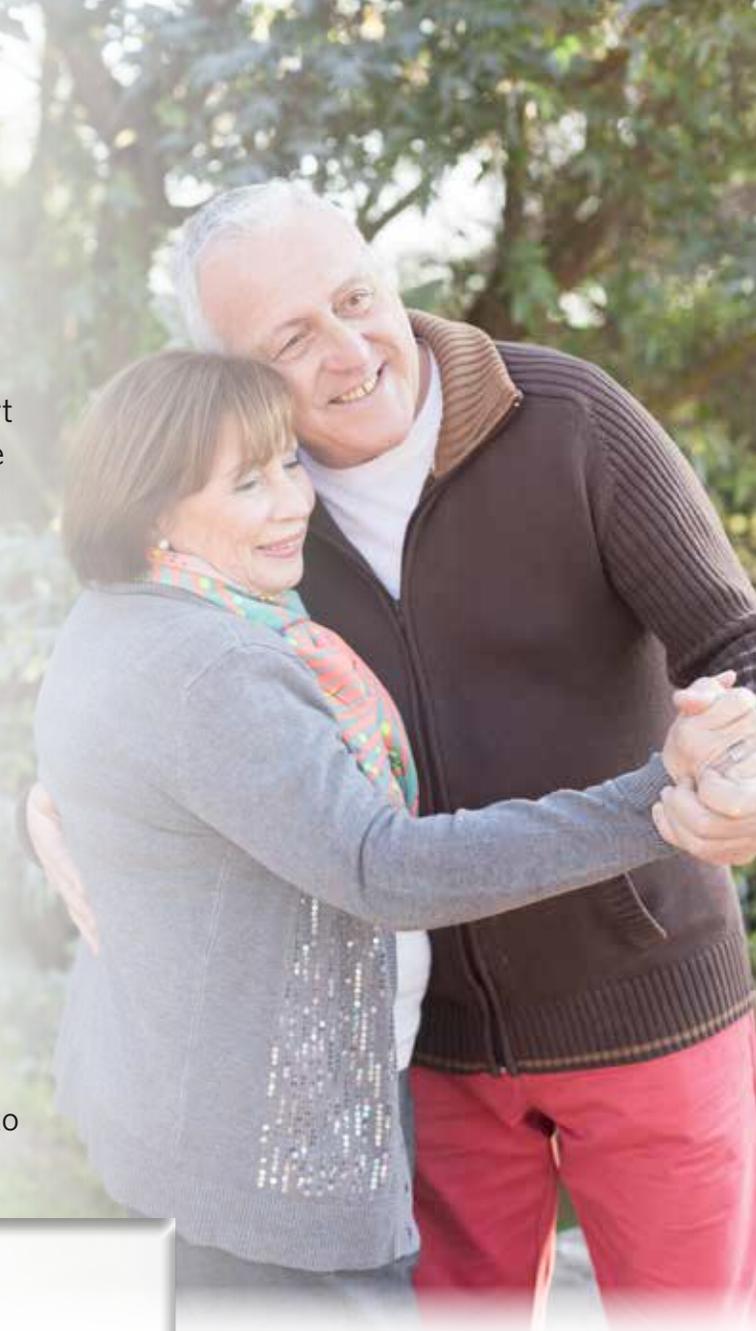
Research indicates music can relieve stress, reduce anxiety and depression and reduce agitation. Music also can benefit caregivers by reducing anxiety, assist in socialization, enhance and help recall language skills, enhance movement and lightening the mood. Music provides a way to connect with loved ones who have Alzheimer's—especially those who have difficulty communicating. Exposure to art and music might help with troublesome symptoms and enhance the quality of life for sufferer, caregiver and family.

**Life Skill Stations** engage residents socially, encourage cognitive exercises, help sustain long-term memories, and improve residents' quality of life. As we look for ways to improve the quality of life for our residents, "life skill stations" have been designed to "spark memories." The goal of life skill stations is to create small vignettes that help dementia residents spark old memories and create activities that encourage interest, movement, and interaction.

"We know through experience and research that those who have dementia suffer memory loss with more recent events, as well as having difficulty finding the right words and phrases. Since long-term memory loss tends to be experienced later in the disease process, life skill stations are uniquely helpful in the retention of memories from years past," Hilde Bonesteel, RN says. "I have witnessed firsthand the benefits and positive experiences life skill stations offer to those with dementia. I have observed the magnetic draw of the residents to these stations. This connection to their past creates enjoyment, fascination, pleasure, and curiosity, all in one."

### *Quality Care—*

*We will dedicate ourselves to provide personalized care and services that achieve extraordinary results and exceed the expectations of those we serve.*



## Pricing

Pineview Cottage uses an all-inclusive pricing model that includes round-the-clock care, three meals per day, life enrichment and recreational activities, in-home visits by physicians and a beauty salon and spa.

Worry-free pricing is our unique, innovative, fixed rate program that's all inclusive and predictable. No buy-in or endowment fees. We don't use "points," "tiers" or "levels" to calculate personal care services. That's a rare find in an industry known for complex and murky pricing structures and mandatory add on care charges which can cause numerous problems for consumers.

There are 20 assisted living suites. Assisted Living Deluxe rooms are geared toward residents who may need assistance in their everyday living.

There are 20 memory care suites. We offer a beautiful environment with character and warmth that make you feel as though you are home. Sun-filled interiors, outdoor garden patios, life skill stations through out—are just some of the highlights of our memory home. Dementia and Alzheimer's care, specialized behavioral and emotional care, hospice, all are available to our residents.

Admission Fee — Our one-time admission/reservation fee is collected to reserve a room.

## Financial Options

**Veterans Program** If you are a veteran, a dependent of a veteran or a surviving spouse of a veteran, you may be eligible for financial assistance to help pay for your stay in an assisted living residence. The program is called "Veteran's Aid and Attendance Benefit" For additional information, please visit the US veteran's Administration website or contact them by phone at 800-827-1000 and ask to speak to a Benefits Counselor to learn more about this program.

**Long Term Care Insurance** Long term care insurance is privately paid insurance with several different kind of benefits. Coverage may include Nursing Home stays, Assisted living Stays, Home Health Care services, Hospice services, and more.

*Stewardship—*

*We are responsible stewards of our resources to serve our residents, ensure the long-term financial stability of the company, reinvest in our people and facilities, and pursue growth opportunities.*



## Features of Our Home

- Private and semi-private accommodations
- Housekeeping, laundry & linen service
- Dining—allow us to prepare you a home cooked meal using the freshest ingredients that will appeal to your palate while maintaining a well-rounded diet. Fellowship and nutrition are important to the health and wellness of our residents
- Beauty & barber services (manicures-pedicures)
- Massage and aroma therapy
- 24 hour emergency call system, fire protection services and monitored security
- Engagement calendar with dynamic calendar of classes, activities and professional entertainment
- Licensed by the State of Michigan
- Individually controlled room heating and air conditioning
- Private phone lines, cable TV and wireless internet
- Apartment maintenance
- Family education and support services



### *Serving—*

*We succeed by focusing our attention and energies on anticipating and exceeding people's expectations. Our actions are driven by a "Yes, I Can" attitude and the commitment that we are "Family Serving Family."*



## Care Services

Below is a description of the services offered by Pineview Cottage.

- Assistance with personal care
- Caring, trained staff available 24 hours a day
- Wellness reviews
- Each resident is personally assessed prior to move-in
  - Fall risk assessment
  - Elopement risk assessment
  - Skin/pressure ulcer risk assessment
  - Dehydration risk assessment
  - Safe return—Alzheimer’s Association program
- Fall Prevention Program
- Personalized care summary—reviewed by our staff three times each day
- Daily assurance checks and medication monitoring
- Family and staff work together to establish realistic expectations for the resident
- Coordination with healthcare providers
- Ongoing communication with primary care physicians, healthcare providers and family members
- In-home services provided—monitored by our team
  - Hospice services offered
  - Therapy services
  - Nursing care
  - Wound care
  - X-ray
  - Laboratory services
  - Social services
  - Physician services
  - Podiatry
- Medication Supervision-Electronic Medication Administration

### *Vision*—Quality Life

*We have created a living environment that radiates love, peace spiritual contentment, dignity and safety, while encouraging personal independence.*

- Weight Monitoring
- Life Enrichment
  - A Life Family history is completed upon admission
  - Each home has a designed hourly life enrichment calendar of events
- Additional Services
  - **Diabetic Care:** We offers diabetes care and can offer insulin injections, including sliding scale therapy.
  - **Memory Care Offered:** Pineview Cottage employs technology to prevent residents from wandering and becoming lost. Our memory care community can accept residents with behavior challenges.
  - **Incontinence Care:** Our staff can remind incontinent residents to use the restroom. Our staff can care for residents with bowel and bladder incontinence.
  - **Non Ambulatory Care:** Our staff can provide a 2 person assisted transfer for residents who need help transferring, for example, from a bed into a wheelchair.

## *Integrity—*

*Our relationships, services and decisions will speak for our desire to always act with honesty, fairness, and compassion. People learn from interacting with us that they can trust us to be who we say we are and do what we say we'll do. We strive to act in a way that will make God smile at our efforts.*

## **Specialized Alzheimer's Services**

- Specialized forgetfulness care for those living with Dementia/Alzheimer's
- Education of our staff in Alzheimer's Care
- Elopement risk assessments are completed on all residents—Alzheimer's and Assisted living home upon admission, yearly and with change in condition
- Behaviors are analyzed immediately.
- We track and trend all behaviors until we find workable solution. Our team will re-enact a behavior or incident to find the root cause.
- We analyze our environment—sound, smell, temperature and our approach
- Secured monitored exits—Our doors are physically checked/documented each shift—ensuring they are working properly.  
Windows are secured/limited
- Hourly rounds are made in our Alzheimer's homes to ensure the door alarms are active
- Elopement drills are conducted
- Head counts done/documented every hour



## Our Team

- Special attention is given when selecting our staff. The process is very important.
- Ongoing training designed to assist staff in managing behaviors
- Focus to maintain a low turnover rate—we want to promote bonding between our residents and staff
- Extensive orientation
- Administrative on-call and unannounced walk through on the off hours
- In-service/educational sessions through the year
- Yearly evaluation of our staff
- Yearly satisfaction surveys with resident/families and staff
- Pineview Cottage is committed to providing a safe and secure home environment for residents. Management will also ensure that the community complies with all local, state, and federal regulations concerning assisted living and memory care services.
- All staff members experience the **Virtual Dementia Tour® (VDT®)** prior to hire. The Virtual Dementia Tour® (VDT®) is a real-life simulation that allows you to experience the sights, sounds, and feelings that those with Dementia adapt to every day as they try to accomplish simple tasks. While we will never be able to fully understand how Dementia feels, the VDT® demonstration is an attempt to provide profound insight into the lonely, frightening world of Dementia. This enlightening program helps all of us to perceive aging and cognitively-impaired diseases in a more compassionate way.
-  **Hilde Bonesteel** is a PAC certified independent trainer.



### *Excellence*—

*We continually pursue opportunities to improve ourselves and the services we provide. We learn from our experiences, build on our successes, and make changes when changes are beneficial. We develop people's strengths and remain committed to becoming the Best of the Best.*

## Why is Pineview Cottage Like No Other Assisted Living and Memory Care Community?

- Years of experience and enduring commitment
- We are dedicated to making life better—We've designed our communities to make life easier for those with Alzheimer's disease and other memory impairments. Our unique, specialty communities, combined with the exceptional care and lifestyle, enables families to spend quality time with loved ones instead of worrying about their care and well-being.
- A Real Sense of Purpose—We recognize our residents as the special individuals they are. Life is much more than physical health; it also includes the health of the human spirit. And when physical health begins to fail, the nurturing of the spirit becomes critical for maintaining the dignity of the individual.
- Meaningful life enrichment programs
- Research indicates music can relieve stress, reduce anxiety and depression and reduce agitation. Music also can benefit caregivers by reducing anxiety, assist in socialization, enhance and help recall language skills, enhance movement and lightening the mood.
- Exposure to art, music and dance might help with troublesome symptoms and enhance the quality of life for sufferer, caregiver and family. Music provides a way to connect with loved ones who have Alzheimer's—especially those who have difficulty communicating.
- Life skill stations engage residents socially, encourage cognitive exercises, help sustain long-term memories, and improve residents' quality of life. Life skill stations have been designed to "spark memories." The goal of life skill stations is to create small vignettes that help dementia residents spark old memories and create activities that encourage interest, movement, and interaction.
- Virtual Dementia Tour® (VDT®) is a real-life simulation that allows you to experience the sights, sounds, and feelings that those with Dementia adapt to every day as they try to accomplish simple tasks.

### *Teamwork—*

*Our relationships are built on mutual trust and respect. We recognize the value and worth of each person we are privileged to encounter, work with, and serve. We seek to understand what is important to others and let people know they are appreciated for who they are and what they do.*

**Pineview Cottage**  
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www.pineviewcottage.com

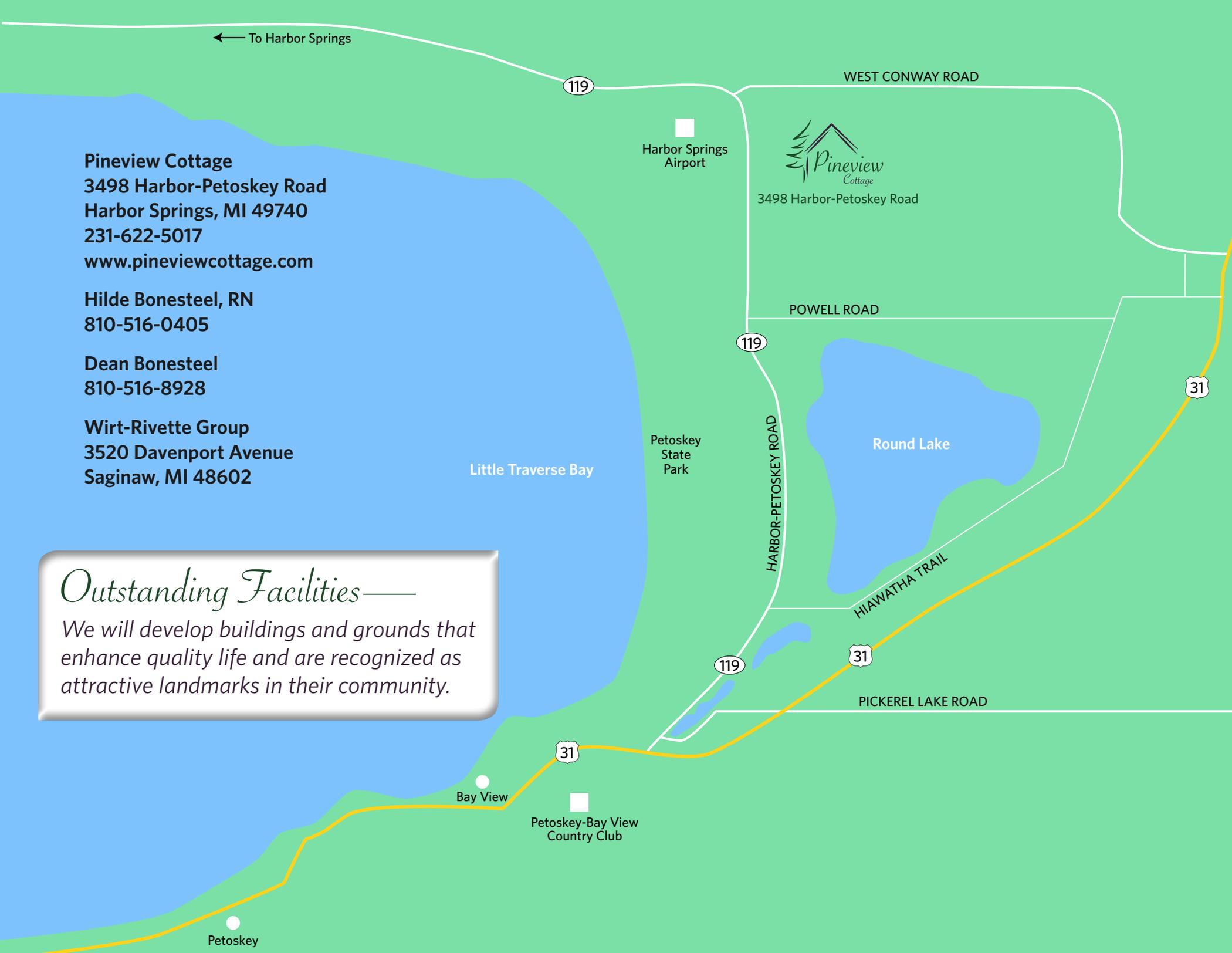
**Hilde Bonesteel, RN**  
810-516-0405

**Dean Bonesteel**  
810-516-8928

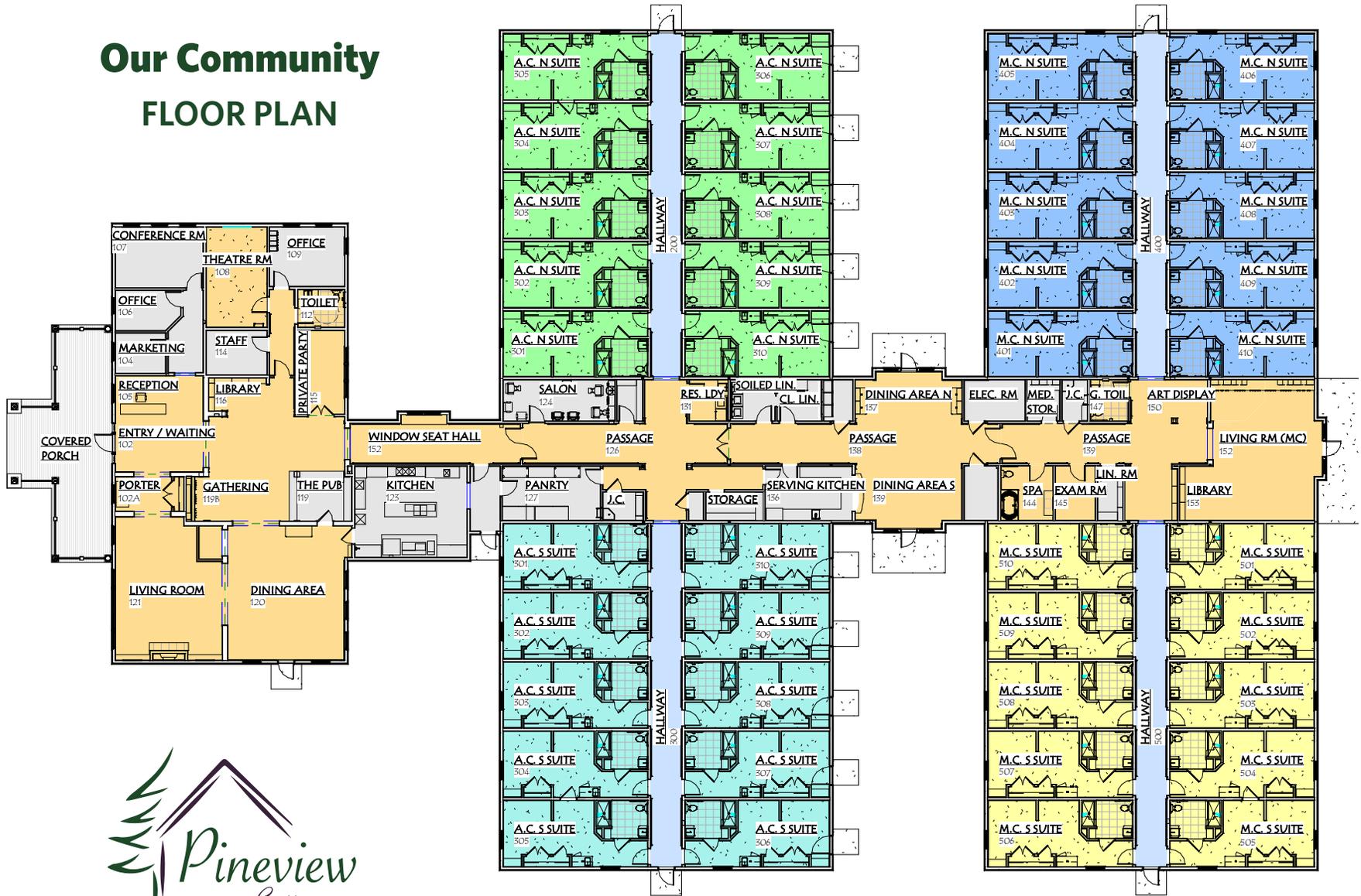
**Wirt-Rivette Group**  
3520 Davenport Avenue  
Saginaw, MI 48602

## *Outstanding Facilities—*

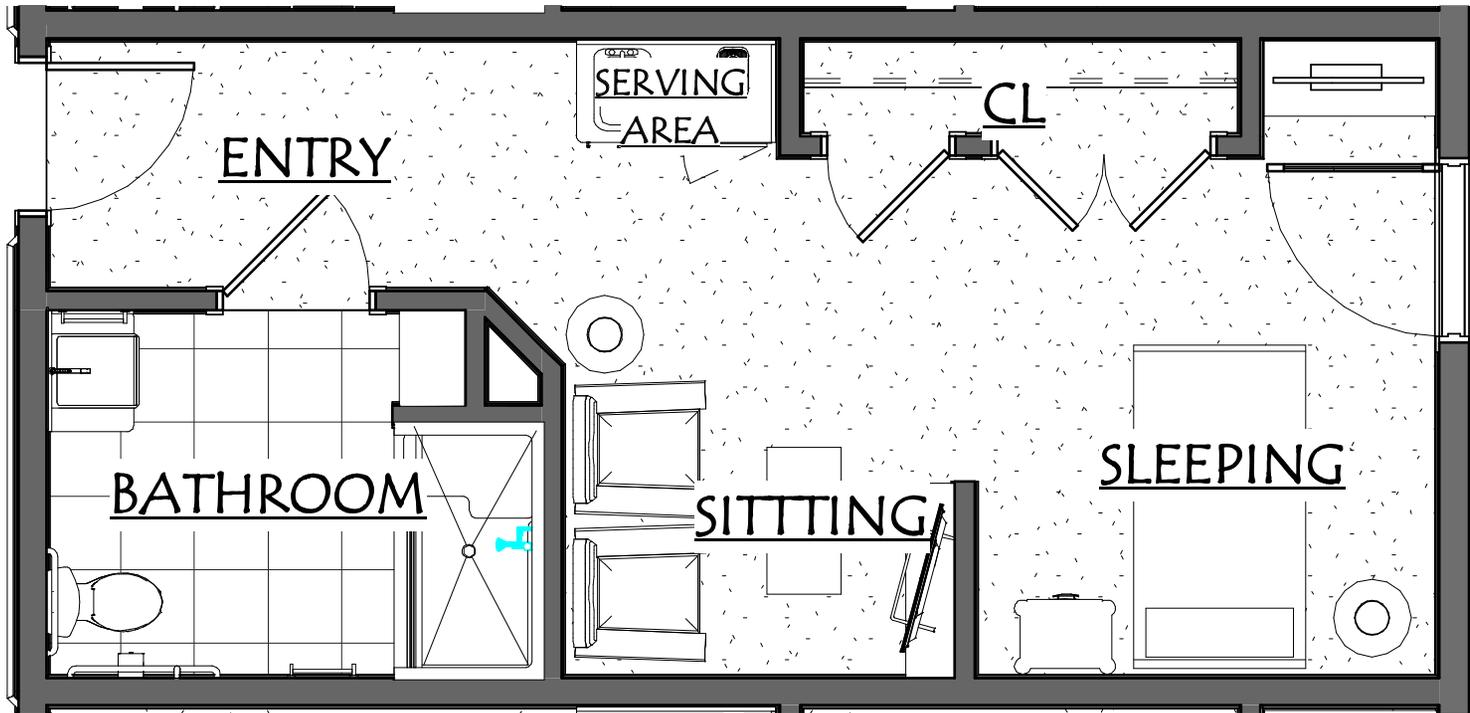
*We will develop buildings and grounds that enhance quality life and are recognized as attractive landmarks in their community.*



# Our Community FLOOR PLAN



## Typical Residence Suite



# New Assisted Living, Memory Care Facility to Open Here, Helping to Meet an Ever-Growing Need

*Kate Bassett, Harbor Light News Staff | August 30, 2017*

When Hilde Bonesteel works with people who have Alzheimer's and their loved ones—her approach may best be described as radical; radical love, radical joy, and radical hope, both for connection and small moments of beauty and meaning. It's a philosophy that she will imbibe into every aspect of a new assisted living and memory care community, Pineview Cottage, opening in the area in 2018.

Located just off M-119 between Harbor Springs and Petoskey (near the ice hockey rink), the 27,000 square-foot community will include 20 assisted living units and 20 memory care units.

The need for memory care, in particular, has grown dramatically in Emmet County in recent years. It's an increase that's on par with the rest of the country. According to the Alzheimer's Association, more than five million Americans are currently living with Alzheimer's, by 2050 that number is expected to rise to as much as 16 million. In part because one in 10 people over 65 have Alzheimer's, the healthcare model is slowly shifting away from its clinical approach to memory-related syndromes and disease.

Bonesteel and Pineview Cottage however, is light years ahead of this story. She has dedicated her life's work to changing the narrative surrounding Alzheimer's and Dementia.

"We must make a basic attitudinal shift," she explained. "Dementia is our teacher. Rather than simply a disease, Dementia has purpose and meaning. Rather than being

people simply in need of our care, people who forget can teach us about life and living. Rather than a burden, people with Dementia offer us an opportunity to deepen ourselves, to go deeper into our souls."

Bonesteel does not think of those with Alzheimer's as lacking ability. Instead, she stresses understanding this critical component: "they have an ability to feel and interact. We need to try and enter into their world, and not make them live in ours."

Bonesteel and her husband, Dean, will bring more than 30 years of experience in senior living and care to their Pineview Cottage community. This includes a deep understanding of the difference between Dementia a group of symptoms affecting memory, thinking and social abilities severely enough to interfere with daily functioning- and Alzheimer's, a disease that has no cure and kills more people each year than breast cancer and prostate cancer combined. Bonesteel is an expert in both Dementia and Alzheimer's, easily breaking down the complexities of how the disease impacts a healthy brain, its stages, and the staggering impact it has on caregivers and the country, emotionally, physically and financially.

To share this information—and the hope/healing of better understanding the inner world of an Alzheimer's patient—Bonesteel started a monthly (free) support group, Alzheimer's

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Awareness—The Journey, which meets at 6 p.m. every fourth Tuesday of the month at Harbor Springs City Hall. The support group provides information on everything from brain health to strategies for caregivers and families.

“We didn’t want to wait (for Pineview) to begin helping and supporting people, because we know the need is so great. I believe it is so important, promoting awareness in understanding how we age, and the role of eldership,” Bonesteel said. As she spoke, her emotional connection to this work was evident.

It’s not sadness, however, that comes through Bonesteel’s words. It’s information combined with empathy. It’s understanding the needs of both those suffering the disease and those working to provide the best of care.

“Alzheimer’s affects people in different ways, which means each person experiences symptoms—and progresses through its stages—differently. Everyone who works for Bonesteel undergoes intensive and very specific training to understand this, and to understand how best to create a therapeutic and warm environment for those living in the assisted living and memory care community.

In fact, Pineview caregivers will all experience a “Virtual Dementia Tour”—a real life simulation to experience the sights, sounds and feelings of people living with Dementia as they try to accomplish simple tasks.

“It provides profound insight into the lonely, frightening world of Dementia,” Bonesteel explained. “It helps all of use to perceive aging and cognitively-impaired diseases in a more compassionate way.”

Her first success story, the Cottages of Davison, in Davison, Michigan opened in 2013. Every detail of that community was designed with residents in mind, “to provide a home that lovingly supports people in being who they are and acknowledging where they are in this disease; we support how they view themselves—their age as they see it.”

One of the things Bonesteel has found helpful when meeting new residents or working with families and caregivers is to set out several pictures at different ages; oftentimes someone with Alzheimer’s, when asked to choose which photo they are in, will select an image of a much younger version of themselves. It’s no wonder then, Bonesteel said, that they may get agitated at the idea of having a middle age child or not recognize their spouse. Instead of trying to force understanding of the person’s actual relationships, Bonesteel helps guide people in a new kind of friendship with their loved one.

Often times, a mother who may not recognize her daughter in person may, in fact, be able to connect and recognize her over the phone. It’s little moments and gifts like this that clearly keep Bonesteel going.

Like in the Cottages of Davison, Bonesteel said Pineview will have “life skill stations” designed to spark memories.

“The goal of life skill stations is to create small vignettes that help Dementia residents spark old memories and create activities that encourage interest, movement and interaction,” she explained. The stations cover a wide range of experiences—from a vanity with an antique mirror and vintage jewelry to a camping station to a baby station and a “here comes the bride” station.

All of these life skills stations are meant to evoke memories through sensory experiences.

In addition, Pineview was designed to embody the classic cottages of the area, both to build upon memories many residents may have and to create a welcoming environment for families. A large porch, sun-filled interior spaces and garden patios were all incorporated to make Pineview feel very much like a summer community cottage, all year round.

The details put into Pineview's design are indicative of Bonesteel's basic premise: to provide those suffering from Alzheimer's and Dementia the care and support they need to live with a real sense of purpose.

This goes for caregivers, too, she noted.

As a nurse, a very particular story has stuck with Bonesteel for years; an elderly gentleman arrived a half hour early for an appointment to have stitches in his thumb removed. He was in a hurry, he said, because he needed to go to the nursing home to eat breakfast with his wife.

"I inquired as to her health; he told me that she had been there for awhile and that she was a victim of Alzheimer's Disease," Bonesteel recalled. She said the gentleman went on to explain that his wife had not recognized him in five years.

"I was surprised and asked him why he still went every morning, if she didn't recognize him. He smiled, patted my hand and said, 'she doesn't know me, but I still know who she is.'"

It was this moment—this recognition of a love that accepts all that "is, has been, will be, and will not be"—that most inspired Bonesteel's own caregiving journey in creating Pineview Cottage.

It's a place, she said she believes, will provide a life—a real life—for those who call it home.

Telling one last story that caused her eyes to well over, Bonesteel said the Cottage of Davison hosts a formal holiday party each year for residents. One of the oldest residents there was asked by a new resident to dance—and dance they did, for several songs (with watchful caregivers positioned all around the room, ready to react if a resident should lose their balance). After returning to his seat, Bonesteel said she noticed the man was weeping.

"I went over, concerned, and asked what was wrong. He looked at me and said he was just so grateful to be asked to dance. 'Thank you, Hilde,'" he said, "'for allowing me to feel 19 again one more time.'"

"And that's what it's all about, that is the beauty and blessing inside all of this," Bonesteel said. "To understand the happiest people make the best of everything they still have, to understand it is our job to remember our loved ones' greatness, and to help them experience that every day."

Pineview Cottage is set to open in May, 2018..

# What Is Alzheimer's Disease?

*Pam Belluck, The New York Times, April 30, 2016*

More than five million Americans are believed to have Alzheimer's, two-thirds of them are women. Geri Taylor 72, is one of them. Credit Michael Kirby Smith for The New York Times. Alzheimer's disease can seem frightening, mysterious and daunting. There are still a lot of unknowns about the disease, which afflicts more than five million Americans. Here are answers to some common questions:

## **Sometimes I forget what day it is or where I put my glasses. Is this normal aging, or am I developing Alzheimer's?**

Just because you forgot an item on your grocery list doesn't mean you are developing dementia. Most people have occasional memory lapses, which increase with age. The memory problems that characterize warning signs of Alzheimer's are usually more frequent, and they begin to interfere with safe or competent daily functioning: forgetting to turn off the stove, leaving home without being properly dressed or forgetting important appointments. Beyond that, the disease usually involves a decline in other cognitive abilities: planning a schedule, following multistep directions, carrying out familiar logistical tasks like balancing a checkbook or cooking a meal. It can also involve mood changes, agitation, social withdrawal and feelings of confusion, and can even affect or slow a person's gait.

## **How is Alzheimer's diagnosed?**

Diagnosing Alzheimer's usually involves a series of assessments, including memory and cognitive tests. Clinicians will also do a thorough medical work-up to determine whether the thinking and memory problems can be explained by other diagnoses, such as another type of dementia, a physical

illness or side effects from a medication. Brain scans and spinal taps may also be conducted to check for corroborating evidence like the accumulation of amyloid, the hallmark protein of Alzheimer's, in the brain or spinal fluid.

## **What causes Alzheimer's?**

The cause is unknown for most cases. Fewer than 5 percent of cases are linked to specific, rare gene mutations. Those are usually early-onset cases that develop in middle age. In the vast majority of cases, Alzheimer's disease makes its presence known after age 65, and the older one gets, the greater the risk. Aside from age, which is the single biggest risk factor, there are health issues that can increase the chances of developing Alzheimer's. Heart and vascular problems, including stroke, diabetes and high blood pressure, appear to increase the risk of Alzheimer's and other dementias. Depression has also been associated with increased risk.

People with one copy of the ApoE4 gene variant have two to four times as much risk of developing Alzheimer's as people without the variant, and people with two copies of ApoE4 have about 10 times the risk. That risk appears to be larger in women. Carriers of ApoE4 also have a greater chance of developing symptoms at a younger age. About 25 percent of people have one copy of ApoE4; about 3 percent have two copies.

### **Is there any way to prevent Alzheimer's?**

Many researchers have been trying to figure this out. So far there is no clear answer. There are hints that behaviors that keep us healthy and engaged—exercise, healthy diet, social activities, educational activities—may keep dementia at bay for some time, probably because those behaviors promote overall brain and body health, as well as emotional well-being. Education may promote what is called cognitive reserve, essentially the idea that the more we learn and stimulate our brains, the more brain cells we have that can temporarily compensate for some memory and thinking problems. But no vitamin, supplement or brain game has been found to be a magic wand.

### **What are the stages that precede Alzheimer's?**

Before developing symptoms of Alzheimer's, some people, but not all, experience a condition called mild cognitive impairment. One type of MCI affects memory. Another type affects perception or decision-making skills. Both types involve a slight decline in these abilities, but it does not prevent the person from functioning independently. People with MCI have a greater risk of developing Alzheimer's, but it is not inevitable.

Recently, scientists have begun to recognize an even earlier state that can precede dementia, called subjective cognitive decline. This occurs when people notice lapses in their memory or thinking that worry them, even if those around them are not really aware of the lapses. Dementia experts have found that sometimes people recognize these issues before they reach the threshold of a clinical diagnosis, and that those people may be more likely to eventually develop Alzheimer's.

Alzheimer's itself typically involves mild, moderate and severe stages. Mild and especially moderate stages can last years, and there is often no way to predict a person's pace and path of decline.

### **Are there any medications for Alzheimer's?**

There are five drugs approved to treat Alzheimer's, sold under the names Aricept, Exelon, Namenda, Namzaric and Razadyne. These drugs either slow the breakdown of the neurotransmitter acetylcholine or block the overproduction of glutamate in the brain, but none have been shown to work very well for very long.

The search for more effective medications has been met with years of failure. One theory behind that failure is that many drugs have been tested on patients too far along in the disease; their brains may have been too damaged for the drugs to have an effect on their symptoms. Many of the drugs developed so far target the amyloid protein that forms plaques in the brains of Alzheimer's patients, because many scientists believe that amyloid buildup is a cause of Alzheimer's.

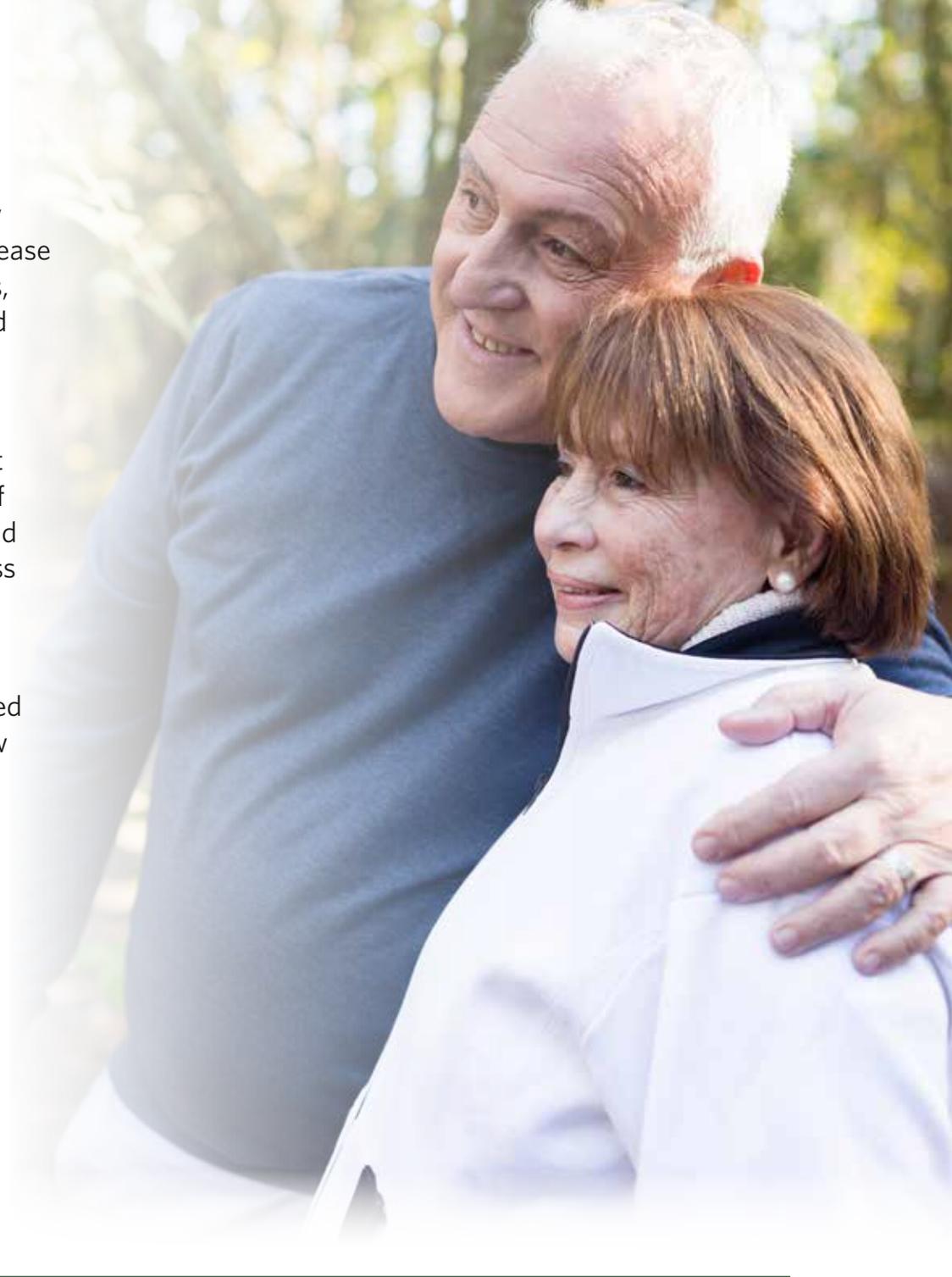
Recent research has found that amyloid begins accumulating 20 years or more before symptoms of dementia occur, and advancements in scans that can detect amyloid are making it possible to identify people in earlier stages, including some who have no symptoms of dementia yet. Several clinical trials are underway, including large trials testing anti-amyloid drugs at these early stages. It will be several years before solid results are known.

## What Causes Alzheimer's Disease?

While the exact causes of Alzheimer's disease are not fully known or understood, as of 2015, scientists believe the disease is caused by several contributing factors including genetics, along with environmental and lifestyle factors. It is believed that age may also be a contributing factor.

Scientific research shows that changes in the brain due to age can damage neurons and contribute to the development of Alzheimer's Disease. When caused by genetics, onset of the disease hits at an early age (between the ages of 30 and 60). Those who live active and healthy lifestyles, and possess brain-stimulating jobs, tend to be at less risk of developing Alzheimer's Disease.

Gender, heart health and past brain injuries are also believed to play contributing roles in the development. Studies show women may run a higher risk than men. People who suffer with health issues such as high blood pressure, uncontrolled diabetes and high cholesterol levels may be more at risk than those who do not. Finally, research also shows that those who have endured a brain injury in the past are also more likely to develop Alzheimer's Disease than those who have not. While research continues, there is no known cure for Alzheimer's Disease.



## 10 Early Signs and Symptoms of Alzheimer's

Memory loss that disrupts daily life may be a symptom of Alzheimer's or another dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. There are 10 warning signs and symptoms. Every individual may experience one or more of these signs in a different degree. If you notice any of them, please see a doctor.

### 1. MEMORY LOSS THAT DISRUPTS DAILY LIFE

One of the most common signs of Alzheimer's is memory loss, especially forgetting recently learned information. Others include forgetting important dates or events; asking for the same information over and over; increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own.

#### **What's a typical age-related change?**

Sometimes forgetting names or appointments, but remembering them later.

### 2. CHALLENGES IN PLANNING OR SOLVING PROBLEMS

Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.

#### **What's a typical age-related change?**

Making occasional errors when balancing a checkbook.

### 3. DIFFICULTY COMPLETING FAMILIAR TASKS AT HOME, AT WORK OR AT LEISURE

People with Alzheimer's often find it hard to complete daily tasks. Sometimes, people may have trouble driving to a familiar location, managing a budget at work or remembering the rules of a favorite game.

#### **What's a typical age-related change?**

Occasionally needing help to use the settings on a microwave or to record a television show.

#### 4. CONFUSION WITH TIME OR PLACE

People with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.

##### What's a typical age-related change?

Getting confused about the day of the week but figuring it out later.

#### 5. TROUBLE UNDERSTANDING VISUAL IMAGES AND SPATIAL RELATIONSHIPS

For some people, having vision problems is a sign of Alzheimer's. They may have difficulty reading, judging distance and determining color or contrast, which may cause problems with driving.

#### 6. NEW PROBLEMS WITH WORDS IN SPEAKING OR WRITING

People with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name (e.g., calling a "watch" a "hand-clock").

##### What's a typical age-related change?

Sometimes having trouble finding the right word.

#### What Is The Difference Between Alzheimer's And Typical Age-Related Changes?

Signs of Alzheimer's/ Dementia	Typical Age-related Changes
Poor judgment and decision-making	Making a bad decision once in a while
Inability to manage a budget	Missing a monthly payment
Losing track of the date or the season	Forgetting which day it is and remembering it later
Difficulty having a conversation	Sometimes forgetting which word to use
Misplacing things and being unable to retrace steps to find them	Losing things from time to time

## **7. MISPLACING THINGS AND LOSING THE ABILITY TO RETRACE STEPS**

A person with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing. This may occur more frequently over time.

### **What's a typical age-related change?**

Misplacing things from time to time and retracing steps to find them.

## **8. DECREASED OR POOR JUDGMENT**

People with Alzheimer's may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers. They may pay less attention to grooming or keeping themselves clean.

### **What's a typical age-related change?**

Making a bad decision once in a while.

## **9. WITHDRAWAL FROM WORK OR SOCIAL ACTIVITIES**

A person with Alzheimer's may start to remove themselves from hobbies, social activities, work projects or sports. They may have trouble keeping up with a favorite sports team or remembering how to complete a favorite hobby. They may also avoid being social because of the changes they have experienced.

### **What's a typical age-related change?**

Sometimes feeling weary of work, family and social obligations.

## **10. CHANGES IN MOOD AND PERSONALITY**

The mood and personalities of people with Alzheimer's can change. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, at work, with friends or in places where they are out of their comfort zone.

### **What's a typical age-related change?**

Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

## What To Do If You Notice These Signs

If you notice any of the 10 Warning Signs of Alzheimer's in yourself or someone you know, don't ignore them. Schedule an appointment with your doctor.

**With early detection, you can:** Get the maximum benefit from available treatments—You can explore treatments that may provide some relief of symptoms and help you maintain a level of independence longer. You may also increase your chances of participating in clinical drug trials that help advance research.

## You Are Not Alone — Help And Support Is Available

Care and support services are available, making it easier for you and your family to live the best life possible with Alzheimer's or dementia.

**24/7 Helpline: 800.272.3900**

**National Headquarters**  
**Alzheimer's Association National Office**  
**225 N. Michigan Avenue, Fl. 17, Chicago, IL 60601**  
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## Is Alzheimer's Type 3 Diabetes?

*Mark Bittman, The New York Times, September 25, 2012*

Just in case you need another reason to cut back on junk food, it now turns out that Alzheimer's could well be a form of diet-induced diabetes. That's the bad news. The good news is that laying off soda, doughnuts, processed meats and fries could allow you to keep your mind intact until your body fails you.

We used to think there were two types of diabetes: the type you're born with (Type 1) and the type you "get." That's called Type 2, and was called "adult onset" until it started ravaging kids. Type 2 is brought about by a combination of factors, including overeating, American-style.

The idea that Alzheimer's might be Type 3 diabetes has been around since 2005, but the connection between poor diet and Alzheimer's is becoming more convincing, as summarized in a cover story in *New Scientist* entitled "Food for Thought: What You Eat May Be Killing Your Brain." (The graphic—a chocolate brain with a huge piece missing—is creepy. But for the record: chocolate is not the enemy.)

The studies [1] are increasingly persuasive, and unsurprising when you understand the role of insulin in the body. So, a brief lesson.

We all need insulin: in non-diabetics, it's released to help cells take in the blood sugar (glucose) they need for energy. But the cells can hold only so much; excess sugar is first stored as glycogen, and—when there's enough of that—as fat. (Blood sugar doesn't come only from sugar, but from

carbohydrates of all kinds; easily digested carbohydrates flood the bloodstream with sugar.) Insulin not only keeps the blood vessels that supply the brain healthy, it also encourages the brain's neurons to absorb glucose, and allows those neurons to change and become stronger. Low insulin levels in the brain mean reduced brain function.

Type 1 diabetes, in which the immune system destroys insulin-producing cells in the pancreas, accounts for about 10 percent of all cases. Type 2 diabetes is chronic or environmental, and it's especially prevalent in populations that overconsume hyper-processed foods, like ours. It's tragically, increasingly common—about a third of Americans have diabetes or pre-diabetes—and treatable but incurable. It causes your cells to fail to retrieve glucose from the blood, either because your pancreas isn't producing enough insulin or the body's cells ignore that insulin. (That's "insulin resistance"; stand by.)

Put as simply as possible (in case your eyes glaze over as quickly as mine when it comes to high school biology), insulin "calls" your cells, asking them to take glucose from the bloodstream: "Yoo-hoo. Pick this stuff up!"

When the insulin calls altogether too often—as it does when you drink sugar-sweetened beverages and repeatedly eat junk food—the cells are overwhelmed, and say, "Leave me alone." They become resistant. This makes the insulin even more insistent and, to make matters worse, all those elevated insulin levels are bad for your blood vessels.



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