



MEMORY MATTERS!

SUPPORTING YOU THROUGH THE JOURNEY

UPCOMING EVENTS

CAREGIVER COFFEE CLUB

May 6th | 10:00–11:00 am

Kenosha ADRC | 8600 Sheridan Rd.

TOPIC: *COMMUNICATION ISSUES*

- A relaxed, supportive gathering for caregivers
- Tips for communication changes in dementia

MEMORY CAFÉ

May 13th | 10:30–11:30 am

Northside Library | 1500 27th Ave

ACTIVITY: *SUNFLOWER PLANTING*

- Friendly, welcoming environment for individuals with dementia and care partners
- Hands-on spring planting activity to encourage creativity and sensory engagement

ALZHEIMER'S ASSOCIATION

40th Annual Wisconsin State Conference

May 19-20 | Kalahari Resort, Wisconsin Dells

- Statewide conference dedicated to dementia education and support
- Keynotes, breakout sessions, and learning opportunities for caregivers and professionals

BLOOD TESTS FOR ALZHEIMER'S:

The first FDA-cleared blood and plasma tests are now available to measure key brain biomarkers—specifically amyloid and tau, the hallmark proteins of Alzheimer's disease.

- A less invasive, more accessible option for early detection and diagnostic support.
- Reduces the need for spinal taps or costly PET scans.
- Supports earlier identification and more personalized care planning.

NEWEST ADVANCES IN DIAGNOSTICS AND TREATMENT RESEARCH



MEDICATIONS:

Lecanemab & Donanemab are FDA-approved anti-amyloid therapies now available for individuals in the early stages of Alzheimer's disease.

- Clinical trials show approx. 30% reduction in cognitive decline.
- Treatments work by reducing amyloid protein plaques in the brain.
- Most effective for early-stage or mild Alzheimer's.
- Requires diagnostic confirmation of amyloid presence using PET scans or blood-based biomarkers.



DEMENTIA PREVENTION

The FINGER Method for Dementia Prevention (Finnish Geriatric Intervention Study to Prevent Cognitive Impairment and Disability) is a practical, evidence based approach shown to help protect brain health and slow cognitive decline.



1. Be Physically Active

- Move regularly — walking, light exercise, stretching, or balance work.
- Aim for a mix of aerobic movement and simple strength activities.
- Even small, consistent movement improves blood flow to the brain.



2. Eat for Brain Health

- Follow a Mediterranean style pattern: fruits, vegetables, whole grains, nuts, fish, healthy oils.
- Limit processed foods, red meat, sugar, and salty snacks.
- Hydration and balanced meals help maintain steady energy and support brain function.

3. Challenge Your Brain

This is where a bit more detail can help people succeed.



- Do activities that stretch thinking: puzzles, word games, crosswords, memory tasks.
- Learn new skills such as crafting, music, or a new hobby — novelty matters.
- Reading, attending classes, & brain training apps can strengthen attention & processing speed.
- Mixing different types of mental activities is more effective than repeating the same task.

Why this helps: challenging the brain builds “cognitive reserve,” which acts like extra backup pathways that help preserve thinking skills as we age.



4. Stay Socially Connected

- Spend time with others (community groups, phone calls, coffee meet ups, or volunteer work).
- Social interaction stimulates many parts of the brain at once.
- Staying connected reduces isolation, a major risk factor for cognitive decline.



5. Manage Health Conditions

- Keep blood pressure, cholesterol, diabetes, weight, sleep, and hearing well managed.
- Regular checkups support healthy aging.
- Heart health and brain health are closely linked. What’s good for the heart is good for the brain.



ALEX TROUPIS | DEMENTIA CARE SPECIALIST - ADRC

I take a meet people where they are approach, helping individuals and families navigate dementia with informed, person centered guidance. I connect people to Kenosha County resources at any cognitive stage while focusing on symptoms, safety, and prevention. I also bring a strong background in mental health and crisis work, supported by a Master’s degree in Social Work. For more info 262-605-6716