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# Health & Life

*the Eder Way*

## Long-term mental acuity is no puzzle

In the past year I have tackled three major, complex projects that required planning, engineering, experimenting, and then implementation. A few years ago I would have been daunted by these projects, but I jumped in fearlessly and am pleased with the results.

What changed in me? For the past six years, I have been playing Wordscapes and have added Wordle and occasionally a few other mind games. I believe daily brain exercise has improved my ability and desire to manage difficult, new projects. And science backs this hypothesis.

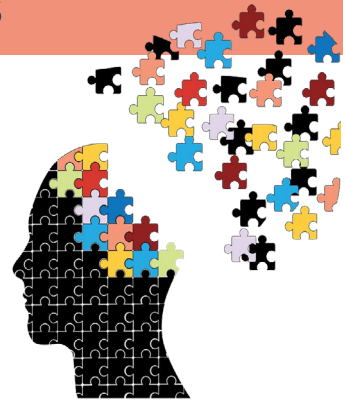
According to verywellmind.com, studies have shown that "...brain-training games may help improve levels, memory, response time, logic skills, and other measures of cognitive function if played over a long time span." Many other web resources suggest the same. So, have fun with your daily word games as you exercise your mind and improve and extend your mental acuity!

*Nevin Dulabaum*  
Eder President



## INSIGHT into Alzheimer's

Dementia is an overarching category for neurodegenerative diseases. Alzheimer's Disease is the most common of these disorders. It's estimated that more than 6 million Americans have AD, and that half of people over 85 years old are living with some form of dementia. AD, like other dementias, is progressive and irreversible. It can last anywhere from just a few years in an older person to 10 years or more when symptoms begin earlier. Many studies are underway to find treatments and a cure.



In a study of more than 1,700 people, the experimental drug Donanemab slowed the progression of Alzheimer's by about 35%. Some of the new Alzheimer's treatments target clumps of the protein beta-amyloid, known as plaques, which are a characteristic sign of the disease. A medicine initially developed as a possible cancer treatment — Saracatinib — is now being tested. The subjects in the study experienced a reversal of some memory loss. Type 3 diabetes is a recent term being used to describe the theory that insulin resistance and insulin-like growth factor-1 deficiency in the brain may cause Alzheimer's disease. If you have a family history of AD or a parent or sibling with dementia, you may be concerned about developing Alzheimer's. There are genetic tests available that can determine your risk factor, and medication proven to slow the disease's progression can be prescribed by your physician. Knowing and preparing can provide comfort for some. Check with your physician to see if this test is the right choice for you. Most experimental drugs aren't covered by medical plans.

## Ways to care for loved ones with cognitive issues

Help them feel safe in an increasingly confusing world.

Keep their environment tidy and familiar

Follow a routine every day

Divert their attention when they get agitated

Speak slowly and gently, do not argue

Play music or engage in a simple task

Respond to their feelings, not just to what they say

Provide comfort with a touch or offer a hug



## Recharging Resources

Caregivers need care too! Looking after yourself while supporting your loved one with Alzheimer's/Dementia makes you a better caregiver.

[AARP Dementia Support](#)

[Family Caregiving Alliance](#)

[Caregiver Action Network](#)

[CDC, AD and Healthy Aging](#)

If you have questions about your Eder insurance coverages, talk to your organization's benefits contact or Debbie Butcher at 847-622-3391 or [insurance@eder.org](mailto:insurance@eder.org).