



MENTAL MINUTES

September 2010 VOLUME 1, ISSUE 13

SEPTEMBER HIGHLIGHTS



Suicide Prevention Week: September 5th-11th, 2010

Suicide Prevention Week, the second week of September, celebrates all those who are working to prevent suicide and raises awareness about suicidal behaviors. Suicide is a complex and multi-dimensional problem that encompasses numerous people throughout the world. The World Health Organization notes that over 1 million people commit suicide every year and that it is the leading cause of death among teenagers and adults under the age of 35.

With our younger generation growing, it's more important now than ever to take part in preventing suicide and encouraging people to become informed about its warning signs. Take an active role in this issue by giving away [promotional awareness bracelets](#) and [custom calendars](#) so people remember the importance of paying attention to their children and loved ones when times get rough.

Source: <http://www.epromos.com/calendar/suicide-prevention-week.html>

National 5-a-day month

Help your friends, family and co-workers feel better by observing 5-A-Day Month and eating at least 5 servings of fruits and vegetables every day! Did you know that about 500,000 cancer deaths could be prevented each year by eating a diet rich in fruits and vegetables? Most people are not aware of the enormous benefits of eating fruits and vegetables every day!

Celebrated in September, 5-A-Day Month was developed in 1991 as a national nutrition education program. It was created by the Produce for Better Health Foundation and the National Cancer Institute. The purpose of the program is to encourage people to eat at least five servings of fruits and vegetables a day to improve their health. Deeply hued fruits and vegetables provide the wide range of vitamins, minerals, fibers and phytochemicals your body needs to stay healthy and energetic. Eating a variety of fruits and veggies also protects against the effects of aging and reduces the risk of cancer and heart disease.

Only one in four Americans eats five or more servings of fruits and vegetables a day. That is certainly not enough, especially if the three out of four who are not getting enough nutrients are your friends, family, employees, or co-workers. Look out for the health of the people you care about, and increase awareness about 5-A-Day Month. With some support, it's not that hard and you will be improving your health while feeling better with each successive day!

September's produce of the month are chili peppers and figs.

Source: <http://www.epromos.com/calendar/five-a-day-month.html>

World Alzheimer's Day: September 21st

Every year on September 21, World Alzheimer's Day kicks into effect with memory walks, lectures, conferences, training courses, entertainment, and various other events. Aside from educating as many people as possible about the condition, we celebrate this day with the focus of getting closer to a cure for Alzheimer's while improving doctors' abilities to recognize the signs of the disease. Alzheimer's is an incurable disease which is the most common form of dementia and is most common among people above the age of 65. The most common early-stage symptom is short-term memory loss. As the disease progresses, later symptoms include long-term memory loss, irritability and aggression, confusion, mood swings, and language breakdown.

Source: <http://www.epromos.com/calendar/world-alzheimers-day.html>

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Mental Minutes Reflections:



One year ago, the Mental Minutes Newsletter released its first edition covering the sexual exploitation epidemic sweeping our country. Since then, we have covered an array of topics and it is our hope that we can continue to bring you up to date information on the subjects that interest you the most. We strive to provide you with quality articles and we welcome your thoughts. Feel free to reply to your newsletter email with any feedback you may have for improving our newsletter and/or suggestions for topics you want to learn more about. We look forward to the year ahead with you as our reader and please don't hesitate to forward the newsletter and have your friends and colleagues subscribe.

Thank you and Happy Reading!!!



What is Alzheimer's?

10 Signs of Alzheimer's

- Memory loss that disrupts daily life
- Challenges in planning or solving problems
- Difficulty completing familiar tasks at home, at work or at leisure
- Confusion with time or place
- Trouble understanding visual images and spatial relationships
- New problems with words in speaking or writing
- Misplacing things and losing the ability to retrace steps
- Decreased or poor judgment
- Withdrawal from work or social activities
- Changes in mood and personality

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See Full Article: http://www.alz.org/alzheimers_disease_10_signs_of_alzheimers.asp?type=more_information

MENTAL MINUTE

These brain plexing words and shapes, and their positions, can be used to derive a word or saying.

1. STANDS
0_23456789
2. MEREPEAT
3. o e r t o
4. GR 12" AVE
5. Faredce
6. Cotaxme
7. insult + injury
8. ch poorri
9. bad bad
10. I'M you

Introduction

Alzheimer's disease is a brain disorder named for German physician Alois Alzheimer, who first described it in 1906. Scientists have learned a great deal about Alzheimer's disease in the century since Dr. Alzheimer first drew attention to it. Today we know that Alzheimer's:

- **Is a progressive and fatal brain disease.** As many as 5.3 million Americans are living with Alzheimer's disease. Alzheimer's destroys brain cells, causing memory loss and problems with thinking and behavior severe enough to affect work, lifelong hobbies or social life. Alzheimer's gets worse over time, and it is fatal. Today it is the seventh-leading cause of death in the United States. Learn more: Warning Signs and Stages of Alzheimer's Disease.
- **Is the most common form of dementia**, a general term for memory loss and other intellectual abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 50 to 80 percent of dementia cases. Other types of dementia include vascular dementia, mixed dementia, dementia with Lewy bodies and frontotemporal dementia. Learn more: Related Dementias.
- **Has no current cure.** But treatments for symptoms, combined with the right services and support, can make life better for the millions of Americans living with Alzheimer's. There is an accelerating worldwide effort under way to find better ways to treat the disease, delay its onset, or prevent it from developing. Learn more about recent progress in Alzheimer research funded by the Alzheimer's Association in the Research section.

Alzheimer's and the brain

Just like the rest of our bodies, our brains change as we age. Most of us notice some slowed thinking and occasional problems with remembering certain things. However, serious memory loss, confusion and other major changes in the way our minds work are not a normal part of aging. They may be a sign that brain cells are failing.

The brain has 100 billion nerve cells (neurons). Each nerve cell communicates with many others to form networks. Nerve cell networks have special jobs. Some are involved in thinking, learning and remembering. Others help us see, hear and smell. Still others tell our muscles when to move. In Alzheimer's disease, as in other types of dementia, increasing numbers of brain cells deteriorate and die.

The role of plaques and tangles

Two abnormal structures called plaques and tangles are prime suspects in damaging and killing nerve cells. Plaques and tangles were among the abnormalities that Dr. Alois Alzheimer saw in the brain of Auguste D., although he called them different names.

- **Plaques** build up between nerve cells. They contain deposits of a protein fragment called beta-amyloid (BAY-tuh AM-uh-loyd). Tangles are twisted fibers of another protein called tau (rhymes with "wow").
- **Tangles** form inside dying cells. Though most people develop some plaques and tangles as they age, those with Alzheimer's tend to develop far more. The plaques and tangles tend to form in a predictable pattern, beginning in areas important in learning and memory and then spreading to other regions. Scientists are not absolutely sure what role plaques and tangles play in Alzheimer's disease. Most experts believe they somehow block communication among nerve cells and disrupt activities that cells need to survive.

Early-stage and younger-onset Alzheimer's disease

Early-stage is the early part of Alzheimer's disease when problems with memory, thinking and concentration may begin to appear in a doctor's interview or medical tests. Individuals in the early-stage typically need minimal assistance with simple daily routines. At the time of a diagnosis, an individual is not necessarily in the early stage of the disease; he or she may have progressed beyond the early stage.

The term younger-onset refers to Alzheimer's that occurs in a person under age 65. Younger-onset individuals may be employed or have children still living at home. Issues facing families include ensuring financial security, obtaining benefits and helping children cope with the disease. People who have younger-onset dementia may be in any stage of dementia – early, middle or late. Experts estimate that some 500,000 people in their 30s, 40s and 50s have Alzheimer's disease or a related dementia.

Source: http://www.alz.org/alzheimers_disease_what_is_alzheimers.asp?type=more_information

5 A Day...The Right Way



Breakfast

- Stir low-fat or fat-free granola into a bowl of low-fat or fat-free yogurt. Top with sliced apples or berries.
- Have fruit as a mid-morning snack.

- Add strawberries, blueberries, or bananas to your waffles, pancakes, cereal, oatmeal, or toast.
- Top toasted whole-grain bread with peanut butter and sliced bananas.
- Add vegetables like bell peppers, broccoli, spinach, mushrooms or tomatoes to your egg or egg white omelet.
- Canned, dried, and frozen fruits and vegetables are also good options. Look for fruit without added sugar or syrups and vegetables without added salt, butter, or cream sauces.

Lunch & Dinner

- Place a box of raisins in your child's backpack and pack one for yourself, too.
- Ask for more vegetable toppings (like mushrooms, peppers, and onions) and less cheese on your pizza.
- Add some cooked dry beans to your salad. Or, if you have a sweet tooth, add chopped apples, pears, or raisins.
- Add broccoli, green beans, corn, or peas to a casserole or pasta.
- Have soup. You can stick with the basics like tomato or vegetable soup or mix up some minestrone or veggie chili to cut winter's chill. When possible, choose soups with less sodium.
- Add lettuce, tomato, onion, and cucumber to sandwiches.
- Order salads, vegetable soups, or stir-fried vegetables when eating out.
- Choose beans, corn on the cob, or a side salad with low-calorie salad dressing instead of French fries.
- Try eating at least 2 vegetables with dinner.

Snacks

- Try hummus and whole wheat pitas.
- Snack on vegetables like bell pepper strips and broccoli with a low-fat or fat-free ranch dip.
- Try baked tortilla chips with black bean and corn salsa.
- Stash bags of dried fruit at your desk for a convenient snack.
- Keep a bowl of fruit on your desk or counter.
- Drink a fruit smoothie made with whole fruit, ice cubes, and low-fat or fat-free yogurt.
- Top a cup of fat-free or low-fat yogurt with sliced fresh fruit.
- For quick and easy snacks, stock up on fresh, dried, frozen, and canned fruits and vegetables.
- Pick up ready-packed salad greens from the produce shelf for a quick salad any time.
- Encourage your child to choose his or her own fruit when shopping.
- Store cleaned, cut-up vegetables in the fridge at eye level and keep a low-fat or fat-free dip on hand.

Source: <http://www.fruitsandveggiesmatter.gov/tips/index.html>

How do you Remember the Warning Signs of Suicide?

Here's an Easy-to-Remember Mnemonic: **IS PATH WARM?**

I Ideation	P Purposelessness	W Withdrawal
S Substance Abuse	A Anxiety	A Anger
	T Trapped	R Recklessness
	H Hopelessness	M Mood Changes

A person in Acute Risk for suicidal behavior most often will show these Warning Signs:

- Threatening to hurt or kill him or herself, or talking of wanting to hurt or kill him/herself;
- Looking for ways to kill him/herself by seeking access to firearms, available pills, or other means;
- Talking or writing about death, dying or suicide, when these actions are out of the ordinary.

These might be remembered as expressed or communicated ideation. If observed, seek help as soon as possible by contacting a mental health professional or calling 1-800-273-TALK (8255) for a referral.

Additional Warning Signs:

- Increased substance (alcohol or drug) use
- Increased substance (alcohol or drug) use
- No reason for living; no sense of purpose in life
- Anxiety, agitation, unable to sleep or sleeping all the time
- Feeling trapped - like there's no way out
- Hopelessness
- Withdrawal from friends, family and society
- Rage, uncontrolled anger, seeking revenge
- Acting reckless or engaging in risky activities, seemingly without thinking
- Dramatic mood changes.

Source: <http://www.suicidology.org/web/guest/stats-and-tools/warning-signs>

Recipe Round-Up: Spicy Chili Salad

Ingredients

- 1 1/2 pounds ground beef
- 1 medium onion, chopped
- 1 small green pepper, chopped
- 1 (15-ounce) can tomato sauce with tomato bits
- 2 tablespoons chili powder
- 2 tablespoons Italian seasoning
- 1 1/2 teaspoons celery salt
- 1 1/2 teaspoons pepper
- 1 teaspoon garlic powder
- 1 small head lettuce, shredded
- 3/4 cup (3 ounces) shredded Cheddar cheese
- 2 medium tomatoes, cut in wedges

Directions

Cook beef, onion, and green pepper in a large skillet until meat is browned, stirring to crumble meat, drain. Stir in tomato sauce, chili powder, and other seasonings, cook over low heat 5 minutes. Cool slightly. Place lettuce on a serving dish, top with meat mixture. Sprinkle with cheese, garnish with tomato wedges.

Source: http://www.ifofood.tv/recipe/spicy_chili_salad



Our sister agencies provide an extensive array of mental health services for both children and adults. "Our mission is to provide high-quality, easily accessible services for Georgians, focused on promoting mental and emotional well-being through personal and professional development, family preservation, resource coordination, and individualized treatment.

Self Care Corner: 10 Signs of Alzheimer's



• **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; relying on memory aides (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.*

• **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.*

• **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.*

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. In terms of perception, they may pass a mirror and think someone else is in the room. They may not realize they are the person in the mirror. *What's a typical age-related change? Vision changes related to cataracts.*

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.*

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, such as a pair of glasses or the remote control.*

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.*

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.*

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.*

Source: http://www.alz.org/alzheimers_disease_10_signs_of_alzheimers.asp?type=more_information

Need Help? The Alzheimer's Association 24/7 Helpline provides reliable information and support to all those who need assistance. Call us toll-free anytime day or night at **1.800.272.3900.**

Mental Minutes Solution

1. No one understands
2. Repeat after me
3. Painless operation
4. One foot in the grave
5. Red in the face
6. Income Tax
7. Add insult to injury
8. Take from the rich and give to the poor
9. Too bad
10. I'm bigger than you

Source: <http://www.billsgames.com/brain-teasers/>



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