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**Good Medicine for the Brain** • April 18, 2017 • Issue #1009

## **Fearless Caregiver Profile**

*Join us as we celebrate Fearless Caregivers sharing personal stories as we care for our loved ones. Read this week's Fearless Caregiver Profile and feel free to add your profile as well, so we can learn from and share with our fellow caregivers.*

### **ANGELA WALKER**

#### **How did you become the caregiver for your loved one?**

I became a caregiver 23 years ago. I started out just helping out with errands . As time went on I became the one that provided everyday living skills.

#### **What is the hardest thing about being a caregiver and the most rewarding thing?**

The most rewarding thing is knowing that I could help someone. The hardest is that I get attached [...more](#)

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#### **IN THIS ISSUE**

**Featured Fearless caregiver Profile: ANGELA WALKER**

**Physical Exercise: Good Medicine for the Brain**

**Simple DIY Modifications for a Dementia-Friendly Home**

**Plan for Diabetes Care in Heat & Emergencies**

**CareNotes**

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## FEATURED ARTICLE

# Physical Exercise: Good Medicine for the Brain

*By Leilani Doty, PhD*

Regular physical exercise is important for brain health. Being active is important whether a person has normal memory and thinking abilities or has a memory disorder such as a Mild Cognitive Impairment, early/moderate Alzheimer's disease or related progressive memory disorders. [...more](#)

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## GUEST ARTICLE

# Simple DIY Modifications for a Dementia-Friendly Home

*By: Cheryl Alo*

Are you caregiving for a loved one with dementia? Does your loved one share a residence with you? If you answered yes to both of these questions, you most likely worry about your loved one's safety, especially when he or she is alone at home. You may even feel as though you can never leave your loved one unsupervised which is a difficult task to balance in the throes of busy, everyday life. As an occupational therapy graduate student, I am interested in providing solutions to enable individuals to remain living in their homes as they age for as long as possible. [...more](#)

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## CARETIPS

# Plan for Diabetes Care in Heat & Emergencies

If you or a loved one have diabetes, you know how important it is to have a care routine. Yet summer weather, with its high temperatures and extreme storms, can cause problems with that routine and make it more difficult to manage diabetes.

Diabetes makes it harder for your body to handle high heat and humidity. Changes in medication and what you eat and drink may need to be made when temperatures rise. During emergencies and natural disasters such as hurricanes or tornadoes, you may have other needs related to diabetes.

Identify yourself as a person with diabetes so you can get appropriate care. If you're a family member, caregiver, or health care provider for someone with

diabetes, share this information with them. [...more](#)

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#### CARENOTES

### **From Michael in Georgia:**

My wife and I take care of a 39 year old daughter who is bi polar and has schitzo effective. It is very trying on our patience. One day she is in the moment and thinking about herself and others. The next, she has no rational thoughts about anything but what pops into her head. We have her in a peer support group three days a week from 9am to 3 pm. We take her to her Counselor, Dr., Case worker etc. We are about to be 65, retired, and would like to enjoy what years we have left. It's hard when you have this responsibility. We just started getting some counseling for ourselves. [...more](#)

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