Role Reversal

Kadlec Foundation makes an impact

Gut microbes may affect motivation to exercise

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Community Health Transmitter

Pictured: Loretta Woodward Veney

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KADLEC COMMUNITY HEALTH | (509) 943-8455
Can you really find joy when caring for a loved one with dementia?

Loretta Woodward Veney has worn many hats in her life—daughter, wife, mother, security specialist, trainer, author, inspirational speaker and more. The one hat she, like so many others, never expected to wear was being her mother’s caregiver, becoming, in essence, her mom’s mom.

Loretta donned this new hat in 2006 when her mother, Doris Woodward, was diagnosed with early-stage dementia at the age of 77. Doris became one of the estimated 5.7 million Americans diagnosed with dementia. Loretta became one of 16 million Americans who provide unpaid care for someone with Alzheimer’s or other dementia.

With Doris’s diagnosis, “there was a role reversal, and my mom and I both recognized it,” said Loretta. “I knew my mother wouldn’t be going to any appointments without me. The only thing I was going to demand for her is that she be respected and don’t talk about her like she’s not right here in the room with us. And, I was going to be her greatest advocate.”

Loretta acknowledges she was unfamiliar with dementia and unprepared for the journey that was about to unfold.

Initially, Loretta overlooked Doris’s behavioral changes—forgetting her keys and locking herself out of the apartment—chalking it up to aging. That changed when she received a call that her mother had missed her Tai Chi class—something she would never do—and that she also seemed disoriented. Loretta knew something wasn’t right and began seeking medical help.

When Doris received her diagnosis, Loretta made her mother only one promise. “That day, the only promise I knew I could keep was that we’re going to have joy every day, no matter what, even on the worst possible days,” said Loretta. “I knew very little about dementia at that time, but I knew the most important thing was we were going to do it together, and we were going to have joy every day.

“My mother and I were really inseparable throughout my life. I could always make her laugh and smile, and we had so much fun,” she said.

She made finding that joy one of her priorities for helping her mother, and herself, through the next 16 years.

Trying to juggle it all

Upon her mother’s diagnosis, Loretta began learning everything she could about the disease in an effort to become the best possible caregiver for her mother, while also working full time in corporate security.

“Sundowners became a visitor. As the disease progressed, it set on earlier and earlier in the day, so I went to work early and was off work by 2 p.m.,” she said.

Her husband, Tim, helped with the caregiving, as well, and was also very close to Doris. That shared caregiving responsibility changed in 2016 when her husband died suddenly.

“We did almost six years without him, just me and mom,” she said.

From documenting to writing to teaching

From a young age, Loretta was the family documentarian. She chronicled family events through journals, photos, and videos, capturing every moment. When her mother was diagnosed, she continued that practice, documenting doctor visits, and recording people, places, and even what her mother said or asked. At first it was a way to hold onto the memories Doris was losing. But as the disease progressed and she continued to write things down, Loretta could see her mother’s wisdom and humor continue to shine despite her disease.

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“She was still in there,” she said.

In addition to her mom’s declining memory, Loretta was also dealing with the potentially devastating financial reality of dementia.

“I always knew her retirement probably wasn’t going to be enough to live on unless she was really healthy. This diagnosis scared me. I thought she was going to outlive our money,” said Loretta. “I got the thought in my head to write a book, help people from our experience, and supplement the expenses,” she said.

Eight years after Doris’s diagnosis, Loretta combined her love of documentation with her experiences in her first book, “Being My Mom’s Mom,” the proceeds of which helped cover Doris’s expenses.

Seeing a great need in the caregiving world for real-life, approachable insights and tips from someone who’s been there, Loretta extended her platform with speaking engagements, more books, and interviews.

**A chance to learn from Loretta**

One of her upcoming presentations will be as the featured speaker at Kadlec’s 12th Annual Caregiver Conference set for Friday, October 13 at the Richland Community Center, in Richland. There is no cost to attend (preregistration is required) and is open to the public.

Through her storytelling and sharing, she will help caregivers with tips and tools, emphasize the importance of good mental health practices for caregivers, offer insight into how best to advocate for your loved one, all the while seeking to find joy in the journey.

At the end of the day, she wants participants to not only be able to adapt her practical offerings to their situation but come away renewed.

For example, “when Tim died, my church had me put together a list of the things Tim would do for my mother. Each one of them took one of those things,” she said. “You will hear me tell caregivers that people will say ‘call if you need help’ but then never hear from them again. I learned that if you have a list of things, people are more likely to help. You can ask someone, ‘Can you take dad to the barbershop next Tuesday at 2?’ They will tell you yes or no. If they can’t, you go on to the next person. This helps you create a village.

“I tell people to write down who’s your village; I get people to name them. Some people have a village and other people don’t, but I encourage them to create one even if it a short list,” she said.

She has found it’s even seemingly small things that can help make a difference.

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Doris Woodward passed away in 2022 at the age of 92. She hadn’t said Loretta’s name in years, but she called her the “very nice person” because of all the fun and joy they had together.

“There were lots of good days along the way and lots of joy, too. Living in the moment is a challenge for all of us facing this disease,” she said.

As an advocate for caregivers and a national speaker on Alzheimer’s care, Loretta believes her mother would be proud.

“She raised me up to be helpful, and that’s what I try to do, to instill hope in people living with dementia and their loved ones and care partners,” she said.

12TH ANNUAL CAREGIVER CONFERENCE
FRIDAY, OCTOBER 13 | RICHLAND COMMUNITY CENTER

PRESENTATION SCHEDULE

10:00AM KEYNOTE: BEING MY MOM’S MOM
Loretta takes participants on her personal sixteen-year journey. She shares the importance of patience and forgiveness in caregiving and highlights the heartache and humor of dementia.

11:00AM BREAK / VISIT THE VENDORS

11:15AM AMAZING TOOLS TO LIGHTEN THE CAREGIVER LOAD
Loretta discusses technology, tools and techniques designed to save time, provide assistance, safety, comfort and enjoyment for caregivers and those they are caring for.

12:15PM COMPLIMENTARY LUNCH / VISIT THE VENDORS

1:00PM MENTAL HEALTH FOR THE LONG TERM CAREGIVER
In this session participants will learn the ways that caregiving, especially long-term caregiving, can impact mental health and strategies that can be used for resilience. Also covered are resources to assist with mental health and preventing burnout as well as the warning signs that professional help is needed.

2:00PM BREAK / VISIT THE VENDORS

2:15PM ADVOCATING FOR OUR LOVED ONES
What’s an Advocate and how do we advocate for the rights of our loved ones? Participants will receive strategies for communicating effectively with medical personnel, including hospitals and assisted living facilities. Information will also be provided on how ombudsmen, elder care attorneys, and hospice can help families, and what to do if you suspect elder abuse.

3:15PM BUILDING JOYFUL CAREGIVER EXPERIENCES
We build a variety of things throughout our lives and careers, but few of us actually think about Building Joyful Caregiver Experiences for those we care for. Using the concepts of humility, hope and humor, Loretta will help participants focus on their values and joyful practices to build outstanding caregiver experiences for their loved ones or residents.

This is a FREE event. Space is limited. Pre-registration required.
Richland Community Center 500 Amon Park Dr. Richland, WA
DSHS CEUs available for long-term care workers, up to 5.0 credits.
Lunch and refreshments are included.

To register for this event, visit https://bit.ly/CAREGIVERS2023 or call (509) 943-8455.

Role Reversal (cont’d)
BY Mary Lynn Merriman

As an advocate for caregivers and a national speaker on Alzheimer’s care, Loretta believes her mother would be proud.

“She raised me up to be helpful, and that’s what I try to do, to instill hope in people living with dementia and their loved ones and care partners,” she said.
END-OF-LIFE PLANNING

IN PERSON September 12, 2023 | 1:00PM - 3:30PM
Kadlec Healthplex (Maple/Oak Rooms)


According to The Conversation Project National Survey in 2013, 90% of people say that talking with their loved ones about end-of-life care is important, but only 27% have actually done so.

Planning and making decisions about the end of your life can be a positive experience. It is a good opportunity to reflect on the things that are important to you, and to make arrangements that suit you.

It also makes it easier for your family, as they can follow your directions rather than trying to guess what you want.

Healthy Ages’ End of Life Planning Seminar will walk you through laws and taxes, asset protection, financial planning, and funeral planning.
ATTEND & LEARN

VIRTUAL ALZHEIMER’S EDUCATION

Understanding Alzheimer’s & Dementia
September 12, 2023  |  1:00PM-2:00PM
Alzheimer’s disease is not a normal part of aging. Join us to learn about the impact of Alzheimer’s, the difference between Alzheimer’s and dementia, stages and risk factors, current research and treatments available for some symptoms, and available resources.

Healthy Living for Brain & Body
October 10, 2023  |  1:00PM-2:00PM
Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

VIRTUAL Why Choose Geriatric Care?
September 27, 2023  |  4:00PM-5:00PM
Speaker: Delia Takagi, MD
As seniors age, they often begin to have more complicated health care needs and more challenges in general. Join Delia Takagi, MD as she discusses how geriatric care can help seniors navigate these difficult waters.

Dr. Takagi focuses on disease prevention and strives to emphasize the benefits that healthy choices and an active lifestyle have in optimizing health. She actively listens and educates her patients and their families to help them achieve their healthcare goals. Dr. Takagi’s goal is to focus on both the patients function and quality of life. She has a special interest in helping patients who have multiple and complex health conditions and working together to find the best possible solutions.
ATTEND & LEARN

MENTAL HEALTH FIRST AID
A person you know could be experiencing a mental health or substance use problem. Learn an action plan to help. Classes are held at:
Educational Service District #123, 3924 W. Court Street, Pasco

IN PERSON Adult Mental Health First Aid
September 13, 2023  |  8:00AM-4:30PM  |  ESD #123

IN PERSON Youth Mental Health First Aid
October 25, 2023  |  8:00AM-4:30PM  |  ESD #123

QPR (Question, Persuade, Refer)
IN PERSON  September 14, 2023  |  3:00PM-4:30PM  |  Richland Public Library
VIRTUAL  October 26, 2023  |  1:00PM-2:30PM
QPR (Question, Persuade, Refer) training teaches you how to recognize the warning signs of suicide, how to respond, and how to connect someone to professional help. The training will help take the fear and hesitation out of talking about mental health and assisting someone who is struggling.

IN PERSON
Finding Inclusive Healthcare for members of LGBTQIA+ community
October 5, 2023  |  3:00PM-4:00PM  |  Richland Public Library
Andriana Siefe, MD will address the challenges the LGBTQIA+ community faces in searching for inclusive access to health care.
Join us to learn about:
• How to access LGBTQIA+ healthcare and gender transition resources
• How to find providers and clinics that are welcoming to, and provide care for, LGBTQIA+ patients
• Mental health and wellness with emphasis on self-care

LGBTQ+ FRIENDLY LIBRARY MATERIALS

Bodies and Barriers: Queer Activists on Health
Adrian Shanker

Parenting Your LGBTQ+ Teen: A Guide to Supporting, Empowering, and Connecting with Your Child
Allan Sadac

The Pride Guide: A Guide to Sexual and Social Health for LGBTQ Youth
Jo Langford
AUTISM

Bienvenidos a la Comunidad Autista
*Autistic Self Advocacy Network*

Unmasking Autism: Discovering the New Faces of Neurodiversity
*Devon Price, PHD*

BRAIN HEALTH

Borderline Personality Disorder Demystified, Revised Edition: An Essential Guide for Understanding and Living with BPD
*Robert O. Friedel*

Brain, DVD
*David Eagleman, PHD*

Brain Myths Exploded: Lessons from Neuroscience, DVD
*Professor Indre Viskontas*

How the Brain Works: The Facts Visually Explained
*(DK How Stuff Works)*

The Human Brain Book: An Illustrated Guide to its Structure, Function, and Disorders
*(DK Human Body Guides), Rita Carter*

Life Lessons from a Brain Surgeon Paperback
*Rahul Jandial, MD, PHD*

Livewired: The Inside Story of the Ever-Changing Brain
*David Eagleman, PHD*

The SharpBrains Guide to Brain Fitness: How to Optimize Brain Health and Performance at Any Age
*Elkhonon Goldberg, Alvaro Fernandez, et.al*

Your Brain, explained: What Neuroscience Reveals About Your Brain and its Quirks
*Marc Dingman, PHD*

JOINT HEALTH

Knee Ability Zero
*Ben Patrick*

Move Into Life: NeuroMovement for Lifelong Vitality
*Anat Baniel and Mark Robert Waldman*

MENTAL HEALTH

Immigrant Mental Health: One Woman’s Spiritual Journey Toward Healing
*Fanus Woldegebriel*

Think Indigenous: Native American Spirituality for a Modern World
*Doug Good Feather*

The Pain We Carry: Healing from Complex PTSD for People of Color (The Social Justice Handbook Series)
*Natalie Y. Gutiérrez, LMFT*

Crying in the Bathroom: A Memoir/ Llorando en el baño: Memorias
*Erika L. Sánchez (English & Spanish Editions)*

Ka’rm-t’em: A Journey Toward Healing
*Kishan Lara-Cooper, Walter J. Lara Sr.*

The Color of My Mind: Mental Health Narratives from People of Color *(English/Spanish Edition)*
*Dior Vargas*

COMMUNITY RESOURCE DESK IS HERE TO HELP

Kadlec Community Resource Desk (CRD) can help connect you to a variety of resources including housing resources, food banks, utility costs, clothing, transportation, employment assistance, legal, dental care, medical equipment, eye care, alcohol/drug recovery, health insurance, counseling, and establishing with a primary care provider. Call (509) 942-2956 for assistance or stop by the CRD located in the Library at the Healthplex.

Health-related materials are added to the library throughout the year, and we welcome your recommendations.
Exercise provides many health benefits, including protection from many diseases. Some people seem to enjoy physical activity more than others. But the mechanisms affecting people’s motivation to exercise are not well understood.

An NIH-funded team of researchers, led by Dr. Christoph Thaiss at the University of Pennsylvania, set out to identify factors affecting exercise performance in mice. Their study appeared in Nature on December 14, 2022.

The researchers first measured how long mice running on a treadmill took to exhaust themselves and how much the mice voluntarily ran on a wheel. They found that the makeup of the gut microbiome—the trillions of microbes living in the gut—predicted these values better than genetic, metabolic, or behavioral traits. When the researchers used antibiotics to eliminate gut microbes, the mice got exhausted earlier and ran less on the wheel.

Motivation is controlled, in part by a region of the brain known as the striatum. Neurons in the striatum are activated by the neurotransmitter dopamine. Dopamine activation provides a feeling of reward. The team found that dopamine levels in the striatum increased after exercise in normal mice, but not in microbiome-depleted mice. Treating mice with a drug that blocks dopamine signaling had the same effect on exercise as depleting the microbiome. Conversely, a drug that activates dopamine signaling restored exercise capacity in microbiome-depleted mice.

Activating certain sensory neurons in the gut restored exercise capacity in the microbiome-depleted mice. But when dopamine signaling was blocked, so was the effect of these neurons. The researchers then tested mice engineered to lack these same sensory neurons. They found that the mice had impaired exercise capacity like that of microbiome-depleted mice.

Next, the team screened various compounds produced by gut microbes to see which ones could stimulate gut sensory neurons. They identified a class of compounds called fatty acid amides (FAAs). Supplementing the diets of microbiome-depleted mice with FAAs restored their exercise capacity.

Several FAAs are known to activate a receptor on sensory neurons called cannabinoid receptor 1 (CB1). The team found that blocking CB1 had the same effect on exercise as microbiome depletions. When CB1 was blocked, dietary FAA supplementation did not restore exercise capacity. But activation of dopamine receptors still restored exercise capacity even when CB1 was blocked.

These results suggest that microbiome-produced FAAs in the gut stimulate sensory neurons. Signals from these sensory neurons lead to increased dopamine levels in the striatum during exercise. Dopamine, in turn, enhances the desire for exercise. The findings suggest that the motivation to exercise—or lack thereof—might depend on the state of the gut microbiome. The motivation for exercise, then, might be enhanced by stimulating this sensory pathway.

“If we can confirm the presence of a similar pathway in humans, it could offer an effective way to boost people’s levels of exercise to improve public health generally,” Thaiss says.

HOW CAN YOU IMPROVE YOUR GUT MICROBIOME?

Eat fermented foods: Fermented foods such as yogurt, sauerkraut and kefir all contain healthy bacteria.

Limit your intake of artificial sweeteners: Some evidence has shown that artificial sweeteners like aspartame increase blood sugar by stimulating the growth of unhealthy bacteria.

Eat prebiotic foods: Prebiotic-rich foods include artichokes, bananas, asparagus, oats and apples.

Eat whole grains: Whole grains contain lots of fiber and beneficial carbs like beta-glucan, which are digested by gut bacteria to benefit weight, cancer risk, diabetes and other disorders.

Try a plant-based diet: Vegetarian diets may help reduce levels of disease-causing bacteria such as E. coli, as well as inflammation and cholesterol.

Eat foods rich in polyphenols: Polyphenols are plant compounds found in red wine, green tea, dark chocolate, olive oil and whole grains.

Take a probiotic supplement: Probiotics are live bacteria that can help restore the gut to a healthy state after dysbiosis. They do this by “reseeding” it with healthy microbes.

Take antibiotics only when necessary: Antibiotics kill many bad and good bacteria in the gut microbiome, possibly contributing to weight gain and antibiotic resistance.
### CALENDAR: SEPTEMBER 2023

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<td>See side bar for abbreviations</td>
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| **LIBRARY CLOSED FOR LABOR DAY** | | | | | **1**
| | **4** | **5** | **6** | **8** |
| | | **TBI Support Group (M-IP)** | **Pulmonary Support Group (O-IP)** | **Chronic Pain Support Group (M-IP)** |
| | | 3:00 PM | 10:00 AM | 1:00 PM |
| | | **MS Support Group (O-IP)** | | |
| | | 2:00 PM | | |
| **5** | **11** | **12** | **13** | **14** |
| **LIBRARY CLOSED FOR LABOR DAY** | **TBI Support Group (M-IP)** | **AMHFA Education (ESD-IP)** | **QPR Education (RPL-IP)** | |
| | | | | See PAGE 7 |
| | | **Healthy Ages End-of-Life (M-IP)** | | |
| | | See PAGE 5 | | |
| | **Alzheimer's Education (V)** | **FTD Support Group (O-IP)** | | |
| | | See PAGE 6 | 1:00 PM | |
| | **Parkinson’s Support Group (M/O-IP)** | **Caregivers Support Group (O-IP)** | | |
| | | 1:30 PM | | |
| **18** | **19** | **20** | **21** | **22** |
| | | **Stroke Support Group (M-IP)** | | |
| | | 11:00 AM | | |
| | | | **Healthy Ages Wellness Program (CUP-IP)** | |
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| | | | **Caregivers Support Group (ALZ/DEM)** | |
| | | | See PAGE 6 | |
| **26** | **27** | **28** | **29** |
| | | **Geriatric Care Education (V)** | | |
| | | See PAGE 6 | | |
| | **Caregivers (Men’s Only) Support Group** (CG-IP) | | | |
| | | 10:00 AM | | |
| | | **Medicare Class (M-IP)** | | |
| | | See PAGE 5 | | |

### DID YOU KNOW?

**SEPTEMBER IS NATIONAL RECOVERY MONTH & NATIONAL SUICIDE PREVENTION MONTH**

**Why National Recovery Month is Important:**

It raises awareness of addiction and mental health issues.

National Recovery Month shines a light on the struggles many people face with addiction and other mental health issues.

**NAR-ANON**

Offers support for families and friends of someone struggling with addiction. Support Group meets Wednesdays from 6:00-7:30 PM. (509) 366-6212 | naranonpnw.org

**TriCities Run for Recovery 2023**

September 16, 2023 | 9:00 AM

Michele Gerber

(509) 539-0074

509recovery@gmail.com

**988 SUICIDE & CRISIS LIFELINE**

We can all help prevent suicide.

### COMMUNITY CONNECTIONS

**Alzheimer’s Walk**

October 14, 2023

Erica Grissmerson

(509) 552-7026 | emgrissmerson@alz.org

Find a walk or join a team:


**Senior Living Resources**

Senior Life Resources supports two programs: Mid-Columbia Meals on Wheels and Home Care Services. Visit their website for more information. (509) 735-1911 | seniorliferesources.org

**Don’t Worry, Retire Happy**

Social Security & Retirement Income Planning

September 13 | 6:00PM - 8:00PM

Richland Public Library

Presenter: Bonita Bell-Anderson, CLU, CHFC

(509) 993-1816 (registration required)
FRONTOTEMPORAL DEMENTIA IS THE MOST COMMON FORM OF DEMENTIA IN PEOPLE UNDER 60 BY Megan Fullmer

In March 2022, the family of Bruce Willis announced that the actor was retiring. Citing aphasia – a developed speech disorder where the part of the brain that processes language is injured or deteriorating – the actor’s family shared that it was time for him to step away from the career he loved. A year later his family announced that he had been diagnosed with FTD – frontotemporal degeneration, the most common form of dementia in people under 60.

The diseases under the FTD umbrella are marked by a gradual, progressive decline in behavior and/or language, where those living with it decline in motor function, the ability to plan or organize activities, behave appropriately in social settings, interact with others, and take care of themselves.

FTD is often misdiagnosed at first, either as Alzheimer’s – the most common form of dementia – or as another neurological or psychological disorder. To get an accurate diagnosis, a thorough patient history verified by a care partner or caregiver and a neurological examination is required. With Willis’ FTD diagnosis, one of the lesser-known dementias has been brought into the national spotlight, however many still go undiagnosed or misdiagnosed.

Kadlec Community Health offers an FTD caregiver support group to those who are caring for someone with an FTD diagnosis or for those who recognize cognitive decline that does not fit with the typical signs or symptoms of Alzheimer’s disease as well caregiving challenges that are not present in other forms of dementia until much later stages, if at all.

Community support and connections help ease the burden of caregiving and can help caregivers feel more confident in their caregiving journey. On a national level the AFTD supports those with and caring for living with FTD with resources, support groups, and current information.

AFTD Helpline – (866) 507-7222 or info@theaftd.org
The mission of Kadlec Foundation is to elevate community health through the generous support of donors.

This includes the vital community health programs showcased in this publication.

If you would like to support the work of Kadlec Community Health, consider a contribution to the Kadlec Foundation. Scan QR code to make an online gift or mail gift to address below.

Kadlec Foundation
888 Swift Blvd.
Richland, WA 99352

Kadlec Foundation is a 501(c)3 not-for-profit organization.