November/December 2019 DITMAS PARK DIGEST Volume III, Issue #8

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# Resident Spotlight:

## Mr. Charles J. Andoh-Menson

I am a native of Ghana. I have lived in Brooklyn for over 20 years. In my childhood, I entered St. Teresa's Seminary, Amissano, to study for the priesthood, but left because of an illness. Unable to achieve my theological goal, I decided to become a writer, so that I can write about spiritual things about G-d and humanity.

I was an Adjunct Professor at Empire State College in Brooklyn, teaching about African cultures, history, and literature. I obtained Bachelor's degree in Business Administration from Manhattan College, and an MFA in Dramatic Writing from Brooklyn College. I have authored two plays, "The Jester's Dilemma & Man of God" and "The Temple." I have been a resident at Ditmas Park Rehab and Care Center for over two months. My hobbies are playing and listening to classical music. I am a member of The Dramatists Guild of America and of the Methodist Church. I wish to thank the staff, especially the administrator, medical doctors, physical and occupational therapists, the nurses, nurse's aides, housekeepers, and the dieticians for helping me return to my normal life. I will certainly recommend this facility to anyone who might need rehabilitation in the future.

## From the Desk of the Administrator:

## Mr. Mendel Rottenberg, LNHA

In the United States alone, approximately twelve million Americans who are sixty-five and older account for ***25%*** of the population that have been diagnosed with diabetes. Furthermore, it is estimated that approximately one and a half million more Americans will be diagnosed with diabetes in the following year.

The best way to tackle such serious concerns is by taking action one step at a time this includes discussing diabetes prevention and educating those in need about its symptoms and treatment options during National Diabetes Awareness month every November. We hope that everyone in Ditmas Park will take part by applying some of these suggestions to their own routines and making strides towards a healthier lifestyle:

- Try taking the stairs up or down in your building or at work instead of the elevator in order to burn more calories and slip some cardiovascular exercise into your daily routine.

- Replace one sweetened drink with an 8 oz. glass of water every day to keep your body hydrated without unnecessary sugar and artificial sweeteners.

- Make an effort to get about 7-8 hours of quality sleep each night as studies claim that sleep deprivation and poor quality sleep are ***increased risk factors*** for diabetes and obesity.

- Swap out a fried or sweetened meal for a plant-based and/or low-calorie alternative once a day to give your body nutrition while avoiding greasy and sugary foods.

- Be sure to visit your regular physician for your annual check-up! Staying informed is your first line of defense in protecting yourself and ensuring a healthy future.

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# Holidays:

**November is National Diabetes Awareness Month & December is National Food Safety Month!!**

November 1st – All Saint's Day
November 11th – Veteran's Day
November 28th - Thanksgiving
December 7th – Pearl Harbor Remembrance Day
December 21st - Winter Solstice
December 22nd – Chanukah Begins
December 25th - Christmas Day
December 26th - Kwanza Begins
December 31st - New Year's Eve

# Birthdays:

~ November 8th – Thelma K

~ November 25th - Natalie H

~ November 27th – Frank D

~ December 8th – Yves P

~ December 12th – Dolores N

~ December 16th – Catherine M

~ December 19th – Glennie P

~ December 27th – Marjorie M

# Laugh of the Month:

## Why did the cupcake carry an umbrella??

**Answer:** It was expecting "sprinkles."

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# Current Events Highlight:

# The Link Between Alzheimer's Disease and Dementia: What Science Tells Us

**By David DiSalvo**

Alzheimer's disease and type 2 diabetes could be linked in ways we're only beginning to understand, according to scientists presenting the latest research findings at Neuroscience 2019, the annual meeting of the Society for Neuroscience. Untangling the connection could lead to earlier Alzheimer's diagnosis and better treatments for both diseases. The crux of the connection is how the brain metabolizes its energy source—blood glucose (blood sugar) and the variety of factors that influence that process, including diet, sleep, and cardiovascular health.

"Not much is known about the connection between dementia and the metabolic system that fuels the brain," said panel moderator David Holtzman, MD, a professor at Washington University and scientific director of the Hope Center for Neurological Disorders. "Further research can help us understand how to manipulate these functions for treatment purposes, as well as better identify the underpinnings of the disease."

Sami Gabbouj, a researcher from the University of Eastern Finland, discussed a study showing that the typical Western diet, high in fat and carbohydrates, leads to "decreased brain insulin signaling" and eventually impaired memory in mice genetically prone to Alzheimer's. Insulin signaling is key to how the brain monitors and manages insulin release to balance blood sugar. Previous research has found a link between damaged insulin signaling and the development of Alzheimer's. The results suggest the possibility that the Western diet may handicap the brain's energy metabolism and serve as a "trigger" for worsening memory in those genetically predisposed to Alzheimer's.

Steven W. Barger, PhD, from the University of Arkansas for Medical Sciences, presented research showing that Alzheimer's disease mimics diabetes by impairing how the brain metabolizes blood sugar. By examining mice genetically altered to develop Alzheimer's, researchers observed that "a flaw in glucose delivery to neurons leaves extra glucose in the blood.

"Alzheimer's mice show diabetes traits on a normal diet, [with the] same physical activity levels and same feeding habits," Barger added. The findings shed light on why human Alzheimer's patients often have higher blood sugar levels, and further confirm a link between the diseases. Sleep research has also revealed connections between blood glucose metabolism and Alzheimer's. A study presented by Shannon L. Macauley, PhD, from the Wake Forest School of Medicine, showed that "glucose resistance and abnormal sleep patterns are prevalent in Alzheimer's [predisposed] mice prior to the appearance of any other disease symptoms, such as cognitive decline."

This research points to the early role sleep loss seems to play in the development of Alzheimer's, and suggests that poor sleep combined with type 2 diabetes may be especially dangerous for those at genetic risk for dementia.
The researchers were careful to note that the *cause and effect across all of these studies isn't entirely clear*. We don't yet know whether diabetes is a precursor to Alzheimer's or if impaired blood sugar metabolism is a side-effect of Alzheimer's. It's just too early to know either way. Ultimately we may find that both are true. And since much of the research to-date relies on animal models, we're also not sure how closely these results will translate in humans. What we do have is a strong starting point for understanding the link between these diseases that affect millions, and that may eventually lead to improved diagnosis and treatments.

Originally published on Forbes.Com

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# Ditmas Park Snapshots:

Have a look at some of our residents enjoying an evening Art Therapy session in October!! Our residents worked on masks for Halloween using a wide-variety of sensory materials. The group was super creative and their masks seemed to all have distinct characters and backstories that were revealed through our group discussion.

**Newsletter edited by Mr. Craig Singer, Director of Recreation Therapy**
**Questions or Comments about our newsletter? Please call (718)-462-8100 or e-mail Recreation@Ditmasrehab.com**

# Have a look at the Activities Calendar for our Rehab Unit to see what exciting programs we have to offer throughout the month of November!!

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| | | | | | 1st<br>10AM – Lady of Refuge Catholic Services (3rd Fl)<br>10AM - Move to the Music<br>2:15PM – Double Prize Bingo (3rd Fl)<br>2:30PM - Movie Matinee | 2nd<br>10AM – AM Review (All Units)<br>2:00PM - Jehovah's Witnesses Upbuilding (3rd Fl) |
| 3rd<br>10AM – Sunday Morning Discussion (All Units)<br>2PM - Baptist Church Service (3rd FL) | 4th<br>10AM - News & Views<br>2:30PM - Legends of Music 6PM - Art Therapy w/ Emily (4th Fl) | 5th<br>10AM - Around the World<br>2:30PM – Discussion Group<br> | 6th<br>10AM - Today in History<br>2:15PM –Blackjack (3rd Fl)<br>2:30PM - Glamorrama | 7th<br>10AM – Photo Trivia<br>10:30AM – Guitarist John A Performs (All Units)<br>2:30PM – You Be The Judge | 8th<br>10AM – News & Views<br>2:15PM – Bingo (3rd Fl) 2:30PM - Poetry Hour | 9th<br>10AM – Discussion Group (All Units)<br>2:30PM – Table Games |
| 10th<br>10AM - Sunshine Group (All Units)<br>2PM - City View Baptist Church (3rd FL)<br>2:30PM - Cathedral House of Praise (3rd FL) | 11th<br>10AM – Name That Tune<br>2:15PM – Veteran's Day Observance w/ Jerry Russo Ent.<br>6PM – Movie Night (4th FL) | 12th<br>10AM – News & Views<br>2:30PM - Trivia Club<br> | 13th<br>10AM - Poetry Reading<br>2:15PM – Word Search w/ Christine (4th Fl)<br> | 14th<br>10AM – Sunshine Group<br>2:30PM - Name 10 Things<br> | 15th<br>10AM – Lady of Refuge Catholic Services (3rd Fl)<br>10AM - Chair Yoga<br>2:15PM – Bingo (3rd Fl) 2:30PM - Movie Matinee | 16th<br>10AM - AM Review (All Units)<br>2:30PM – Jazzercise (All Units)<br> |
| 17th<br>10:15AM - Accordionist Aaron Performs (All Units)<br>2:30PM – Emanuel Pentecostal Church Service (3rd FL) | 18th<br>10AM - Current Events<br>2:30PM – Famous Faces<br>6PM – Movie Night (4th FL | 19th<br>10AM – Move to the Music<br>2:15PM –Blackjack (3rd Fl)<br>2:30PM - Glamorrama<br> | 20th<br>10AM – Around the World<br>2:30PM - Poetry Hour<br> | 21st<br>10AM - Sip & Chat<br>2:15PM – Oct. Birthday Party w/ Dave Patrick (All Units) | 22nd<br>10AM – News & Views<br>2:15PM – Bingo (3rd Fl)<br>2:30PM – You Be The Judge | 23rd<br>10AM – AM Review<br>2:30PM – International Care Ministry Church Service (3rd Fl) |
| 24th<br>10AM – Sunday Morning Discussion (All Units)<br>2PM - City View Baptist Church (3rd FL)<br>2:30PM - E. Flatbush Church of G-D Pentecostal Service | 25th<br>10AM – Jazzercise<br>2:15PM – Resident Council & Food Committee Meeting (4th Fl)<br>6PM – Movie Night (4th FL) | 26th<br>10AM – Share Your Stories<br>2:30PM – Name That Tune<br> | 27th<br>10AM – News & Views<br>2:30PM - Chair Yoga<br> | 28th<br>10:15AM – Thanksgiving Day Strolling w/ Carl Bruno (All Units)<br>2:30PM - Today in History | 29th<br>10AM - Trivia Hour<br>2:15PM – Horseracing (3rd Fl)<br>2:30PM - Zumba Club<br> | 30th<br>10AM – Sunshine Group<br>2:30PM – Photo Trivia<br> |

# November and December's Resident Success Story

By Judy Johnson

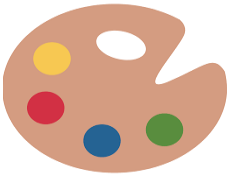
A few months ago, I went to the hospital for surgery and decided that Ditmas Park Care Center would be my choice for my post-procedure rehab. The rehab program that the therapists customized for me is enjoyable yet thorough. I'm always motivated to get to my sessions on time because all of the therapists make my day!

While we are working together, I always feel ambitious about meeting my personal rehab goals designed for me by my therapists. I am looking forward to walking unassisted again so I can continue doing the things that I love most such as visiting the local senior center, walking my Pomeranian named "Sugar", and even visiting my favorite casino! I have recently progressed to using a walker, and I am getting closer and closer to achieving my objective.

Thank you very much to everyone at Ditmas Park Rehab & Care Center for all of your kindness and diligence! Keep up the good work!!

# Resident Testimonials:

"Being here is very nice. The staff are pleasant and attentive to my needs. This is my second stay here and I feel really great knowing I chose Ditmas Park Rehab & Care Center. I also like meeting new people and socializing with others during the recreational activities."
- Cecelia N.



"I love it so much here - everybody is great! The rehab department makes exercising fun! The therapists are very helpful and make sure you learn how to take care of yourself for the future!"
- Hermine J.

"I like the variety of food, the portion sizes, and that it's all cooked well. I enjoy many different types of foods and I'm glad the kitchen can accommodate my preferences every day. I also am grateful for the other available services, like salon care while I am here."
- Allen W.

# Coming soon!

# Dialysis Center