



**Welcome!**

**The Truth About Dementia being Avoidable and Reversible**

So many questions and so little time! We realize that when attending seminars, it can sometimes feel as though you are drinking water from a firehose, so feel free to use this worksheet as a tool to help you prepare for the audience Q & A portion of the program at the end. Remember... **every question is a GOOD question!!!!**

**Hosts/Moderator:**

- Annette & Brett Junell, Downsizing Coaches & Realtors  
Junell Moves Made Easy & Junell Realty Group - Retired Moves Division @ Keller Williams (775) 432-6300

**Panelists:**

- Dr. Steven Rubin M.D. Adult and Geriatric Psychiatry
- Dr. Jennifer Carson, Ph.D., Director of the Gerontology Academic Program, Sanford Center for Aging, University of Nevada, Reno
- Dr. Kelley Macmillan, Ph.D., Director Community and Social Services, Sanford Center for Aging, University of Nevada, Reno

**My burning question starters:**

I was wondering... I am curious about... I had this friend who wanted to know...  
What if... I've always wanted to know... I heard... Would you clarify...

**My burning question(s):**

---

---

---

---

**Resources:** [www.junellgroup.com/rfts/dementia](http://www.junellgroup.com/rfts/dementia)

Visit [www.facebook.com/RetiredLivingTruthSeries](https://www.facebook.com/RetiredLivingTruthSeries), click on [Follow],  
and please write a comment about today's or a past seminar.





## **DEMENTIA WARNING SIGNS**

- Memory loss
- Challenges in planning or solving everyday problems
- Difficulty with language
- Difficulty completing familiar tasks at home, at work or at leisure
- Confusion with time or place
- Decreased or poor judgment
- Problems with abstract thinking
- Misplacing items
- Changes in mood and personality
- Withdrawal from work or social activities

## **RESOURCES**

- Alzheimers Association  
[www.alz.org](http://www.alz.org) | **24/7 Helpline 800.272.3900**
- Dementia Friendly Washoe County  
[www.dementiafriendlynevada.org/communities/washoe](http://www.dementiafriendlynevada.org/communities/washoe)

## **ACTION PLAN – WHAT I WILL DO WITH THIS INFORMATION:**

- 1.
- 2.
- 3.

# THE ALZHEIMER'S GRID

CAUSE, RISK and PREVENTION ASSESSMENT

**NAME:** \_\_\_\_\_

**DOB:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**Assessed By:** \_\_\_\_\_

The Alzheimer's Grid allows anyone to quickly, accurately and effectively identify the reasons and risks for developing dementia.

Consider each cause and assign an estimate of significance.

Is there a history of heart, lung or alcohol disease; Co-existing medical problems such as diabetes or sleep apnea; Toxin exposures, trauma, poor exercise and bad nutrition, medical or medication errors and side effects?

How severe have remote or current impacts been over one's lifetime?

The Alzheimer's Grid does not require a particular score or value. It is a guide for thinking about and making changes that can best treat, prevent and manage cognition and behavior declines.

HISTORY

SEVERITY

0 1 2 3 4 5 6 7 8 9

- 1) CARDIOVASCULAR DISEASE
- 2) RESPIRATORY DISORDERS
- 3) SLEEP HYPOXIA
- 4) ALCOHOL/DRUG ABUSE
- 5) PRESCRIPTION DRUGS
- 6) EAT, DRINK, BREATHE
- 7) HEAD TRAUMAS
- 8) GENETICS & MEDICAL ILLNESSES
- 9) MEDICAL COMPLICATIONS
- 10) SEDENTARY LIFESTYLE


A BIG thank you to our sponsors who make the Retired Living Truth Series possible.



Annette & Brett Junell  
(775) 432-6300

[www.NevadaRetiredMoves.com](http://www.NevadaRetiredMoves.com)  
*Real Estate Services*

*Affiliated with Keller Williams Group One*



Debbie Wood  
(775) 225-1111

[www.opesadvisors.com/about-us/our-team/debbie-wood](http://www.opesadvisors.com/about-us/our-team/debbie-wood)  
*Reverse Mortgages*



**PhysioSpine Reno**  
Excellence in Spine Physiotherapy

Brian Wessel  
(775) 399-4094

[www.PhysioSpineReno.com](http://www.PhysioSpineReno.com)  
*Excellence in Spine Physiotherapy*



Sarah Feliz  
(775) 848-3350

[www.PutItInOrder.com](http://www.PutItInOrder.com)  
*Clearing the clutter*



Ryan Hart  
(775) 432-6022

[www.AmadaNorthernNevada.com](http://www.AmadaNorthernNevada.com)  
*Senior Care of Northern Nevada*



*Overjoyed... not overwhelmed!*  
*Senior Move Management*  
(775) 470-7760

[www.JunellMovesMadeEasy.com](http://www.JunellMovesMadeEasy.com)  
*Downsizing and Relocation Simplified*



(775) 800-6271

[www.PlanYourStoryToday.com](http://www.PlanYourStoryToday.com)  
*Planning the best third of your life*



(775) 300-6200

[www.RevelRancharrah.com](http://www.RevelRancharrah.com)  
*A Refined Senior Community*



(775) 424-5400

[www.CascadesOfTheSierra.com](http://www.CascadesOfTheSierra.com)  
*Senior living, assisted living services and memory care*



(775) 825-5008

[www.kindredhealthcare.com](http://www.kindredhealthcare.com)



Laurie Leonard  
(775) 786-8853

[www.promenadereno.com](http://www.promenadereno.com)  
*Inclusive retirement community*



*Partnering with You through Life's Transitions*

Rich Schulze  
(775) 853-5700

[www.renolegal.com](http://www.renolegal.com)  
*Elder Law, Estate & Retirement Planning Attorney*



MAKING SENSE OF INVESTING

Jim Morman

(775) 353-1039

[www.edwardjones.com/jim-morman](http://www.edwardjones.com/jim-morman)  
*Financial Advisor*



SENIOR LIVING  
of SPARKS

(775) 626-5665

*Independent & Assisted Living & Memory Care*



(775) 770-9311

[www.ProminenceHealthPlan.com](http://www.ProminenceHealthPlan.com)  
*Medicare Advantage Plans*



(775) 841-4111

[www.SierraPlaceOfCarsonCity.com](http://www.SierraPlaceOfCarsonCity.com)  
*Independent & Assisted Living*