

September
2025

education nurture activity

circulation RESPONSIBILITY

brain health quit smoking

awareness NUTRITION

exercise
MONTH

WORLD
Alzheimer's

PREVENTION cardiovascular

healthy fats STRENGTH lifestyle

STRESS dancing laughter writing

FUN gardening SLEEP reading

puzzles singing companionship LOVE

- Series: AFA 10 Steps to Healthy Aging Chart

“See a Doctor” - Step #9

- Finding a Doctor

- Approaching Memory Concerns in Others

- Early Detection and Memory Loss

- 5 Early Signs and Symptoms

- ★ September 4th Event: Dementia Caregiver Support Group

- Virtual Reality Experience

- Resources

*“You never know how strong you are ...
until being strong is the only choice you have.” - Cayla Mills*

Dementia Caregiver Support Group

Basehor Community Library:

Meets in person on the first Thursday of every month at 6:30 pm

Join us in this safe supportive environment for caregivers.

Co-Leaders: Dr. Maritza Buenaver, Geriatric Psychiatrist
and Cathy Grigsby, MS, caregiver support specialists,

will guide us as we share our experiences. Anyone is welcome to join us.



See a Doctor

Finding a Doctor

Experts estimate a skilled physician can diagnose Alzheimer's disease with more than 90% accuracy. The first step in following up on symptoms is finding a doctor you feel comfortable with.

The specialists listed below can evaluate memory and thinking issues and diagnose dementia. Some people with unclear symptoms, including those under age 65, may require evaluation by two or more specialists who combine their findings to reach a diagnosis.

- **Neurologist**, who specializes in diseases of the brain and nervous system.
- **Psychiatrist**, who is trained in general psychiatry with additional training in mental health and aging.
- **Psychologist**, who has special training in testing to assess thinking abilities, including memory, attention, language, reading and problem-solving skills.
- **Geriatrician**, who specializes in the care of older adults and dementia.

Approaching Memory Concerns in Others

- **Assess the situation:** What changes in memory, thinking or behavior do you see? What's the person doing — or not doing — that's out of the ordinary and causing concern?
- **What else might be going on?:** Various conditions can cause changes in memory, thinking and behavior. What are some health or life style issues that could be a factor? Examples include family stress or health issues like urinary tract infections, diabetes or depression.
- **Having conversations:** Who should have the conversation to discuss concerns? It could be you, a trusted family member or friend, or a combination. It's usually best to speak one-on-one so the person doesn't feel threatened by a group, but use your best judgment about what will make the person most comfortable.

Source: Paraphrased from Alz.org

SEPTEMBER EVENT: Dementia Caregiver Support Group

Thursday, September 4th—Basehor Community Library

1400 158th St., Basehor, KS—6:30 p.m.—7:30 p.m.

*In a safe and welcoming environment, the Dementia Caregiver Support Group gives caregivers the opportunity to ask questions and share their experiences with others in similar circumstances. **The support group will be led by:***

Co-Leaders: Dr. Maritza Buenaver, Geriatric Psychiatrist and Cathy Grigsby, MS caregiver support specialists.

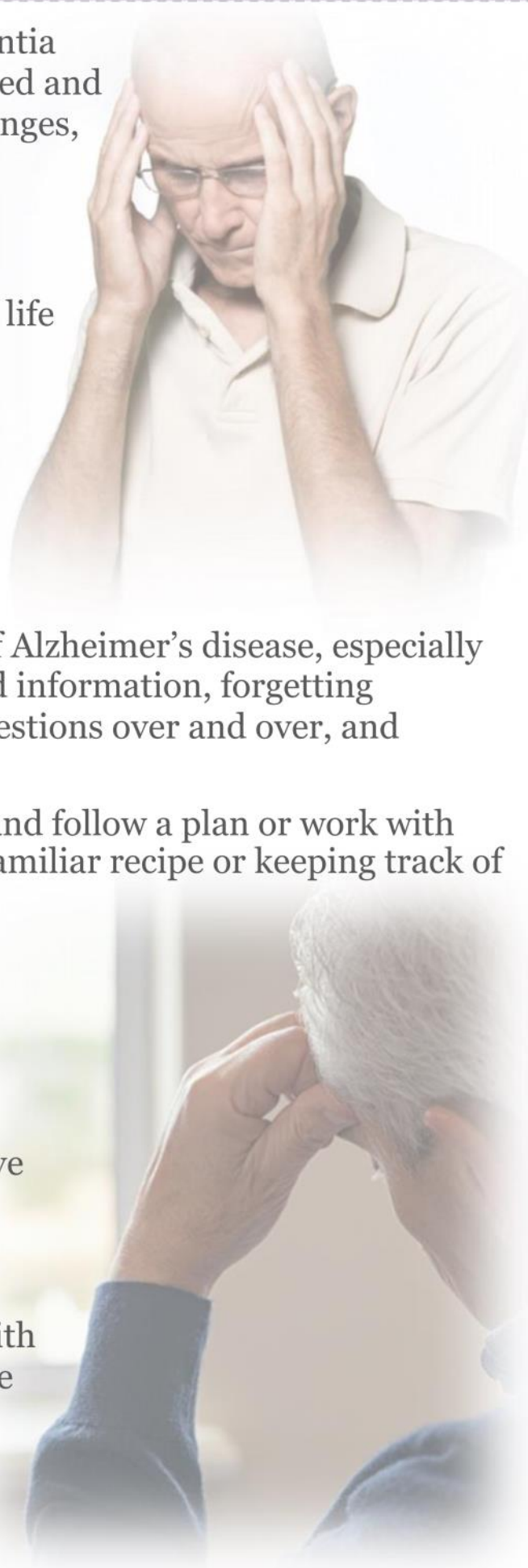
“World Alzheimer’s Awareness Month”

Early Detection of Alzheimer's or other dementia offers significant benefits for the person diagnosed and their loved ones. If you or your family notice changes, it could be Alzheimer's or MCI (mild cognitive impairment). Trust yourself, talk to a loved one and see a doctor together.

Memory Loss Memory loss that disrupts daily life may be a symptom of Alzheimer's or other dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills.

5 Early Signs and Symptoms Memory loss that disrupts daily life

- **Forgetting:** One of the most common signs of Alzheimer’s disease, especially in the early stage, is forgetting recently learned information, forgetting important dates or events, asking the same questions over and over, and increasingly needing to rely on memory aids.
- **Planning:** 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.
- **Completing daily tasks:** They may have trouble driving to a familiar location, organizing a grocery list or remembering the rules of a favorite game.
- **Keeping track:** They can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.
- **Vision changes:** This may lead to difficulty with balance or trouble reading. They may also have problems judging distance and determining color or contrast, causing issues with driving.



Resources



A JOURNEY THROUGH ALZHEIMER'S DISEASE "VIRTUAL REALITY EXPERIENCE"

Find out what everyone is raving about!

"Enlightening" "Eye-Opening" "Empowering" "Informative"

Free Distance Learning Experience Through Zoom..

(Alzheimer's/Dementia/Lewy Body/Parkinson's)

Experience a journey through their eyes.

(A must for caregivers, families, doctors/fellows/residents/staff.)

Free Virtual Reality Distance Learning is made possible

by Dr. Maritza Buenaver's Iowa-GWEP/HRSA Grant.



**It's easy to schedule a
Virtual Reality Session.**

***Just email your preferred
VR Session date and time to:***

vaCaregiverEducation@gmail.com

***Also, ask about our other
Virtual Reality Experiences including:
Vision/Hearing Loss and End-of-Life.***

- **Dr. Maritza Buenaver—Dementia Education, Next Session: October 15, 2025**
• **> Dementia Education Sessions are held Every Other Month on the Third Wednesday of that month, 6:30-7:30 p.m., at the Basehor Library**
- **Dementia Caregiver Support Group, Monthly, First Thursday, Basehor Library**
- **www.Facebook.com—Basehor Library—Dementia Caregiver Support Group**
- **The Deeper Window Association, Vicki Lichtenauer, vlichtenauer@scls.org**
• **Caregiver Support Group, Monthly, 1st and 3rd Wednesday, 5:45-7:30 p.m.**
- **Leavenworth, KS— Let's Roll Mobile Respite, Tuesdays, 11:00 a.m.—3:30 p.m.**
- **www.LeavenworthCounty.gov—Council on Aging**
- **www.ALZ.org—Alzheimer's Association**
- **www.ptsd.va.gov/gethelp/help_for_veterans.asp**
- **CRISIS LINE: 800-273-8255—Free and Confidential**

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