

Institute for Disability Studies  
ShareCare Notes  
April 7, 2005

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#### 1) Practical Tips from Someone Who Knows First Hand

Jane Rezza, a caregiver veteran of 11 years, provides practical tips for caregivers that she gleaned from her own experiences. Check out her ideas at <http://www.baxterbulletin.com/apps/pbcs.dll/article?AID=/20050331/NEWS01/503310321/1002>

#### 2) Medicaid Matters

Medicaid provides medical coverage to 50 million uninsured Americans. Visit <http://www.medicaidmatters2005.org/> for the latest on projected cuts to Medicaid and ways that you can help protect the program.

#### 3) Alzheimer's Drug Trial

Researchers are currently running clinical trials with Xaliproden, a new Alzheimer's treatment that is thought to not only slow, but stop the progression of the disease. See [http://wcco.com/localnews/local\\_story\\_097110129.html](http://wcco.com/localnews/local_story_097110129.html) for more information.

#### 4) Music Therapy

Music therapy for individuals with Alzheimer's may prove to be effective even in the later stages of the disease. Visit <http://www.afa-vantage.com/afa/displayArticle.cfm?articleID=article3884>. For a free subscription to Vantage, a magazine that caters specifically to caregivers of loved ones with Alzheimer's and related illnesses <http://www.afa-vantage.com/afa/>.

#### 5) New Software May Help Improve Short-Term Memory

New software may help improve listening and short-term memory in aging adults. Computer games involving "cognitive calisthenics" are currently under development as a means to improve listening and short-term memory among aging adults. See <http://sfgate.com/cgi-in/article.cgi?f=/c/a/2005/04/04/BUGJ9C20VS1.DTL&type=health> for the full story.

## 6) Caring for the Caregiver

Providing care for one's parents is an emotional rollercoaster when relationships are positive, but when parent-child relationships are already strained, caregiving can prove to be even more difficult. In a new book, "Doing the Right Thing: Taking Care of Your Elderly Parents, Even if They Didn't Take Care of You," Roberta Satow describes her personal journey and those of various other caregivers to find a positive perspective. Check out <http://www.msnbc.msn.com/id/7393641/site/newsweek/> for more details.

## 7) Upcoming Events

April 13, 2005, 11:45 a.m. – 1 p.m., Caregiver Brown Bag Lunch, "Effective Problem-Solving for Caregivers," Presented by Angel Jernigan and Dustin Johnson. The University of Southern Mississippi Student Union, Room H.

April 20, 2005, 12:30 – 3 p.m., "Living with Grief: Ethical Dilemmas at the End of Life," Hospice Foundation of America's 12<sup>th</sup> Annual Bereavement Satellite Teleconference. The University of Southern Mississippi, Joseph Cook Library, Room 123. For more information, contact Susan Hubble Burchell at (601) 266-5367.

April 26, 2005, 8:30 a.m. – 3 p.m., Pine Belt Caregiver Resource Fair and Symposium, Forrest General Hospital Center for Healthy Living at the Family Y. For more information about registration, please call Theresia Ratliff at (601) 432-6818.

April 29, 2005, 9 a.m. – 12 p.m., Senior Health Fair, First Baptist Church of Purvis Family Life Center. For more information, please call (601) 268-8127.

Take care out there!

Sincerely,  
Angel Jernigan