



Compassionate Options
for Progressive Eldercare

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Vision Statement:

To advocate and provide compassionate, affordable care solutions to seniors and individuals with aging disabilities & their families throughout North Carolina.

How You Can Help Others

- I am interested in volunteering at COPE Eldercare
- I am interested in donating an initial consultation to a friend in need.
- I'd like to make a tax deductible donation of \$_____ to be designated for the following purpose(s):

Memorial: _____ Honorarium: _____

Respite Care: _____ Other: _____

Please make checks payable

Name: _____

Address: _____

Address: _____

City: _____

State: _____ Zip: _____ Phone: _____

Email: _____

Please mail or fax to:

COPE Eldercare

P.O. Box 5825

Cary, NC 27512

Fax: 919-481-2961

Fall/Winter 2010



Mission Statement

COPE Eldercare provides seniors, individuals of all ages and their families compassionate care to promote independence, safety, and quality of life.

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COPE Eldercare Courier

2010 Celebrity PAWS for COPE an Exciting Success!

The second annual Celebrity PAWS for COPE was held on September 11th at Laurel Hills Community Park in Raleigh under beautiful Carolina blue skies. Hundreds of animal lovers came out to support COPE Eldercare while taking advantage of the many activities including Netop the Painting Pooch, Bon Clyde Learning Center Acting Dogs, local Agility Teams, Claire Apple and Golem Kennel Herding Dogs, Wake County Sheriff's Department and Rex, his canine partner. Unleashed: The Dog Store was the principal sponsor for this event and was joined by other nonprofit organizations including Guiding Eyes for the Blind and Ani-Mall. A variety

of aging organizations participated in the event along with the Carolina Hurricanes. Many local business donated Silent Auction items which raised several hundred dollars for COPE Eldercare and COPE Enrichment. The 2010 Celebrity PAWS for COPE was an entertaining setting to create awareness of the many services provided by our canine companions, but it was also an opportunity to honor and dedicate the event to the memory of Gracie, Bon-Clyde Learning Center's TV and film star, 1995 – 2010. Stay tuned – 2011 Celebrity PAWS For COPE is already in the works. Look forward to seeing you next year!



Stormy made good friends with Tammy & Baxter.



Agility demonstrations were just one of many events to enjoy.

COPE is the Recipient of the 1st Nurse Care of NC Charity Challenge

COPE Eldercare was extremely honored and proud to be the recipient of the first Nurse Care of North Carolina's Charity Challenge. The purpose of the Charity Contribution Challenge (CCC) is multi-fold:
1. Monthly, Nurse Care provides a donation to a local

charity or non-profit organization
2. Increase awareness of the need to continue funding charities and non-profits
3. Give to the community Nurse Care's perspective – "We believe that there is a lot of good that comes from all of us helping each other.

That is the impetus for our monthly campaign to provide charities with funds. We will make a contribution each month to a charity that the public and our colleagues choose (!)."
We are very grateful for the recognition and to all who voted for COPE Eldercare!

2011 Calendar of Events:

**January 10th
Raleigh FTD Support Group**
7-8:30pm
Alz NC Office
Meets every 2nd Monday

**January 18th
Cary FTD Support Group**
7-8:30pm
Waltonwood
Meets every 3rd Tuesday

**January 20th
Caregiver Support Group**
6:30—8:00p
Woodland Terrace
Meets Every 3rd Thursday

**January 22nd
Pet Therapy Class begins 10:30a—12:00p**
Carolina House of Cary

Alzheimer's NC, Inc
1305 Navaho Dr, Ste 101
Raleigh, NC 27609
919.832.3732

Waltonwood
750 Southeast Cary Pkwy
Cary, NC 27511
919.250.7936

Woodland Terrace
300 Kildare Woods Drive
Cary, NC 27511
919.465.0356

National Memory Screening Day was November 16th Laurie Screened Between 30 and 40 People at Woodland Terrace and Sunrise of Cary

Memory Screenings 101

Who Should be Screened?

Memory screenings make sense for anyone concerned about memory loss or experiencing warning signs of dementia; whose family and friends have noticed changes in them; or who believe they are at risk due to a family history of Alzheimer's disease or a related illness.

Screenings also are appropriate for anyone who does not have a concern right now, but who wants to see how their memory is now and for future comparisons.

Is My Forgetfulness Normal?

Normal forgetfulness is neither progressive nor disabling. Such memory problems are likely to surface when you're under stress, fatigued, ill, distracted, or overloaded. Typically, you remember the forgotten information later. Like most people, you probably rely on written reminders and other memory-jogging techniques to overcome this kind of forgetfulness. A certain of increase in forgetfulness

Note: A memory screening is not used to diagnose any particular illness and does not replace consultation with a qualified physician or other healthcare professional.

According to the Alzheimer's Foundation of America, these questions might help you decide if you should be screened. If you answer "yes" to any of them, you might benefit from a memory screening:

- Am I becoming more forgetful?
- Do I have trouble concentrating?
- Do I have difficulty performing familiar tasks?
- Do I have trouble recalling words or names?

- Am I misplacing things more often?
- Do I sometimes forget where I am or where I'm going?
- Have I become lost while walking or driving?
- Have family/friends told me that I am repeating my questions or statements
- Have my family/friends noticed changes in my mood, behavior, personality, or desire to do things?

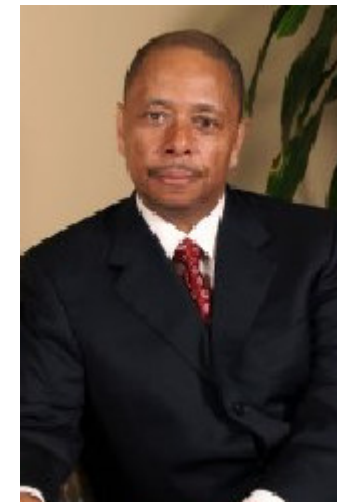


www.alzfdn.org

seems to be a normal byproduct of aging and is perhaps a result of the changes in the brain that begin around age 50, such as a gradual loss of receptors on brain cells and a decline in certain neurotransmitters. Researchers disagree over how much deterioration is normal. Just like muscular strength, your ability to remember increase when you exercise your memory and nurture it

with a good diet and other healthy habits. There are a number of steps you can take to improve your memory and retrieval capacity. Creating a routine that includes regular physical exercise and engaging your brain with intellectually stimulating activities will not only improve your memory, it can also afford your brain greater protection against disease or injury as you age.

COPE Welcomes a New Member to the Board of Directors



Dr. Bennett, the founder of Independence Health, has worked as a medical director in senior care for the past 15 years.

Dr. Bennett developed the program who because of the age and declining health of his father needed more than what the medical community had to offer.

Dr. Bernard Bennett is a graduate of Cornell Univer-

sity, Meharry Medical College, and the University of North Carolina at Chapel Hill. He completed his residency at Rutgers Medical School in New Jersey and is board certified by the American Board of Internal Medicine.

He resides in Raleigh with his wife and two daughters ages 11 and 16.

Family Reflection

"A year ago, COPE Eldercare took on care management for my older sister, Margaret, who then lived in an assisted living facility in Cary, North Carolina.

The regular visits from Laurie Ray and her Meredith interns have brightened Margaret's life and made her feel more secure and cared for. My worry level has certainly gone down as I live

more than 300 miles away and can't visit Margaret nearly as often as I'd like to. I know Laurie will always give me a clear picture of how Margaret is doing and what she may need. The past five months have been a roller coaster as Margaret's health took a sudden nosedive, and she's now in a skilled nursing care.

Both Margaret and I are so grateful for the trusting relationships we'd built with Laurie before all this happened and for her steady support and wise guidance during this difficult time. Like I've said before, words somehow don't seem adequate."

-Kathy, Maryland

Join COPE on Facebook!

It's official... COPE is now on **facebook**

Please show your support for what we do by adding us and sharing our page with your friends. You can find us by searching "COPE Eldercare: Compassionate Options for Progressive Eldercare, Inc." when you are on the Facebook main page.

We will be using this page as both an outreach and informational tool.

Our hope is that through our presence on Facebook we will be able to share what we do with a new audience and continue to grow and help more families than ever before.

Weekly we will be posting

tips, tidbits, and other pieces of information that align with what we do as well posting dates and times for COPE and COPE supported events.



COPE Eldercare Board of Directors:

JoAnn Pfirman,
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