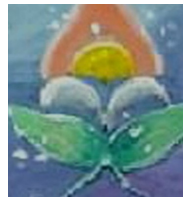


Peter Christensen Health Center News



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What To Know About Alzheimer's & Dementia

One in five Native Americans aged 45 and older experience signs of dementia. Yet, most of Indian Country lacks dedicated dementia professionals. The Lac du Flambeau Tribe, however, has a dedicated memory care coordinator who supports dementia patients and caregivers. Meet Cherie Diem. She works within the Tribe's Aging & Long Term Care Department. Cherie shares some insights and available local programs as part of Alzheimer's Awareness Month



Cherie Diem

What You Need To Know

Cherie says we all forget where we put our keys from time to time. But if you forget to take medicines or forget to eat, struggle to remember names of people you see often, or experience general confusion, these may be signs of dementia.

What to do if dementia symptoms appear

If you suspect dementia symptoms in a loved one or yourself, there's help. Cherie will confidentially visit your home to do a short memory screen. This will give you a baseline of where you are now. Individuals and caregivers can share it with their healthcare provider to create a plan.

How to promote a healthy brain

Cherie says your brain benefits from healthy eating, physical exercise and challenging your brain. New brain cells are created when you take a different way home from the grocery or try something different, like learning a new language. Solving problems flexes your brain muscle to create new brain cells. Eating healthy foods like blueberries fuels your brain. Blueberries are a brain super food, Cherie says.

Call LDF Tribal Memory Care Coordinator Cherie Diem at (715) 661-8929 for help.

Need Help With Dementia?

The Tribe has a dedicated memory care coordinator who works with Tribal Members and caregivers touched by dementia. These programs are offered right here in Lac du Flambeau:

At-Home memory screening is confidential, short and informative.

Virtual Dementia Tour is an individual sensory experience for anyone interested in what dementia feels like.

Memory Café (coming soon) is a safe place to go, with a dementia loved one, to socialize, interact and do fun activities.

Dementia 101 is for Tribal Elders to learn about dementia.

Savvy Caregiving is a workshop for family caregivers of those with dementia.

Dementia Friends Info Session is designed to create understanding about dementia and to take action to help communities become a more welcoming place for people living with dementia.