

MADRONE HOSPICE, INC.

Quality, Compassionate Care



April-June 2023



Executive Director
Chris Clother



A note from the Executive Director~

Hello and happy Spring to our Madrone Hospice community! We hope you have made it happily through the welcome snow and rain of this winter – 2023 looks to be shaping up wonderfully thus far.

On March 17th, we hosted our 34th annual Art Auction, and we are thrilled to say that it was a well-attended and successful evening. Over 170 community members joined us to mingle, dine, and bid on 80 different art objects; all of which were created or donated by local artists and donors. This was our first auction since the pandemic put a pause on gatherings of this kind, and we are happy to report generating more than \$15,000 to support our Hospice House. Thank you very much to all who joined us and contributed to this cause!

In April, we are excited to host our annual Volunteer Luncheon – another event that had been put on hold due to COVID. We will be appreciating our beloved volunteers by inviting them to come together and share in a delicious meal.

We feel a profound gratitude to all of you who have extended yourselves, either by volunteering, attending our events, or donating to our organization – from the bottom of our hearts: Thank you! Your support ensures that we will be able keep providing quality and compassionate hospice care to the greater Yreka area and throughout North County.

Sincerely, Chris Clother



Volunteering Weaves Us Together

April is a special time to recognize all those who give their time and energy during National Volunteer Month. This year's theme for 2023 is “Volunteering Weaves Us Together.” This reveals how volunteering strengthens the fabric of our community and every volunteer, like every thread, adds to our ability to grow, thrive and create change within our communities.

Most organizations in small towns and even the largest cities would not function without volunteers. Local fire and ambulance departments remain staffed due to the efforts of volunteers. The underprivileged receive much needed medical care thanks to volunteers. A volunteer answers a call to relieve a caregiver for a few hours to allow them to rest and recover. A team sets up tables at a soup kitchen every week. Another group delivers meals to men and women who can no longer cook for themselves. A man collects and cleans up donations to raise money for dying patients. Boys and girls sell ice cream sandwiches during a fair to raise money for a homeless shelter. Whatever the task, volunteers come in all shapes and sizes. They pick a cause and make a difference in someone's life and each action they take impacts our community's wellness, now and for future generations. Knowing our volunteer contributions are valued and meaningful creates a greater sense of purpose and dedication.

During National Volunteer Month, Madrone Hospice celebrates all of our volunteers; through their kindness, generosity, talents and commitment that weave our organization together and make us stronger. Thank you!

An illustration on a purple background featuring a large yellow brain with white squiggly lines. To the left, a blue thought bubble contains a tangled line. To the right, a person in a teal uniform stands on a small platform, holding a white presentation board with three lines of text. The overall theme is cognitive function and research.

Alzheimer's Disease

Worldwide, 55 million people are living with Alzheimer's and other dementias.

Alzheimer's disease is a degenerative brain disease and the most common form of dementia.

Dementia is not a specific disease but is a term that describes a group of symptoms.

To better understand the affects that Alzheimer's disease has on the brain, lets first touch on some brain basics. Your brain is the most powerful organ in your body. The brain controls what you think and feel, how you learn and remember, and the way you move and talk. But it also controls things you're less aware of – like the beating of your heart, the breath in your lungs and the digestion of your food. Think of the brain as a central computer that controls all the body's functions.

Your brain is nourished by one of your body's richest networks of blood vessels. With each heartbeat, arteries carry blood to your brain, where billions of cells use the oxygen and fuel that are in your blood to feed over 100 billion nerve cells. These cells send electrical signals to other cells throughout the brain by an intricate network called the "neuron forest". These signals form the basis of memories, thoughts, and feelings. Alzheimer's disease disrupts the way the signals travel within the cells, depriving them and cutting off activity in the brain. This lack of activity leads to nerve cell death and tissue loss.

Alzheimer's Changes the Whole Brain

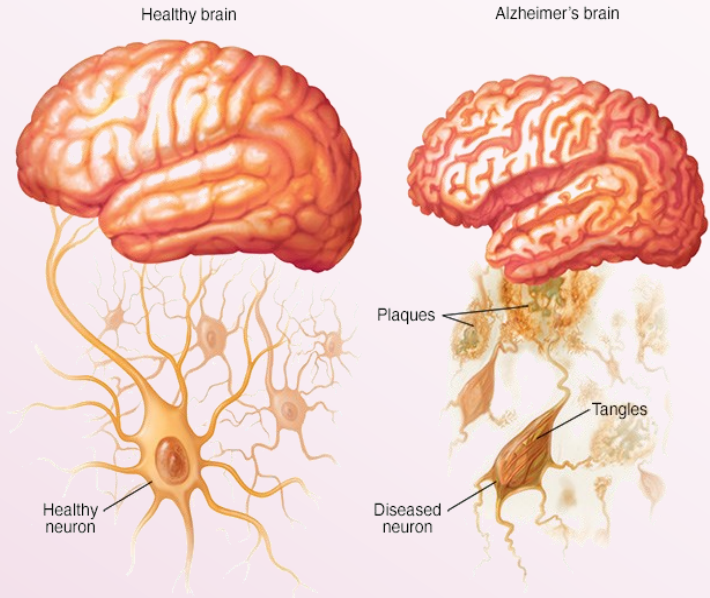
Scientists are not sure what causes cell death and tissue loss in the Alzheimer's brain, but the plaques and tangles that develop in the brain seem to be the prime suspects. These factors prevent blood flow and the nerve

cell death and tissue loss throughout the brain only worsen over time. The brain is literally dying. The brain shrinks dramatically, affecting nearly all its functions. As of now, there is no cure to reverse the effects of Alzheimer's disease in the brain, but treatment can manage some of the symptoms.

Though the spread of the disease in the brain spread in a predictable pattern, the progression varies greatly. On average, a person with Alzheimer's lives 4 to 8 years after diagnosis, but can live as long as 20 years, depending on health and other factors.

Learning that you or someone you care about has been diagnosed with Alzheimer's or another related dementia can be devastating. One of the hardest things to process is the slow decline in the one you love and coming to terms with the diagnosis will require time. Alzheimer's Disease is often called "The Long Goodbye." Friends and family will eventually become strangers to the individual with the disease, and in a sense, the individual becomes a stranger to their friends and family, and even to themselves.

It is important to seek information about the disease soon after diagnosis, as well as finding a trusted support team. Be open and honest with your loved ones, as it will be their caregiving and support that will make the biggest difference. However, caring for someone with Alzheimer's can be a long, stressful, and intensely emotional journey, and the caregiver will need support along the way as well. Knowing what to expect and having access to the resource available can be empowering and provide more commitment and determination to "get through this



Prepare for the road ahead. Once you've identified a trusted support team, be specific about how you would like support and make a plan. It is important to maintain independence in the early stages of Alzheimer's, but as the disease progresses, cognitive and physical regression mean they will ultimately require around the clock care. Putting plans in place now can help reduce stress in the future and enable the loved one to be involved in the decision making. This will ensure their legal, financial, and healthcare wishes are respected.

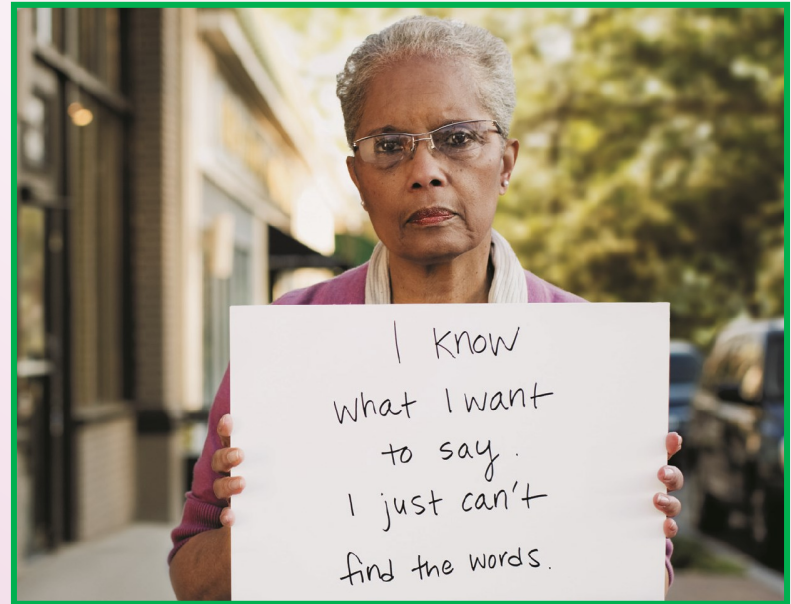
Make use of available resources and find support groups. There are a wealth of community and online social networks that provide an opportunity to learn from others who understand and who have been there. You can start by going to the national Alzheimer's Association. This organization can offer practical support, helplines, advice and training for caregivers and their families. They can also put you in touch with online support groups.



Know the Signs

There are 10 early warning signs and symptoms of Alzheimer's.

1. **Memory loss that disrupts daily life**
2. **Trouble with planning or solving problems**
3. **Difficulty completing familiar tasks**
4. **Confusion with time or place**
5. **Trouble understanding visual images and distance**
6. **New problems with words in speaking or writing**
7. **Misplacing things and inability to retrace steps**
8. **Decreased or poor judgement**
9. **Withdrawal from work or social activities**
10. **Changes in mood or personality**



Get checked. Early detection matters. If you notice one or more signs in yourself or another person, it can be difficult to know what to do. It's natural to feel uncertain or nervous about discussing these changes with others. Voicing worries about your own health might make them seem more "real." Or you may fear upsetting someone by sharing observations about changes in his or her abilities or behavior. However, these are significant health concerns that should be evaluated by a doctor, and it's important to take action to figure out what's going on.

For more information, please visit the Alzheimer's Association at www.alz.org or call the 24/7 Helpline.

ALZHEIMER'S  **ASSOCIATION** **1.800.272.3900**

Memorial Donations

In recognition and appreciation of our donors and in honor of the ones they love-the following list represents donations received between December 16th-February 28th

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