What are the Blue Zones Anyway?

We all have heard the legend of the Fountain of Youth, a magical well granting everlasting life to those whose drank from it and long debunked as a wild fantasy of Ponce de Leon’s. However, if the secrets of longevity exist wouldn’t you want to tap into them, even if it meant traveling to the ends of the earth to find them? This quest for longevity is what compelled best-selling author and National Geographic fellow, Dan Buettner, to undertake his decade long investigation into the “Blue Zones”, regions of the world where people live measurably longer and healthier. Dan Buettner embarked on this quest for longevity back in 2005, setting out to study and research the lifestyle of those living in these small, geographic pockets that would later be dubbed “Blue Zones”.

The term “Blue Zones” itself is an accident of history. In a meeting between Buettner and some of his Italian colleagues in 2001, a chief demographer highlighted on a map in blue marker the island of Sardinia, a jewel of the Mediterranean just off the coast of Italy where an exceptionally large concentration of centenarians live. Boasting nearly 10 times more centenarians per capita than the U.S., Buettner and his team immediately set out on their expedition to meet and interview the people of Sardinia. Soon after arriving, Buettner and his team quickly recognized the important role that their Mediterranean diet and traditional way of life contributed to their increased quantity and quality of life. While Sardinians do carry a rare genetic marker (M26) that is linked to exceptional longevity, there is a growing body of evidence that habits and environment are key in determining a long life.

Sardinian’s have a traditional and active lifestyle. They eat organically via the hunting, fishing, and harvesting of their food,

Continued on Page 4
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Dear Friends:

One of the most interesting things about working for the Alzheimer’s & Dementia Resource Center is how dynamic the field of dementia can be. Yes...at times it seems like any progress in treating the various forms of dementia is slower than a turtle walking uphill. Behind the scenes, however, researchers are uncovering some exciting new information about how the brain works and what keeps our brains (and the rest of us!) healthy.

Over the past ten years of so, researchers have determined that Alzheimer’s disease and related dementias are primarily diseases that occur as a result of our lifestyle choices! Setting aside the 1% of folks whose disease is linked to their genetic background, current thinking is that we have much more control over the health of our brains than we ever suspected.

One of my favorite books is called The Blue Zones: Lessons for Living Longer From the People Who’ve Lived the Longest. This book chronicles the latest research done by Dan Buettner, a National Geographic Fellow who has studied five areas of the world (called Blue Zones) where people live healthy, active lives well into their 90s and 100s.

How do these communities manage such a feat? Researchers have found some commonalities among the communities which include the food they eat, the company they keep and their very perspectives on life. This is exciting and promising news for all of us!

Why am I sharing this with you? Because knowledge is power. ADRC strives to bring the most current information to our caregivers and the community and this year we’ll be featuring the Blue Zones concepts in two major ways – at our annual fundraiser, Blue Worldview Charity Night on October 27th and at our annual caregiver conference on November 4th. Come join us for either or both events to learn more about these exciting concepts!

I also ask you to remember our agency when it is time to donate to your favorite charity. The Alzheimer’s & Dementia Resource Center is critical to the health and well-being of our community and especially to those families and professionals caring for someone with dementia. Funding for programs like ours is limited, which is why we rely on friends like you.

If you have ever been a caregiver, you understand the immense value of having a support system when additional help is needed. ADRC is a support system to hundreds of caregivers at any given time, but we can’t do it without you.

Please consider a donation to our agency at whatever level is comfortable to you. As a local nonprofit 100% of your donation is applied directly to the programs we offer. There’s no better return on your investment than that!

Warmest regards,

Nancy Squillacioti
Continued from Page 1

they move naturally and nap regularly throughout the day getting lots of antioxidants through herbal tea and a traditional Mediterranean diet. They also keep close ties with friends and family throughout their lives, devoting plenty of time to socializing, laughter and wine.

What the Sardinians shared with Buettner and his team ignited further exploration around the world as they searched for more secrets shedding light on how to live longer and better. So far, Buettner and his team have explored Blue Zone regions in Okinawa, Japan, in the Nicoya Peninsula of Costa Rica, Ikaria, Greece and Loma Linda, California. In each of these regions, people reach age 100 at rates significantly higher than the rest of the world, and on average live longer, healthier lives. They experience 20% less cancer, half the rate of heart disease, and almost no dementia. Continued research has shown that lifestyle habits play a greater role in increasing your chances of longevity than genetics. Diet, exercise, social lifestyle, and even spiritual values and mental attitude are important determining factors.

Based on the Blue Zones research into individuals who live in these areas, nine key common factors (known as the Power Nine) can help produce the same positive health benefits for many of us living outside of these traditional Blue Zones. They are:

1. **Move Naturally** – Constantly nudge yourself to move naturally throughout the day.
2. **Have Purpose** – Research has shown that having a sense of purpose in your life can add up to 7 years to your life expectancy.
3. **Downshift** – The world’s longest-lived people have routines to regularly shed stress.
4. **80% Rule** – Stop eating when your stomach is 80% full.
5. **Plant Slate** – Eat vegetarian meals more often. Beans in particular are a cornerstone of most centenarian diets; meat is limited.
6. **Wine @ 5** – People in all the Blue Zones drink alcohol moderately and regularly. Moderate drinkers outlive nondrinkers.
7. **Right Tribe** – Maintain social circles that support and favorably shape healthy behaviors.
8. **Community** – All but 5 of the 263 centenarian interviewed belong to a faith-based community. Research shows that attending faith-based services four times per month will add 4 to 14 years of life expectancy.
9. **Loved Ones First** – Successful centenarians in the Blue Zones put their families first. They keep aging parents and grandparents nearby or in their home, which also lowers disease and mortality rates of their children.

Join the Alzheimer’s & Dementia Resource Center to learn more about these concepts, the world’s longest living regions, and the importance of healthy living on brain health by attending ADRC’s Blue Worldview Charity Night, an event inspired by the Blue Zones! For event details and information, visit [www.ADRCcares.org/blue](http://www.ADRCcares.org/blue).
Alzheimer’s Disease and Social Security Benefits
Bryan Mac Murray, Outreach Specialist, Social Security Disability Help

Early-onset Alzheimer’s disease is covered by Social Security as a disability. If you have Early-onset Alzheimer’s, you can also ask for a Compassionate Allowance so that your benefits can come to you sooner.

How can I use a Compassionate Allowance?

Patients diagnosed with Alzheimer’s can get quicker access to SSI and SSDI with a Compassionate Allowance. To qualify for a Compassionate Allowance, you’ll need clinical records from your primary care physician or a specialist showing you have progressive dementia.

What is SSI?

SSI is a needs-based program designed to aid those with low-income, and has a strict set of financial requirements to satisfy. If you qualify for SSI, you will also likely receive Medicaid benefits.

What is SSDI?

Anyone who has worked and paid into Social Security for 10 years or more is qualified to receive SSDI without special financial requirements.

Both SSI and SSDI are Social Security programs giving cash payments to help cover costs for qualified disabled people.

How to qualify for SSI and SSDI

The Social Security Blue Book lists the impairments with detailed requirements to judge whether or not your medical condition is disabling. In the Blue Book, Early-Onset Alzheimer’s falls under the category Organic Mental Disorders, (12.02), and the required level of severity is met when both A and B are satisfied together, or C alone is satisfied.

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A and B together must be satisfied if:

A. Demonstration of a loss of specific cognitive abilities or affective changes and the medically documented persistence of at least one of the following: disorientation, memory impairment, hallucinations and delusions, change in personality, disturbance of mood, emotional liability and impulse control impairment, and loss of intellectual ability

B. 2 of the following: restriction of activities of daily living, difficulties in maintaining social functioning, marked difficulties in maintaining concentration, persistence, or pace; or repeated episodes of decompensation.

Or, C alone is satisfied

C. Medically documented history of a chronic organic mental disorder of at least 2 years’ duration causing significant limitation of ability to do basic work activities, AND one of the following: repeated episodes of decompensation, if increase in mental demands or change in environment are predicted to cause decompensation; or current history of 1 or more years’ inability to function outside a highly supportive living arrangement.

Alternative ways to qualify outside the Blue Book

If your condition does not match the requirements listed in the Blue Book, you can still be eligible for disability benefits if Social Security deems aspects of your condition to be equal to a disability listing.

Additionally, if you do not meet the criteria listed in the Blue Book, you can still qualify if you can prove that your illness diminishes your ability to work.

If your condition is not yet in the Blue Book, you can still qualify if your illness is medically determinable, and that it either reduces your RFC (Residual Functional Capacity form that helps the Social Security Administration rate the functional capacity of a Social Security Disability applicant after taking the applicant’s mental or physical disability into account) or qualifies you for a medical-vocational allowance.

Applying for benefits

If you are an adult with Alzheimer’s disease, you’ll need the help of a trusted adult to help you apply for benefits. To see what information you’ll be required to provide, you can visit the SSA’s website to see a checklist of what you need to apply. While you’re there, you can also start your application online, though you may need to continue your application at your local SSA office if you’re applying for SSI benefits.

You can email help@ssd-help.org for more information or questions.
Blue Worldview Charity Night!

A Fundraising Extravaganza Exploring Brain Health with Global Cuisine

Join Our World!

Hilton Orlando/Altamonte Springs
350 Northlake Blvd, Altamonte Springs, FL 32701

Thursday, October 27th
5:30 PM to 9:30 PM

Explore the importance of diet & lifestyle on brain health & learn the secrets of longevity as we enjoy delicious food from regions & recipes inspired by The Blue Zones, a New York Times bestseller!

Only $50/Ticket!
Includes hotel parking, event admission, and unique cuisine, plus a copy of ADRC’s Little Blue Book on Healthy Living!

Enjoy a night filled with fantastic musical performances, a fabulous live & silent auction, raffle prizes, and cash bar; All you need to do is dress casual with a spot of blue in support of brain health and the Alzheimer’s & Dementia Resource Center!

Tickets & Event Info Available at: www.ADRCcares.org/blue or call (407) 843-1910
Upcoming Events

Please RVSP or call for more information 407-843-1910

23rd Annual Caregiver Educational Conference
Aging Well – Lessons From the Blue Zones
Friday, November 4, 2016
9:00 a.m. – 2:00 p.m.
Community United Methodist Church
4921 South US Highway 17-92
Casselberry, FL 32707
Cost per person $25 includes light breakfast & lunch

Keynote Speaker Sarah Bridges, Ph.D.
9:00 a.m. - Morning presentation
Dr. Sarah Bridges is a neuropsychologist, speaker, author, and executive coach who has spent her career facilitating individuals and cultures in healthy change. Her doctoral and post-doctoral research focused on aging and her advice is both evidence-based and engaging. Dr. Bridges’ presentation is thought-provoking and lively, lacing humor, science, and storytelling as she brings the Blue Zone concepts to life.

Rey Perez, RYT – Mind & Body Specialist, Ella Duke, TBI & Stroke Specialist
1:15 p.m. - Afternoon presentation
Elevate Yoga Center will be presenting the many benefits of yoga as it related to the reduction of stress and anxiety for both caregivers and their loved ones. They will provide a brief centering/calming demonstration followed by information on the studies showing the effectiveness of yoga and mindfulness practices in providing tools to assist the caregiver to live more fully during this stressful period.

Free Community Workshop
Caregiving Matters
Friday, September 9, 2016
“How to Communicate When Logic Doesn’t Work”
Presented by: Jerry Hamilton, MS Ed
Check in begins at 9:30 am
Presentation 10:00 am – 12:00 pm

Free Community Workshop
Caregiving Matters
Friday, September 16, 2016
“How to Communicate When Logic Doesn’t Work”
Check in begins at 9:30 am
Presentation 10:00 am – 12:00 pm

Free Community Workshop
Caregiving Matters
Friday, October 14, 2016
“How to Survive Your Role as Caregiver”
Check in begins at 9:30 am
Presentation 10:00 am – 12:00 pm
If you have been diagnosed with Alzheimer’s, consider participating in a research study that is investigating a way to slow the progression of the disease.

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Words of Wisdom
From our Resident Families

Mom's previous community had a small confining patio and mom had to be escorted outside.
At Arden Courts, my mom has the freedom to go outdoors and enjoy the huge backyard, flowers and walking paths.

Other communities are closer to my house but I don’t like them as much.
It's worth the trip to drive a little longer to have peace of mind with the experience their staff has displayed in caring for my Dad.

My father seemed to be alone most of the time. I’m not sure staff was checking on him.
Arden Courts invests in people, not unreliable computer systems to monitor residents. Staff regularly checks every resident throughout the day and night and encourages residents to participate in their programming that is offered 96 hours a week.

The other place seemed so much cheaper. Now my bill seems so high after all the extras.
Arden Courts offers all inclusive pricing for predictable budgeting.

It seemed like the staff didn't know my husband. There was no consistency.
Arden Courts has experienced, dedicated staff. Many caregivers have been there over five years – longer than many of the other places have been open. Our Executive Director has been here since the building opened and Resident Services Coordinator over 12 years.

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The Columbia Restaurant was founded in 1905 and is the oldest restaurant in Florida. Locations include the flagship restaurant in Tampa’s Historic Ybor City, St. Armands Circle in Sarasota, the Historic District in St. Augustine, The Pier in St. Petersburg, Sand Key on Clearwater Beach, Central Florida’s town of Celebration, and the Columbia Café on the Riverwalk in Tampa. All Columbia locations are owned and operated by 4th and 5th generation members of the founding family, Casimiro Hernandez Sr.

During the month of September, Columbia Restaurant hosts the Community Harvest Fundraiser. The restaurant donates 5% of all guests’ lunch and dinner checks to local charitable organizations in the form of gift certificates. For the ninth year in a row, the Alzheimer’s & Dementia Resource Center has been selected to participate. Our agency has received over $6,300 in gift certificates which are used as gifts of appreciation for our volunteers, caregivers and as auction items for our fundraisers. All you have to do is enjoy an amazing meal at the Columbia Restaurant in Celebration and select The Alzheimer’s & Dementia Resource Center on the ballot provided by your server. If you have any questions call 407-843-1910.

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Janine Madison
Clara Nissan
Ruth Spiteri
Tammy Wolford

Special thanks go to the following foundations, corporations and individuals who have donated to ADRC since our last newsletter:

Dr. and Mrs. Luis Allen
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Support Groups

The Alzheimer’s & Dementia Resource Center provides staff-facilitated support groups for caregivers and family members as noted below. No reservation is necessary.

**APOPKA**
2nd Wednesday @ 10:00 A.M.
First Baptist Church of Apopka
441 S. Highland Avenue
Apopka, FL 32703

**CASSELBERRY**
2nd Thursday @ 6:15 P.M.
Seminole County Public Library - Central Branch
215 N. Oxford Road
Casselberry, FL 32707

**OCOEE**
2nd Tuesday @ 6:00 P.M.
West Orange: Health Central Hospital
10000 W. Colonial Drive
Ocoee, FL 32761
(Meeting is in Suite 281 Conference Room Next to South Elevators on 2nd floor)

**OVIEDO**
1st Wednesday @ 1:30 P.M.
Oviedo YMCA
7900 Red Bug Lake Road
Oviedo, FL 32765

**ORLANDO**
2nd Tuesday @ 10:00 A.M.
Reeves United Methodist Church
1100 N. Ferncreek Avenue
Orlando, FL 32803
(Visit Fellowship Hall entrance in the back of the church.)

**SANFORD**
1st Tuesday @ 6:30 P.M.
Atria at Lake Forest
5433 West State Road 46
Sanford, FL 32771

**WINTER PARK**
1st Tuesday @ 6:00 A.M.
Easter Seals Daybreak at the Miller Center
2010 Mizell Avenue
Winter Park, FL 32792
(Respite care is available during the meeting. Call to reserve: 407-629-4565)

**WINTER PARK - MEN’S**
1st & 3rd Thursday @ 10:00 A.M.
Men’s Breakfast Club at Denny’s
2684 Lec Road
Winter Park, FL 32789
(An informal and unstructured gathering of male caregivers.)

**SUMTER COUNTY: (Near the Village)**

**WILDWOOD**
First Fridays @ 12:30 P.M.
Continental Country Club
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