



July 21, 2018

Vol. 34 No.29

## Jeannette Blackstone Speaks about Dementia

Jeannette Blackstone spoke to the Treynor Optimists on July 21 about Dementia. Jeannette is the Executive Director of Country House Residence, serving people with memory loss, located on 1831 East Kanessville Blvd in Council Bluffs, near Primrose.



**Jeannette Blackstone**

She stated that there are many reasons for memory loss, ranging from vascular disease, carbon monoxide poisoning, to Parkinson's. It is not just an age disease.

Blackstone listed ten signs of dementia:

- 1) Disruption in everyday life. The person doesn't do their normal activities any more. When asked why, they state they don't feel well or don't remember. They can hide it well.
- 2) Challenges in solving/planning problems such as making a recipe or can't remember periodically how to use a tool.
- 3) Difficulty in completing a familiar task.
- 4) Confusion of time and place.

- 5) Understanding visual images. They may see someone following you or see something that isn't there.
- 6) Problems in speaking and writing.
- 7) Misplace stuff, which we all do, but they are unable to retrace steps.
- 8) Decrease in or poor judgment. They may want to donate to any person who calls about a cause.
- 9) Withdraw from work and social activity.
- 10) Changes in mood and personality. They can make you feel guilty and convince others they aren't being treated well.

Remember "Dementia has you, not you have dementia. Dementia has control." The patient does things that aren't normal and can't help themselves. It is a "moment by moment" disease. Alzheimer's is one type of dementia. The younger you are in getting dementia, the faster it progresses. Research is being done on meds to help.

Country House provides managed care, programming specific to the dementia. In learning the patient's life story, they try to provide activities suitable to the person – baking, painting, bus trips daily. Bingo and pie on Wednesday at Village Inn are musts. Families are encouraged to visit and take residents out to eat, etc. They also provide for home care providers - Day Stay for 4-8 hrs for non-residents as well as respite care for up to 30 days. On the 4<sup>th</sup> Thursdays, they provide a caregivers support group lunch.

One interesting tip was a urinary tract infection (UTI) after a certain age can cause confusion so it's important to check that out.

### Meeting Minutes

Keith Denton called the meeting to order. Fourteen members were present plus two guests, Steve and Jeannette Blackstone. After the pledge of allegiance, Dee Gutttau offered the prayer.

Keith Denton shared a joke.

Judy Gutttau won the 50/50 raffle and Chuck Nielsen won the attendance drawing but was not present last week

Chuck Nielsen's wedding anniversary (48) was observed.

Bragging rights dollars were contributed by Judy Gutttau and Gary Gutttau for the baseball team going to state. They play Monday. Kirk Vorthmann donated because his granddaughters have been preparing pies for the contest at fair and has been enjoying eating those. Gary Gutttau donated because he's been 82 for a week and is still here. Judy Gutttau donated to announce the watermelon feed sponsored by the bank is next Saturday after the cattle show. All are invited.

The sign-up sheet was passed to watch gates on Thursday, July 26 from noon to 6 PM (2 hr. shifts) at WestFair.

John Klein stated that 29 kids signed up for swimming and will be swimming all five days this week and will be served an ice cream treat on Friday. He also stated that Cardinal Core can kennel sorting is this Wednesday at 6 PM.

It was noted that approximately 20 poles are in need of new flags, which Dale orders. Klein announced that Susan Enewold, CB, picked up the \$500 check for our club from the Optimist Foundation which is for the Water Hydrant party.

The District Optimist Convention is Aug. 3-5.

The meeting was adjourned with the stating of the Optimist Creed.

*Remember: All guests are welcome! Come be informed and enjoy the fellowship. The coffee is on and donuts are available.*

YOU KNOW YOU'RE FROM IOWA IF YOUR IDEA OF A TRAFFIC JAM IS TEN CARS WAITING TO PASS A TRACTOR.

YOU KNOW YOU'RE FROM IOWA IF YOU KNOW WHAT IS KNEE-HIGH BY THE FOURTH OF JULY.

#### **Calendar**

July 25	Can Kennel Sorting 6 PM
July 26	Watch gates at Westfair (Noon – 6 PM)
July 28	Bingo at the Fair sponsored by Treynor Optimists and Treynor Legion
Aug 3-5	District Optimist Convention

#### **Birthdays**

July 23	Jerry Hempel
July 27	Jim Clausen

#### **Anniversaries**

July 25	Chuck and Kathy Nielsen
---------	-------------------------

#### **Programs**

July	Chuck Nielsen (last 2 weeks)
August	Judy Gutttau

#### **Speakers**

July 28	Tina Bakehouse, Golden Hills R&D
Aug 4	"Stop the Bleed" Program starting at 8 AM
Aug. 11	Alora Nowlin, Girls State attendee and scholarship recipient, JOI Club President

Judy Gutttau, Editor, 31107 Dogwood Rd, Treynor, IA 51575  
402-670-4330 [judy.gutttau@tsbg.com](mailto:judy.gutttau@tsbg.com)

Dues/Donations/Flag Money: Mail to Optimist Club of Treynor, PO Box 354, Treynor, IA 51575