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**Planning ahead: We will be closed  
Monday, September 5, 2011, in  
observance of Labor Day. We would  
love for your loved one to attend  
a different day. Please call 687-5790**

## The Injury That Keeps Taking Brain -injured veterans twice as likely to get dementia

Two new studies recently released – one involving veterans and the other , retired football players - add to the growing evidence linking head injuries to an increased risk of dementia later in life.

According to the research, veterans who had been diagnosed with a brain injury – anything from a concussion to head wound - were more than twice as likely to develop dementia than those with no injury to the brain. For the veterans study, researchers reviewed medical records of 281,540 military personnel age 55 and older, who received care at VA hospitals between 1997 to 2000, and at least one follow-up from 2001 to 2007. None of those veterans were diagnosed with dementia at the beginning of the seven year study. Almost 5,000 of the veterans were diagnosed with a traumatic brain injury (TBI). Their risk of developing dementia by the end of the study was 15.3 percent compared to 6.8 percent of those with no TBI diagnosis.

According to Dr. Douglas Smith, a professor of neurosurgery and director of the Penn Center for Brain Injury and Repair, the new research in veterans should give us all pause, saying, “We’ve all heard about Agent Orange, that may pale in comparison to this. We don’t know how many soldiers have been exposed to blasts or what level of brain injury can trigger long term effects. We have to be concerned for years to come about the welfare of our soldiers. They may come home safe, but may not be home safe. This is the injury that keeps taking.”

The football player study is a follow-up of earlier research that included a survey of nearly 4,000 retired NFL players in 2001. New surveys were sent out in 2008 to 905 players who were over 50 years old. According to survey results of those who responded, 513 had wives who could complete the sections addressing the players’ memory and cognition. The study’s lead researcher, Dr. Christopher Randolph of Loyola University Medical Center in Chicago, was surprised that 35 percent of the players appeared to have significant cognitive problems.

To read the full article by Linda Carroll, go to:

[http://www.today.msnbc.msn.com/id/43797462/ns/today-today\\_health/](http://www.today.msnbc.msn.com/id/43797462/ns/today-today_health/)



# Keeping Cool During the Dog Days of Summer....

As the temperature continues to go higher and higher, it is so important to make sure we are keeping cool. Here are a few tips to keep you cool this HOT, HOT summer!

- **Drink plenty of fluids all day.** Drink even before you get thirsty, unless your doctor has restricted your fluid intake. Avoid caffeine and alcohol, which can increase fluid loss.
- **Open windows at night.** Get cross-ventilation if possible, unless you have an air conditioner on.
- **Close curtains, shades, or blinds.** This helps keep your place cool during the hottest part of the day.
- **Spend at least two hours during the hottest part of the day in an air-conditioned place.** Go somewhere like a mall, library, senior center, or friend's house.
- **Watch weather reports.** Risks increase with high temperatures, humidity, and air pollution alerts.
- **Wear light colored clothing.** Don't forget your hat!

**Remember these tips and stay cool!**

**Hawaiian Luau! August 19**

**Wear your favorite Hawaiian shirt and grass skirt and get ready to celebrate Hawaii's Birthday!**



**Happy Birthday To You!**

**Peter – 8/16**

**Circee – 8/18**

**Willie – 8/21**

**Dr. Joe – 8/27**

## **Raspberry Lemonade Pie**

- 1 ½ cups boiling water
- 1 pkg (3 oz) JELL-O Lemon Flavor
- 4 oz. Cream Cheese, softened
- 6 oz. Frozen lemonade concentrate, thawed
- 1 tub (8 oz) Cool Whip, thawed
- 1 cup fresh raspberries
- 2 Graham Cracker Pie crusts (6 oz. each)

Add boiling water to gelatin mix in small bowl. Stir 2 min. until completely dissolved, set aside. Beat cream cheese in large bowl with mixer until creamy. Gradually beat in concentrate, then gelatin until blended.

Stir in Cool Whip and berries. Pour into crusts.

Refrigerate 1 pie up to 4 hrs or until firm. Freeze remaining pie for up to 1 week.

Eat and Enjoy ☺

