

The Clinical Stages of Alzheimer’s Disease

By Lynne Grip

The number of stages assigned to Alzheimer’s disease varies depending on the source. The [Alzheimer’s Association](#) designates three broad categories that include early-stage, middle-stage, and late-stage. Other resources such as the [Mayo Clinic](#) include a pre-clinical category, which develops long before any symptoms are apparent. This stage can be identified only in research settings and can last for years and possibly even decades.

The early or mild stage of Alzheimer’s is one where people still live normally and independently but may experience memory lapses beyond what is considered “normal aging.” We’ve all blanked on someone’s name, misplaced our keys or phone, or walked into a room and forgotten why we went there. Usually we laugh it off as having a “senior moment,” and that is essentially what it is. As we grow older, most of us notice we’re just not as quick as we used to be and that it may take longer to learn and recall information, which is why it’s important to keep our brains active and maintain good health.

With early-stage Alzheimer’s, memory deficits are more noticeable and include forgetting the right name or word for something familiar, having difficulty performing usual tasks, forgetting what was just read, and having trouble with planning and organizing. People may also experience mood changes and become more easily upset or frustrated. During this time, it’s important to seek medical advice and continue to live well by taking control of overall health and wellness. It’s time to focus on what’s important and make plans for the future to address legal, financial, and social needs. Though the rate of progression varies, it is estimated this stage can last anywhere from two to four years.

With middle-stage or moderate Alzheimer’s, the symptoms of dementia are more pronounced. Words may be confused, and thoughts expressed with increased difficulty. The performance of usual tasks and routines may require some level of assistance. There may be confusion about time and place and increased difficulty controlling bowel or bladder functions. This stage is estimated to last anywhere from two to 10 years.

In late-stage Alzheimer’s, symptoms are severe. The ability to engage and respond to the environment is essentially lost. Loved ones may not be recognized, and communication becomes much more difficult. At this point, around-the-clock personal care is generally required. It’s important to maintain interaction through such things as family visits, gentle touch, and the playing of relaxing music. It is estimated this stage can last from one to three years.

It is important to remember that people may not fit neatly into specific stages and that stages can overlap. People need to be assessed individually, and their care should be tailored to who they are and what they need at any given point in time.

Julie Smith,  
Life Enrichment Coordinator

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Beaverdale Buzz

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Director’s Corner



Change

I think at this point we can all agree that our lives have changed forever. Wearing a mask to go out and purchase something has become the new normal. That’s how we are doing things at Beaverdale.

Outside visits will be our new normal for the foreseeable future. You can contact us at our main number to schedule your visit. We are asking everyone to give a 24-hour notice. we can make accommodations for everyone to keep social distancing and disinfecting the area between visit. If you are wanting to come and have a visit with someone, you must supply your own mask. Beaverdale will provide the gloves and gown. These must always be worn . I will start looking into ways we can continue this in the winter months. We have had some positive actions within the community these past few weeks. Residents are now able to eat in the dining room with real silverware, and plates. Keeping our social distance of course.

Julie Smith has started doing bus tours to DQ. It amazes me how we can go through so much ice cream each month.

Thank you everyone for all your support during these ever so quickly changing times. I have started doing one-day videos to help update you on the fly. If you are not receiving them please contact our office to get your name on the list.

Sincerely, Chris Beach Director

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## Meet Our Coordinators



**Jayme Daly**  
Assistant  
Manager



**Karen Beck**  
Healthcare  
Coordinator



**Jackie Wilcox**  
Healthcare  
Coordinator



**Nicole Berger**  
Community  
Relations  
Coordinator



**Nichole Mitchell**  
Culinary  
Coordinator



**Julie Smith**  
Life Enrichment  
Coordinator

**Larry Cox**  
Maintenance  
Coordinator

**Leane Hartney**  
Memory Care  
Coordinator



## September Highlights

9/08 Music by Pat Lydon

9/09 Music by Bob Slings

9/10 Music by Rob Lumbard

9/22 Music by Bob Slings

**Assisted Living Week 9/13 thru 9/18 Our Special Events for National Assisted Living Week.**

9/13 Celebrating Grandparents Day w/ a Brunch

9/14 Wear your favorite color day & Music by Marilyn Jerome

9/15 Music by Treasured Memories

9/16 Music by Richie Lee

9/17 Carnival Day - Games, Prizes, and a Balloon Artist/ Entertainer, Grilling out and having the Bare Bones Trio during lunch outside. (All in Back Parking Lot)

9/21 Music by Luke Farland

9/23 Octoberfest Party w/ Stu Walker

9/29 Music by Fred Leonard



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## Welcome Home!

Ronald Kendig  
Darlene Graham  
Rosalee Farr  
Martha Sauer



### Employee Anniversary



Dee Shawn Johnson	9/01/19—1yr.
Isata Sheriff	9/10/19—1yr.
Tiffany Bellamy	9/16/19—1yr.
Ron Hart	9/19/19—1yr.

\$500.00 dollars off monthly RENT for any referral made to Edencrest at Beaverdale!

Any Questions Call Chris Beach, Manager



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## Resident and Staff Birthdays

9/02 Danielle Broome

9/28 Mary Ahrenholtz

9/07 Jackie Wilcox

9/29 Lois Warren

9/12 Raiyona Maldonado

9/20 Norma Gasperi

Celebrate all our birthdays at our monthly birthday party on the third Thursday every month at 3PM!

**Thank you for 3 straight years!**



# **Are Seniors More Prone to Dehydration??**

People over 65 feel less thirsty and kidneys usually lose some ability to conserve water and concentrate urine which causes greater fluid loss through urination. A decline in muscle mass can also reduce how much water the body can store as muscles serve as a holding area for water.

It is recommended that seniors take in 7 -8 8oz glasses of noncaffeinated fluids daily.

## **Signs of dehydration are:**

- Thirst
- Headache
- Weight Loss
- Darker colored urine
- Increased Heart Rate
- Lowered Blood pressure
- Sunken eyeballs
- Less frequent urination
- Dry Mouth and eyes
- Constipation
- Remember, Drink-Drink-Drink.

Jaci Wilcox, RN

## **Pie Throwing Contest**



Racing to the outhouse

## **Corn—Shucking Winners**



## **Out House Race Winners**



## **Cow Patty Toss Winners**



## **Chicken Toss Winners**



Delicious Funnel Cakes

Yum!

