



Jewish Federation[®]
OF GREATER CHATTANOOGA

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NEWS OF THE JEWISH COMMUNITY OF GREATER CHATTANOOGA

THE SHO FAR



A Publication of the Jewish Federation of Greater Chattanooga

Volume 30 Number 10 June 2014

BACK BY POPULAR DEMAND! The Power Players Band



Friday, July 4, 11:30 a.m.

Originally from Detroit, Michigan, founding members Larry Fontaine and Michael Andrews moved to Chattanooga five years ago and, along with local drummer Johnny E. Smith and bass player Reginald Moss, have been bringing their authentic Motown sound to the Tennessee Valley ever since.

Join us this summer at the Jewish Cultural Center for a fantastic afternoon of big music, bar-b-que, and beer. Rain or shine 'cause it's indoors, baby!

See Page 8 for details

Last Shofar until September

Stay in the loop--see pgs 23 & 24 for June-August calendars and check in regularly with <http://www.jewishchattanooga.com> and our Facebook page. Contact Ann Treadwell regarding programs: 493-0270 ext. 13 or atreadwell@jewishchattanooga.com

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Facebook

**Jewish Federation
of Greater Chattanooga**

www.jewishchattanooga.com

Senator Bob Corker to Speak at First Amendment Dinner



**Sunday, July 13, 6:00p.m.
Jewish Cultural Center**

The Federation is pleased to welcome Senator Bob Corker to speak at its eighth annual First Amendment Dinner. Bob Corker grew up in Chattanooga and graduated from the University of Tennessee in 1974 with a degree in Industrial Management. In 1994, he was appointed Tennessee Commissioner of Finance and Administration, and in 2001 he was elected mayor of Chattanooga. As mayor he spearheaded the 21st Century Waterfront, attracted \$2.1 billion in new investment and established strong business recruitment efforts, which helped develop the 1,200 acre Enterprise South Industrial Park, now home to Volkswagen's U.S. automotive production. He implemented merit bonus pay for teachers which dramatically raised student achievement in some of the city's most challenged schools, and worked with local law enforcement officials to cut violent crime in half.

In 2006, Bob Corker was elected to the US Senate. He is ranking member of the Foreign Relations Committee and an active member of the Banking, Housing, and Urban Affairs Committee.

The cost for this annual event is \$10 (free for veterans) if reserved before Monday, July 7. After July 7, the cost is \$12 for both veterans and non-veterans. RSVP 493-0270, ext. 10 or rsvp@jewishchattanooga.com.

Kitchen Table Conversations

**Tuesday, June 10: 1-3 p.m.
Monday, June 16: 1-3 p.m.**



Contact Ann Treadwell to sign up for a 30-minute time slot to sit down with a volunteer or staff person who will record, in writing, a story you'd like to share about the Chattanooga Jewish community. **You must call ahead to reserve a time. 493-0270 ext. 13**

2015 Campaign Kickoff

August 24



August 24

FEDERATION NEWS



There's No Time Like Summertime

by *Warren Dropkin*
Federation Board Chair
boardchair@jewishchattanooga.com

The summer is usually a slow time for most non-profit organizations. Volunteers go on vacation, kids are out of school, families come to visit. But it is not a slow time for us at the Federation. So much to do and so little time!

The 7th Annual Film Festival was a major success, with record attendance. Sanford Winer and his crew did an amazing job of picking thought-provoking films that will stay with us long after they're viewed. From "Jews in North Carolina" to "Quality Balls" to "Pour Une Femme," they made us stop, think, cry and laugh. What else could we ask for?

This summer brings several camp options for our community youth. Philanthropy Camp and Camp Tikkun Olam give our children a sense of what is special about Chattanooga, and how we give back to the community--and "pay it forward"--and "repair the world."

In July, we'll have our annual July 4th Celebration, and Senator Bob Corker will join us for the First Amendment Dinner. There will of course be Noon Noshes, Themed Lunches, and more chances to enjoy the Kitchen Tables exhibit, none of which would happen if not for the phenomenal Federation staff, making sure your needs are met. Please take the time to say thank you to our staff when you see them in the building, at an event, or in the community.

Each month, I have highlighted someone in our community who has made a real difference. As the summer closes, we have to say goodbye to our shlichah, Hadas Peled. I can't possibly name everything she's done with and for us this past year. She has brought Israel to us in big and small ways. Her programs have been thoughtful, insightful, educational, moving, and fun. Each

shaliach and shlichah brings something special to our community, and Hadas is no exception. She has not only made a difference in our community, she has made a difference in our hearts. To Hadas I say, "We are your Chattanooga Family. This is your home away from home." Today we decree that this is YOM HA-HADAS. We will miss you.

Lastly, summer brings planning for the Federation annual campaign. I want to thank Roy Rosenfeld and Richard Zachary for taking on the challenge to lead our 2015 effort. I also want to thank Lauren Lebovitz, who will be our Major Gifts chair. Our success is vital to what we do in the greater Chattanooga area and around the world. Our community is growing older, yet we continue to pull in just a little more each year, thanks to the generous donations and philanthropic mind-set of the younger generation. THANK YOU for pushing yourselves when our campaign volunteers call and please let this year be no exception. With all we have, there is still great need in our world. Please be the heroes who make tikkun olam happen.

So take a look at the calendars in this issue (back two pages) and plan to participate! I promise that you will be missed if you don't.



HAVE A GREAT SUMMER!



Taking It Up A Notch

by *Michael Dzik*
Federation Executive Director
mdzik@jewishchattanooga.com

Another Shofar year has come and gone. I thought summer would never get here, although a longer spring would have been nice!

The summer months are when I do much of my reflecting on the Federation and the work that we do. As I write this article, I'm completing my 16th year at the

Federation, 13 ½ as the Executive Director. Sixteen years! I guess I've got my balance enough now to take off the training wheels.

I continue to be thankful for an incredible Jewish community, and humbled by my position within it. I am inspired and motivated by the work the Federation does each and every day here at home, and I've been extremely fortunate to also see the work we do around the world – from Russia to Ethiopia to Israel and even Cuba. Thank you for your continued trust and support. It's been an incredible journey so far – and I look forward to continuing it.

For many years I have been speaking and meeting with community members about estate planning. The Federation's endowment is key to our future sustainability. In fact, it's my opinion that endowments will be the sustaining factor of every Jewish institution or organization, not just Chattanooga's. Although statistics show that Jewish communities (including ours) are raising more money overall, they also show that there are fewer major donors and that people under the age of 50 are giving less than they did in past generations. For this reason alone, we must see to it that everyone makes including Jewish organizations in their estate planning a priority.

That's where I come in. I'm ready to meet with every community member to discuss priorities, passions and interests with regard to including the Federation in your estate planning. I'll ask you some questions: Why

have you been a donor to the Federation for so many years? What would encourage you to perpetuate that gift forever? We'll talk about your family and the charitable work and interests you have, whether in your congregation, Hadassah, AIPAC, Chabad, ADL and/or so many more that you may have supported over the years. It sounds complicated but it's actually quite easy. There are many charitable vehicles. We can discuss them all.

Sustainability of Jewish institutions will be achieved through endowment growth and giving—in short, through estate planning. Now is the time to have this conversation, with your family, with your financial advisors, and with me.

Thank you to the many people who have already answered my call to sit down and chat, or to take their giving up a notch. I look forward to meeting with the rest of you in the near future.

Wishing you a top-notch summer!



FEDERATION PROGRAMS



Share a Story, Hear a Story, Be a Story

by Ann Treadwell
Program Director
atreadwell@jewishchattanooga.com

Volunteers are what makes the Jewish Federation more than an institution. While an institution can provide services, programs and activities, a community—such as the Federation community—cares about the “who.” We care about who people are, we have respect for each other (for our similarities and our differences), and we work to

create a future for both ourselves and for others. Amy Boulware, the Director of Social Services, and I were just talking about how important it is to engage people in what we do, so that they have a meaningful relationship with us, and hopefully a meaningful life.

The Jewish Federation has some amazing volunteers and I want to take this moment to say thank you to each and every one of you. In May alone, people volunteered to help with Yom HaShoah, Israeli Happy Hour with singer Galit Mor, Yom HaZikaron, Yom Ha’Atzmaut, the Jewish Film Festival, Young Leadership activities, recycling, security, and the current *Kitchen Tables* exhibit.

As part of the *Kitchen Tables* exhibit, Karen Diamond researched quotes to fit the theme of community, and I’d like to share these with you. They remind us of the importance of history to a community, and that an important part of creating a future for ourselves and others lies in learning what has come before. Here are a few of the quotes:

“If you don’t know history, then you don’t know anything. You are a leaf that doesn’t know it is part of a tree.” — Michael Crichton

“If history were taught in the form of stories, it would never be forgotten.”
— Rudyard Kipling, *The Collected Works*

“There’s an old saying about those who forget history. I don’t remember it, but it’s good.” — Stephen Colbert

“History is important. If you don’t know history it is as if you were born yesterday. And if you were born yesterday, anybody up there in a position of power can tell you anything, and you have no way of checking up on it.” — Howard Zinn

“History isn’t about dates and places and wars. It’s about the people who fill the spaces between them.” — Jodi Picoult, *The Storyteller*

“History is a guide to navigation in perilous times. History is who we are and why we are the way we are.” — David McCullough

“A generation which ignores history has no past — and no future.” — Robert A. Heinlein, *Time Enough for Love*

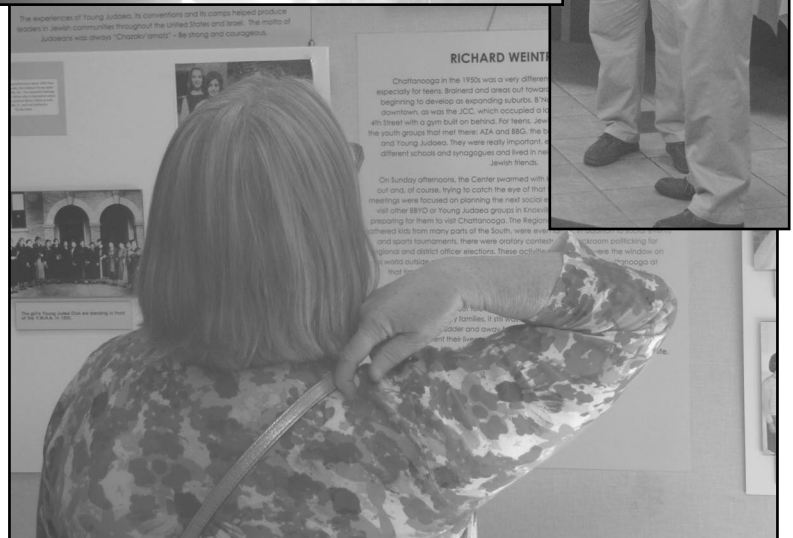
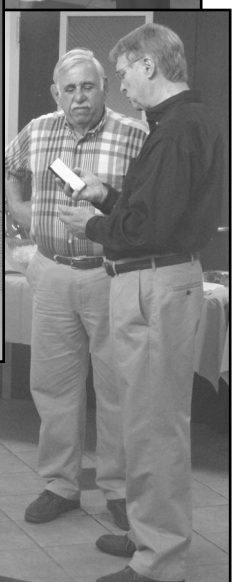
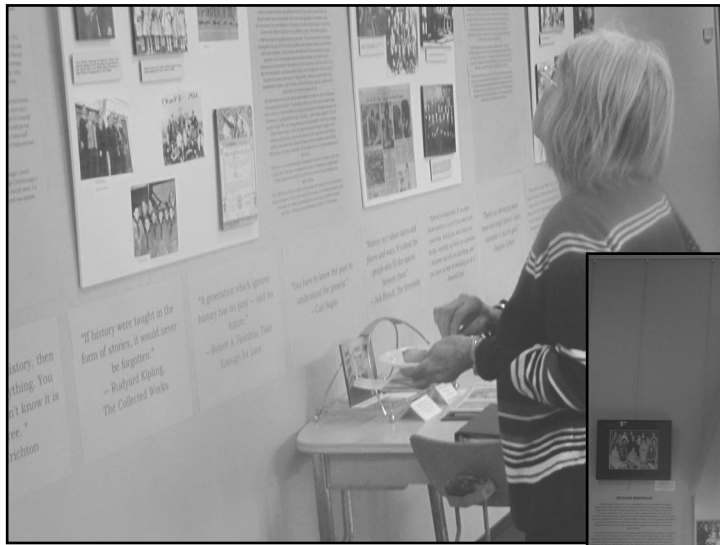
“You have to know the past to understand the present.” — Carl Sagan

“Everybody is a story. When I was a child, people sat around kitchen tables and told their stories. We don’t do that so much anymore. Sitting around the table telling stories is not just a way of passing time. It is the way the wisdom gets passed along. The stuff that helps us to live a life worth remembering.” — Rachel Naomi Remen

Everybody is a story. The Chattanooga Jewish Community has great stories. It doesn’t matter if you’re from Chattanooga; it is the people-to-people connection that keeps stories of success, failure, joy, tribulation, faith, consequences and humility alive. These stories become teaching tools for every generation. A community is bound together by its stories. Share a story. Hear a story. Learn from a story – Create new stories. Come to the *Kitchen Tables: Memories of Growing Up Jewish in Chattanooga* exhibit and this summer’s programs. Be a story.

Kitchen Tables: Memories of Growing Up Jewish in Chattanooga

Community Reception May 15



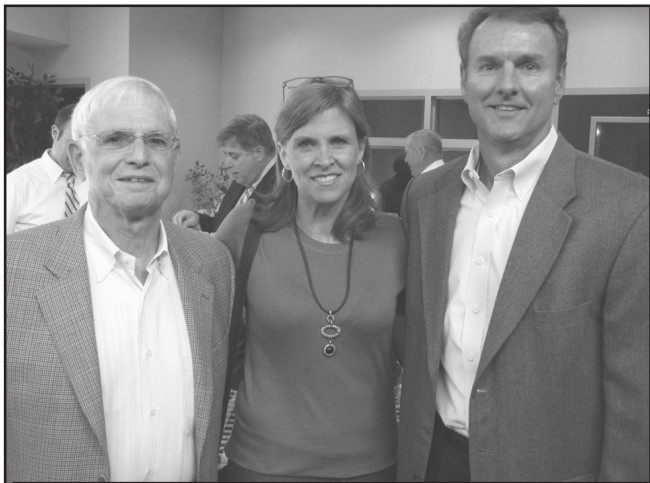
FEDERATION PROGRAMS

P2G Visitors at the Jewish Cultural Center, April 9

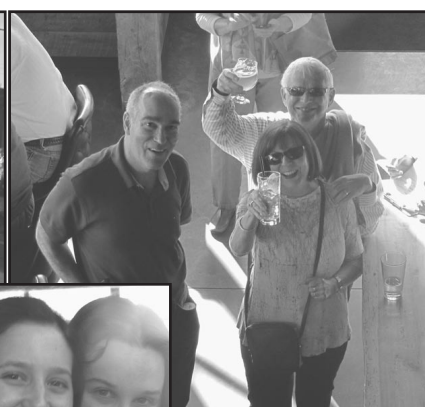


Photo at left, l-r: *Hadas Peled, Aviad Sella, and Hana Sirkis-Katz*

7th Annual Film Series Sponsor Event April 23, JCC

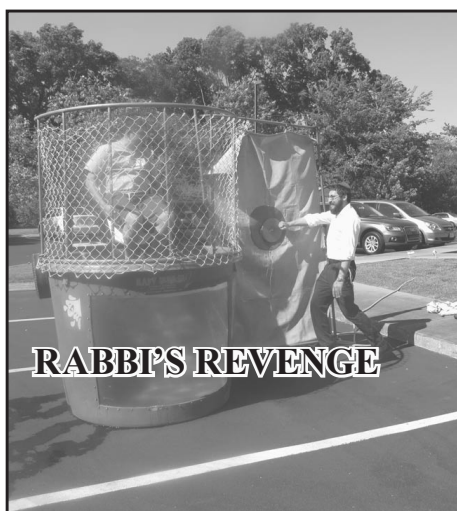
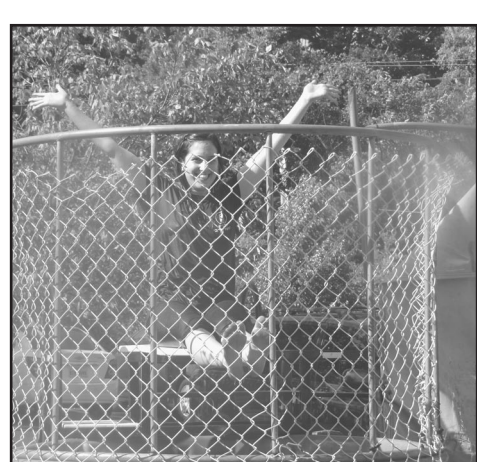
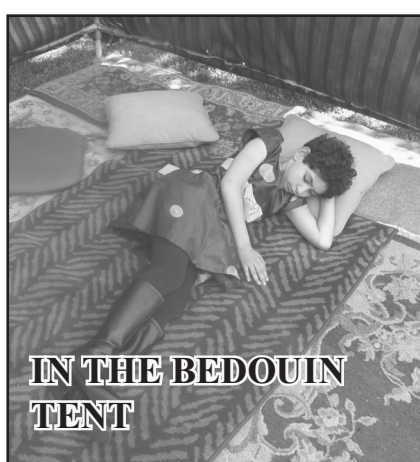


Young Leadership's Israeli Happy Hour with Galit Mor and Eitan Akman @ The Flying Squirrel, May 1



FEDERATION PROGRAMS

Yom Ha'Atzmaut Celebration, May 4, JCC. Thank you to the volunteers who made it happen for Yom Ha'zikaron, Yom Ha'Atzmaut and Jewpardy.



Above, L-R: *Is it real? Or is it "green screen"?*

FEDERATION PROGRAMS

Enroll Now for Philanthropy Day Camp

A camp for rising 1st through rising 6th graders.



This camp teaches children the value of *tikkun olam*, or “repairing the world.” Games and activities help children explore philanthropy, faith, family, and community.

Both camps run July 28-Aug. 1, 9:00 a.m. to 4:00 p.m.

Co-sponsored by the Jewish

Federation and at the Chattanooga First Church of the Nazarene.

\$120/camper

(\$100 for each additional sibling) Registration WITH PAYMENT must be received to hold your spot.

For registration and information, contact
camp@jewishchattanooga.com or
Ann Treadwell at 493-0270 ext. 13

Enroll Now for Camp Tikkun Olam

A camp for rising 7th through rising 9th graders



Each day, campers will do hands-on

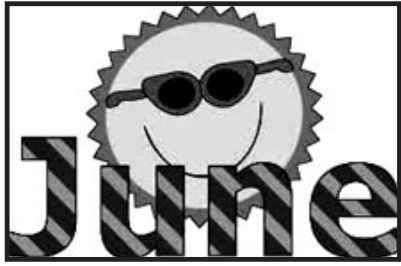
service at a different local non-profit organization and have fun learning about each of those organizations.

On Friday, the group will give a presentation to Philanthropy

Camp.

Call today! Space in both camps is limited!

FEDERATION PROGRAMS



Be sure to check back
pages
calendars for summer
closings

Kitchen Table Conversations (see front page)

Tuesday, June 10: 1-3 p.m.

Monday, June 16: 1-3 p.m.

Themed Lunch: Your Stories Around the Kitchen Table

June 11, 12 p.m. \$8.00 includes lunch

Come sit at a table with friends and others to share stories about growing up Jewish. You must RSVP no later than Friday June 6. 493-0270 ext. 10 or RSVP@jewishchattanooga.com

Noon Nosh

June 17, 12 p.m

Noon Nosh with Lily Shire performing



Lily Shire, daughter of Dr. Jim and Fern Shire, has been playing piano since age 4, when she would hear a jingle on TV and then play it on the piano. Although now classically trained (Cadek Conservatory), she enjoys venturing into other genres of music. Lily has played for Little Miss Mag and for school concerts. She will enter the 9th grade at GPS, where she is on the Headmaster's List for Academic Honors. Her favorite subjects are Art, Computer Design and History. Lily loves to read, travel and go to the movies.

Young Leadership (Ages 21-40)

Tel Aviv-style Beach Party & Al Ha'esh (BBQ)

Sunday, June 8, 3p.m. Contact Hadas at Israel@jewishchattanooga.com

YL Shabbat dinner

Friday, June 20 at 6p.m. at Rabbi Tendler and Ross Sadoff's house.

Outreach Brunch at the Lebovitz's

Sunday, June 29 at 10:30 a.m.

For more info go to YL calendar: <https://www.google.com/calendar/embed?src=j9h4761s7avdnjfu3all6sgc0%40group.calendar.google>.

Check us out on Facebook! Young Jewish Leadership of Greater Chattanooga. New to town? Get in touch! Email Israel@jewishchattanooga.com.

Foreign Policy Supper Club

Monday, June 23 Islamic Awakening

Is US foreign policy adapting successfully to all of the changes in the Arab region?

Enjoy a family-style dinner, watch a brief presentation, and discuss a different topic on a Monday each month. Articles produced by the Foreign Policy Association and Great Decisions will be available prior to the discussion, and, when possible, an informed guest will join the discussion.

Cost: \$10 includes dinner

RSVP 493-0270, ext. 10; rsvp@jewishchattanooga.com

Game Day Lunch

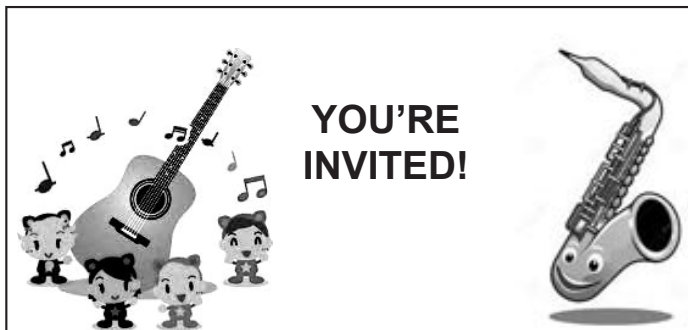
Wed., June 25 at 12p.m., JCC

Cost:\$8

RSVP to Ann Treadwell at 493-0270 ext. 10 or RSVP@jewishchattanooga.com

Middle Eastern (Belly) Dancing (ongoing)

Jillanna Babb-Cheshul of Merry Bellies teaches this drop-in, one-hour, very fun class, Wednesdays at 10:30 a.m. Pay as you go. \$5/class. For information, contact 493-0270, ext. 10; federation@jewishchattanooga.com.



PJ Library® and Sifriyat Pijama B'America

Music and Me

A program for families with children ages 0-8 (older siblings can join us of course!)

June 22, 2014

10:00 a.m. – 11:00 a.m.

Coolidge Park

Join us for a fun morning of music and friends!

We will make musical instruments out of recycled goods, learn PJ Library Songs, and play in the park. Families are invited to bring a picnic lunch to enjoy after the program. Look for the PJ Library tent in the grassy area. Suggested donation is \$5 per family to help cover costs.

Contact: Vicki Cathcart at 493-0270 ext 18 or vcathcart@jewishchattanooga.com to RSVP or for more information.

Building Community in Israel Thursday, June 26 at 7p.m., JCC

Enjoy Israeli wine and hors d'oeuvres as Austin Center discusses his 2013 COMMUNITY Mission trip to Israel with the Nashville Jewish



Austin Center (R) with guide to Ramon Crater, in Mitzpe Ramon.

Federation, in partnership with the Jewish Federations of North America General Assembly in Jerusalem (P2G). Austin will discuss his participation in the "Sound of Many Waters" exhibit at the Bible Lands Museum, and his visits to Hillel Yaffe Hospital, the Erin Shemer kibbutz founded by artist Avital Geva, and the Neve Michael Children's Village.

Must RSVP to attend: 493-0270, ext. 10; rsvp@jewishchattanooga.com.

FEDERATION PROGRAMS



Independence Day BBQ and Band (see front page)

Friday, July 4, 11:30a.m., JCC

Join us rain or shine for local dance band The Power



Players. There will be chicken on the grill and a vegetarian option available if arranged beforehand.

RSVP 493-0270, ext. 10 or rsvp@jewishchattanooga.com

Before July 1 \$10/adults; \$5 kids*; \$25 for family of four

At the door: \$14 Adults; \$9 kids*; \$35 for family of four

*Ages 8-16; seven and younger are free

Themed Lunch: Joking Around

July 9, 12p.m., JCC

Cost: \$8

RSVP 493-0270, ext. 10 or rsvp@jewishchattanooga.com

ENCORE! ENCORE! Ori Naftaly Band is back, this time at Rhythm and Brews!

Thursday, July 10. Check Rhythm and Brews schedule for show-time. They are not to be missed!

First Amendment Dinner with Senator Bob Corker
(see front page) Sunday, July 13, 6p.m., JCC

Noon Nosh with Ethan Farnam

Tuesday, July 15 at 12p.m., JCC



Ethan Farnam, age 12, is the son of Judy Mogul and Tom Farnam. He started playing violin at age 3, however piano became his instrument of choice by age 5. He studied piano at Cadek Conservatory of Music for 6 years with Andrea Exum. For the last 2 years he has studied with pianist Ning An. For the past three years Ethan has accompanied the CSLA String Ensemble. He has received superior ratings at local and state piano competitions and received merit scholarships to the Colorado Suzuki Institute in 2009 and 2011. Ethan has attended the Lee University Piano Festival

and Competition for the past 2 years. He attends CSLA.

In addition to piano, Ethan enjoys tennis, soccer, writing, and watching movies.

Young Leadership (Ages 21-40)

Connect For Lunch

Wed., July 16, 12 p.m. at Noodles and Company on Market Street. Anyone interested in social or business networking is invited. RSVP to israel@jewishchattanooga.org. OPEN TO ALL AGES

Young Leadership Event

Sunday, July 20 (in conjunction with Nashville YL)

Calendar: <https://www.google.com/calendar/embed?src=j9h4761s7avdnjfu3all6sgc0%40group.calendar.google>.

Also, **Check us out on Facebook!** Young Jewish Leadership of Greater Chattanooga. **New to town? Get in touch! Email** israel@jewishfederation.com. [com&ctz=America%2FNew_York](http://www.com&ctz=America%2FNew_York)

Middle Eastern (Belly) Dancing (ongoing)

Jillanna Babb-Cheshul of Merry Bellies teaches this drop-in, one-hour, very fun class, Wednesdays at 10:30 a.m. Pay as you go. \$5/class. For information, contact 493-0270, ext. 10; federation@jewishchattanooga.com.

Kitchen Tables Exhibit Closes

Friday, July 18 at 4p.m.

Game Day Lunch

Wed., July 23 at 12p.m., JCC

Cost: \$8

RSVP 493-0270, ext. 10 or rsvp@jewishchattanooga.com.

Philanthropy Camp

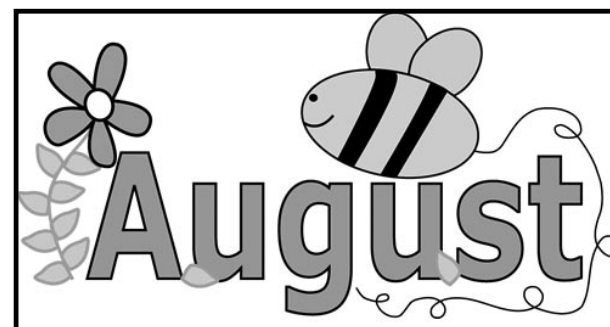
Monday, July 28-Friday, Aug. 1

Teaches children the value of *tikkun olam*, or “repairing the world.”

Camp Tikkun Olam

Monday, July 28-Friday, Aug. 1

Campers will do hands-on service at different local non-profit organizations.



Philanthropy Camp and Camp Tikkun Olam Reception

Friday, August 1, 3p.m.: Presentation at Church of the Nazarene; 4p.m. reception at JCC OPEN TO COMMUNITY

Themed Lunch: The Blue J Cafe

Wed., August 6, 12p.m., JCC

Cost: \$8

Come listen to jazz and swing music RSVP 493-0270, ext. 10 or rsvp@jewishchattanooga.com

TUESDAY, AUGUST 12

Going Away Party for Hadas Peled

7p.m., JCC

RSVP 493-0270, ext. 10; or rsvp@jewishchattanooga.com.

Community Reception for Wings Exhibit

Thursday, Aug. 14, 5:30 JCC

Exhibit runs until September 19

Noon Nosh Luau with Hawaiian Dancer

Tuesday, Aug. 19, 12p.m. Mindy Ray was born in Honolulu, Hawaii to a mother who is native Hawaiian and a father who is a native of Alabama. She started dancing hula at age 5 and has continued to dance around the world professionally for 45 years. She warns “Ladies, you will be dancing too!” **Cost: \$8** RSVP 493-0270, ext. 10 or rsvp@jewishchattanooga.com



FEDERATION PROGRAMS

AUGUST (continued from previous page)

2015 Campaign Kickoff

Sunday, Aug. 24, 6p.m.
Check Your Mailbox for Details

Foreign Policy Supper Club

Monday, Aug. 25, 6p.m., JCC

Energy Independence: In a government with fixed resources, should the US encourage more traditional fuel production or invest in the young technology of renewable resources?

Enjoy a family-style dinner, watch a brief presentation, and discuss a different topic on a Monday each month. Articles produced by the Foreign Policy Association and Great Decisions will be available prior to the discussion, and, when possible, an informed guest will join the discussion.

Cost: \$10 includes dinner
RSVP 493-0270, ext. 10; rsvp@jewishchattanooga.com

WE NEED YOUR HELP!

Please remember to RSVP for Jewish Federation programs. Your RSVP helps us to prepare the right amount of food so that no one is left out and nothing goes to waste.

There are two easy ways to respond:

1. call 493-0270, ext. 10

2. email rsvp@jewishchattanooga.com.

Prefer a vegetarian meal? Just let us know TWO WORKDAYS in advance.

Thanks for helping us serve you better!



Campaign
Kickoff
is
Sunday,
Aug. 24.

These are
your
dollars.

These are
your
dollars in
action.

\$13
A TEXTBOOK
for one student
in Eastern Europe

\$54
Two hours of
HOME SUPPORT
for a senior

\$28k
A year of
MENTORING
for 16 at-risk
teens in Israel

\$5700
Aliyah and
absorption of
1 IMMIGRANT
from Ethiopia

\$111
A DAY AT
summer camp for
1 youth in the FSU

\$365
feeds seniors at an
adult day center
FOR A MONTH

it all adds up.
YOU make the difference.

Your gift to Federation touches Jewish lives across the globe—helping vulnerable people, responding to life-and-death emergencies, inspiring Jewish life and learning, and assuring a Jewish future.



The Hepburn Project

by Amy Boulware
Social Services Director
aboulware@jewishchattanooga.com

- Senior Programming
- Intergenerational Programming
- Family Support
- Community Partnering
- Friendly Visits
- Excursions
- Advocacy

It all started with a comment from my eighteen year old daughter, Hannah. "Mom, I want to go vintage for prom this year."

Hannah has had a fascination with dressing up since she was very young. Actually, I can't remember a time when she wasn't pretending to be someone, or wearing some kind of costume. I never knew if I was going to meet Pocahontas or a pirate coming out of her room. Her participation in theater throughout middle and high school only served to enhance her fascination with costumes.

She has always admired Audrey Hepburn. Why not emulate Hepburn's famous style for her senior prom? Hannah figured this would be a perfect way to end her high school career. What we didn't know was how the Hepburn Project would embrace so many people in so many facets of our lives.

We started by looking for vintage dresses online and in resale shops, many of which turned out to be neither affordable nor particularly pretty. Retro she wanted; ragged she didn't. Some even smelled bad! The search quickly proved too difficult, because Hannah had a very particular vision in mind: a tea length dress that was tight in the bodice with an A-line skirt that poofed out with a tulle petticoat. She remembered seeing a dress like this in pictures from my mother-in-law's wedding. So we called her and asked to borrow

the dress. Turns out that Nana had herself borrowed the wedding dress from a friend, and it was long gone.

We decided to alter our search a bit, from old dresses to new dresses that were made to look old. But with price tags starting at \$350, they were quickly vetoed.

Then I had an idea. I am a geriatric social worker! I of all people should be able to find someone who had an old dress Hannah could wear. I sent a request out into the community. The responses were amazing.

We got phone calls and emails from people all over the country. But the "hunt for the perfect dress" really got exciting when a community member offered four vintage dresses that had belonged to her sisters-in-law and mother-in-law. She not only offered them to Hannah—she told her she could custom redesign them any way she wished. What an offer! Hannah found one she liked, but it didn't fit her vision exactly. Another friend told us about a woman who redesigns old dresses as a hobby, so we took it to her and she excitedly took on the project. Before we knew it, Hannah's vintage prom event had become a community event, with the Golden Agers checking in on her progress weekly and even offering to loan jewelry and shoes. The Hepburn Project—which grew out of Hannah's unique appreciation of days and styles gone by, stimulated amazing—and unexpected—intergenerational discourse. There were reminiscences about dances and old flames, as well as conversations about flowers and hair style and shoes.

The night of the prom, as I watched her date (dressed in a white dinner jacket and black tuxedo pants to match her) pin Hannah with a beautiful corsage, I realized that, whether we call them vintage, retro, or old, the people and things of the past are what inform—and create—the future.



NURSE'S NOTES

by Edie Redish
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Is it Dementia?

Dementia is an umbrella term for a range of symptoms that affect memory and thinking. Alzheimer's disease, in which damage is especially severe in the hippocampus where short-term memory is stored, is just one type of dementia.

With today's headlines warning about rising rates of Alzheimer's disease, it's easy to feel that a misplaced cell phone or car keys might mean that you or a loved one are losing your mental edge, or worse, sliding toward dementia. But everything from medication misuse, drug interactions and urinary tract infections can potentially trigger dementia-like symptoms.

"Some of these conditions are not serious, but they are often missed or misdiagnosed in seniors," says Murali Doraiswamy, MD., Chief of biological psychiatry at Duke University Medical Center. "Caught early enough, they may actually be reversible."

Here are eight common disorders that can masquerade as dementia:

1. Normal Pressure Hydrocephalus (NPH) is caused by a build up of spinal fluid in the brain. Symptoms include shuffling gait, a wide-legged stance (due to balance problems), and problems with thinking, memory and urinary incontinence. Recommendations for treatment can include a CT scan, and a shunt surgically inserted into the brain to drain the fluid, which usually corrects the situation.
2. Medication misuse: When people see multiple physicians, drug interactions or over-prescription is a danger. Because the body metabolizes and eliminates medication less efficiently as we age, drugs can build up and cause memory glitches and other side effects that look similar to Alzheimer's and other dementias. Always tell your doctor and/or pharmacist about ALL the medications (including

over-the-counter) you are taking.

3. Depression, anxiety, and even stress affect mood, memory, reasoning and behavior, particularly in older people. Depression can be treated successfully with medication, regular exercise, meditation, yoga and prayer.
4. Urinary tract infections (UTIs) are often missed in older people because their symptoms differ from typical UTI symptoms. Instead of high fever or pain, there may be memory problems, confusion, dizziness and agitation. Mental changes brought on by a urinary tract infection are sudden, as opposed to true dementia, which is often characterized by a long, progressive decline. Most urinary tract infections are easily treated with antibiotics, fluids, a healthy diet, and rest.
5. The thyroid gland secretes hormones that keep every system in the body running smoothly. Both too little and too much thyroid hormone function may trigger dementia-like symptoms. A simple blood test can measure thyroid levels.
6. Vitamin B-12 deficiency: B-12 is necessary for the development of red and white blood cells. Some people, as they age, become unable to absorb it, leading to a condition known as pernicious anemia. See your doctor for a complete blood test. Usually a B-12 supplement taken orally or by an injection once a month corrects the problem.
7. Diabetes: Your body needs a certain amount of glucose (sugar) to keep blood vessels functioning properly. Too much or too little damages the blood vessels in the brain needed to create new neurons, which can result in memory problems, confusion, irritability and inattention. It's crucial to carefully monitor blood sugar levels and insulin if you have diabetes. Losing weight, exercising and a healthy diet can make a difference.
8. Alcohol: Besides destroying brain cells, heavy drinking can also lead to an unhealthy diet that deprives the brain of key nutrients, such as thiamine (vitamin B-1). Thiamine deficiency may also lead to Wernicke-Korsakoff syndrome (WKS), a chronic memory disorder characterized by confusion, memory loss, hostility and agitation. Effects of long-term alcohol abuse can sometimes be reversed. WKS can be treated with thiamine replacement therapy. If you suspect alcohol-related memory problems, seek help to stay sober, exercise, and eat a healthy diet.