

Memory Loss Connection

Editor's Note – *This is a new monthly column provided by Big Stone County Memory Loss Connection Committee.*

By Mary Ross

What is it?

MLCC is a Big Stone county-wide committee. It was formed in 2017 in response to the growing needs for education and support among families dealing with memory loss and the stress of caregiving.

Why should I care?

You should care because memory loss touches all of us. You should care because you are aging. You should care because the Big Stone County population is aging. You should care because aging is the number 1 risk factor for memory loss. You should care because as the population ages, the costs, stresses, and demands on families and on the health care system will explode.

Although aging is not a cause of memory loss, the risk increases as we age. 1 in 7 people age 70 have memory loss. At age 90 the occurrence is almost 50 percent.

Last question. What have we done about it?

- **Provided training** (Dr Terry Barclay) to medical providers on protocols, and strategies post diagnosis;
- **Education/training** (Michele Barclay) to nursing staff and families;
- **Purchased virtual experience equipment**, and used it to train providers/lawenforcement/caregivers;
- **Established a bi-weekly Memory Cafe**;
- **Assisted the Ortonville Library** which carries books, movies, magazines, and memory kits available for community use;
- **Sponsored Dementia Friends Training Events.**

These efforts, among others, have made for an encouraging start. Look for further articles which will detail specific topics and opportunities for education and aid.

This is for informational purposes only. For medical advice or diagnosis, consult a professional. AI responses may include mistakes.