



assisted living | dementia care

## Epoch Bulletin

December 2023

This holiday season, we're delighted to share the Epoch Bulletin! We have carefully compiled content focusing on the latest news in eldercare. It's a thoughtful collection of insights and updates that we believe you'll find interesting and relevant.



**ScienceDaily**

**Science News**

*from research organizations*

### New protein linked to early-onset dementia identified

Date: December 6, 2023

Source: UK Research and Innovation

"Most neurodegenerative diseases, including dementias, involve proteins aggregating into filaments called amyloids. In most of these diseases, researchers have identified the proteins that aggregate"...(Contd.)

[Read the full article here](#)



# What our expert at Epoch has to say!

“

Fronto Temporal Dementia (FTD) is one of the most challenging types of dementia to manage. I find the recent discovery of aggregated structures of the protein TAF15 in cases of FTD to be a significant breakthrough as this knowledge opens new avenues for early diagnosis and treatment strategies, bringing hope to individuals affected by frontotemporal dementia and their families. Overall, this advancement represents a crucial step forward in the pursuit of effective interventions for frontotemporal dementia and related neurodegenerative disorders.

**Neha Sinha**

**Co-founder & CEO, Epoch Elder Care**



## **A person can have dementia without memory loss**

Story by -

**David Steen Martin** (geriatric medicine specialist with Norton Neuroscience Institute)

“Dementia is more than just memory loss. Different types, such as dementia with Lewy bodies or frontal variant Alzheimer’s disease, can show up with changes in behavior rather than forgetfulness. Frontotemporal dementia (FTD) affects behavior, especially in those under 65, causing inappropriate actions and reduced self-awareness. Vascular dementia, often linked to strokes, impacts mental abilities beyond memory. Diagnosis includes brain scans and thorough cognitive testing. Recognizing these various symptoms is vital for spotting dementia early and providing timely help.”

[Read the full article here](#)





## How Caregivers of People With Dementia Can Navigate Holidays

Author - [Rutgers University-New Brunswick](#)

Navigating the holidays while caring for a loved one with dementia can be tough. Mary-Catherine Lundquist from Rutgers offers heartfelt advice: adjust expectations, choose activities wisely, and be sensitive to challenging emotions. Instead of asking your loved one to remember, share memories gently. Prepare family members for changes, and create precious moments with activities like singing or crafts. Extend compassion to those with loved ones in nursing homes or dealing with loss. Ease caregiver stress by offering support and focusing on meaningful connections.

[Read the full article here](#)

## Pune, brace yourself for as Epoch is all set for expansion!!


Taking on an exhilarating journey, we are thrilled to announce our Expansion in the vibrant city of Pune! Committed to delivering holistic, person-centered care, our mission is to ensure elderly have a best possible quality of life. Get ready for Epoch's care and commitment to well-being of the elderly as we broaden our horizons in Pune.





[Click to know more](#)

*"Wishing you a New Year filled with joy, good health, and the warmth of cherished moments."*

 *With love - Team Epoch*

2024



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