

Alzheimer's Disease set to increase seven percent in Arkansas by 2010, new study states

Alzheimer's disease is poised to increase 7 percent by 2010 in Arkansas. There are more than 5 million people nationwide living with Alzheimer's disease, including 4.9 million people over the age of 65 and between 200,000 and 500,000 people under age 65 with early onset Alzheimer's disease and other dementias. This is a more than 10 percent increase from the previous prevalence nationwide estimate of 4.5 million.

The greatest risk factor for Alzheimer's is increasing age, and with 78 million baby boomers beginning to turn 60 last year, it is estimated that someone in America develops Alzheimer's every 72 seconds; by mid-century someone will develop Alzheimer's every 33 seconds.

These new estimates, as well as other data concerning the disease and its effects, are issues today as hundreds of advocates from across the country gathered in the nation's capital for the Alzheimer's Association's annual Public Policy Forum. The Association's report, titled 2007 Alzheimer's Disease Facts and Figures, details the escalation of Alzheimer's

er's disease which now is the seventh leading cause of death in the country and the fifth leading cause of death for those over age 65. The report offers numerous statistics that convey the burden that Alzheimer's imposes on individuals, families, state and federal governments, businesses, and the nation's health care system. For example:

- Without a cure or effective treatments to delay the onset or progression of the disease, the prevalence could soar to 7.7 million people with the disease by 2030, which is more than the population of 140 of the 236 United Nations countries.
- By mid-century, the number of people with Alzheimer's is expected to grow to as many as 16 million, more than the total population of New York City, Los Angeles, Chicago and Houston combined.
- As the prevalence impact of Alzheimer's grows, so does the cost to the nation. The direct and indirect costs of Alzheimer's and other dementias amount to more than \$148 billion annually, which is more than *(see Stats pg 2)*

Hundreds advocate at 19th Annual Public Policy Forum

The 19th Annual Alzheimer's Association Public Policy Forum in Washington, D.C., March 18-20, saw hundreds of advocates storm Capitol Hill to meet with legislators and participate in a Senate hearing on Alzheimer's disease.

In addition, the release of the 2007 Alzheimer's Disease Facts and Figures report – which illustrates the impact of Alzheimer's on individuals and families; federal, state and local governments; the healthcare system; and the economy – generated national headlines.

Highlights included:

- ♦ Hundreds of live and virtual visits on Capitol Hill to educate lawmakers and urge them to increase federal funding for Alzheimer research and programs. The House and Senate office buildings were filled with volunteer advocates wearing purple Alzheimer's Association sashes.

- ♦ Sen. Barbara Mikulski (D-Md.) convened a subcommittee hearing on Alzheimer's disease and the introduction of the Alzheimer's Breakthrough Act of 2007 and the Family Assistance Act of 2007. Association CEO Harry Johns; Dr. Marilyn Albert; caregiver Marilyn Blum; Robert

Edge of the Center for Health Transformation; and Dr. Sam Gandy, chair of the Association's Medical and Scientific Advisory Council, provided testimony.

(see Policy pg 2)



Harry Johns referenced the Association's 2007 Alzheimer's Disease Facts and Figures as he asked legislators to support increased federal funding for research, add a chronic care management benefit to Medicare and enact long-term care financing legislation.

(Stats cont. from pg 1)

the annual sales of any retailer in the world excluding Wal-Mart.

“Alzheimer’s Disease Facts and Figures clearly shows the tremendous impact this disease is having on Arkansas and nationwide. As the economic and human impact of this disease continues to loom over Arkansas, it is more imperative than ever that research funding is increased in order to find a cure and treatments to delay the progression of this disease,” says Judi Ver Hoef, president and CEO of the Alzheimer Association’s Oklahoma and Arkansas Chapter.

According to the latest statistics from the Centers for Disease Control, from 2000-2004 death rates have declined for most major diseases: heart disease (-8 percent), breast cancer (-2.6 percent), prostate cancer (-6.3 per-

cent) and stroke (-10.4 percent) are now declining each year, while Alzheimer’s disease deaths continue to trend upward, increasing 33 percent during that period.

The new report also highlights the impact that Alzheimer’s has on caregivers across the nation. In 2005, it is estimated that unpaid caregivers of people with Alzheimer’s disease and other dementias provided 8.5 billion hours of care valued at almost \$83 billion dollars.

The Alzheimer’s Association is the first and largest voluntary health organization dedicated to finding prevention methods, treatments and an eventual cure for Alzheimer’s. For more than 25 years, the Association has provided reliable information and care consultation, created services for families, increased funding for dementia research, and influenced public policy changes.

(Policy cont. from pg 1)

- ♦ A moving candlelight vigil at the Lincoln Memorial honoring loved ones impacted by Alzheimer’s disease.

- ♦ Jane Ochrymowycz from the Minnesota-North Dakota chapter was named the 2007 Maureen Reagan Outstanding Advocate Award winner.

- ♦ Kristen Czenszak, a senior at Fordham University, won the first Young Adult Essay Award, sponsored by the Vidinsky family Remember the Future Fund.

Real Men Care Workshop planned for Fayetteville area

The success of the Northwest Arkansas “Real Men Care” Workshop on March 26 has prompted a workshop for the Fayetteville area this summer.

These in-demand workshops are for male care givers. Topics are presented by male professionals. Topics covered include: Homecare, Trusts, Long Term Care Insurance, Medicaid Eligibility and Miller Trust, Adult Day Care and Support groups as respite alternatives, and life and death Legal Issues.

For more information, call 479-713-1466 or 479-855-2288.

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Alzheimer's Association hosts May 10 Educational Symposium in NW Arkansas

Dr. Stephen McConnell, Vice President of Advocacy and Public Policy at the Alzheimer's Association, based in Washington D.C., will be the luncheon keynote speaker when the Alzheimer's Association hosts its first educational symposium on May 10 at the Springdale Holiday Inn Convention Center in Springdale, Ark.

The symposium will offer six continuing education credits for nursing home administrators, nurses and social workers.

Featured speakers and topics: Dr. Stephen Gemmell will speak on the process and strategies for determining a dementia diagnosis.

JoAnn Webster of the Oklahoma and Arkansas chapter will speak about early onset Alzheimer's: "Who is affected, warning signs, services available and the importance of early detection."

Attorney Lisa Reeves will speak on special

needs trust and other health, life and death issues as they relate to loved one and care giver.

Pat Hall, Generations/Transitions Community Relations Coordinator will share new ways to care for the patient and present new tips for care giver stress relief.

Mary Ann Duncan, vice president of Public Policy and Diversity for the Oklahoma and Arkansas chapter will speak about advocacy, "How you can get involved and impact decisions about research and special program funding."

Attendance fees are: professional \$35, student \$15 and family caregiver \$5. The luncheon is \$15 and reservations are accepted through May 7. For more information, call 479-855-2288 or 479-713-1466.

Corporate sponsors of the event are Wal-Mart Logistics and Reliance Healthcare NWA.

Teenage daughters care for father with Alzheimer's

(Reprinted with permission from the Ft. Smith Times Record. Edited for space. By Pam Cloud)

Their father lies in a Colorado nursing home, unable to feed himself. He's on the brink of being nonambulatory, and he doesn't recognize either of his daughters as his brain decays from Alzheimer's disease.

But these daughters aren't middle-aged women caring for an aging parent in his 70s or 80s.

These daughters are ages 14 and 15 and have been watching their dad's health deteriorate for the past five years, after he was diagnosed with early-onset Alzheimer's disease at age 52 in 2002.

Catherine "Cat" Sweatman, 14, and Victoria "Tori" Sweatman, 15, have both dealt with Jay Sweatman's illness in totally opposite ways. Tori took on the role of caregiver, pushing away the rest of her family and looking to her friends for emotional support. Cat kept everything bottled inside, eventually having a nervous breakdown.

Cat now has focused her attention on wanting answers to the questions she has about her father's diagnosis — why did this happen to him and what can be done about it?

Her computer research on the disease led her to Washington, where earlier this week she met with members of Arkansas' congressional delegation, sharing her story and lobbying for more funding for Alzheimer's research.

The girls, both born in Tulsa, grew up in New Mexico and Colorado. They remember their father as a very intelligent and active man.

"Dad loved New Mexico; he taught skiing," said Tori, sitting on the sofa next to her sister at the eastside Fort Smith home they share with their mother, Ann Bowers, along with two golden retrievers and a cat. "He loved to ski there."



Ann Bowers, far left and her daughter Catherine Sweatman, and Cheryl Bledsaw, Western Arkansas Regional Center director, participate in a candlelight vigil at the Public Policy Forum.

It wasn't long after their parents divorced in 2000 that the girls started noticing some changes in their father.

"He got really mad over losing things," Cat recalled. "One of us would break a glass and he'd go off on us."

"I didn't really even think much

(see Daughters pg 4)

(Daughters cont. from pg 3)

of that," said Tori, a sophomore at Southside High School. "Now that I think back on it, it was worse. He did get more mad than he usually would have."

Jay Sweatman was a computer programmer, and the girls watched as his situation slowly worsened.

"He was a very intelligent man," said Cat, a freshman at Chaffin Junior High School. "He went from there to working the back room in a grocery store in Albuquerque. He was on food stamps and everything."

The girls and their mother and stepfather had moved to Denver; Jay moved there in 2002. He lived in an apartment close to the girls for a while, then moved into an assisted living facility and eventually a nursing home. Bowers became his legal guardian.

"I refused to believe it was true. All my life, I had been a 'daddy's girl,'" said Tori, who enjoys dancing with the Western Arkansas Ballet and reading. "The hardest part about it is that Dad's not in the picture doing it with us."

Cat's passion for advocacy started at an even younger age. She wanted to volunteer at the nursing home where her dad was when she was 9, but they told her she was too young. When she would accompany her mother on visits, she would chat with other residents and staff.

At 11, Cat accompanied her mother to answer phones for the Democratic Party in Denver while working on John Kerry's campaign staff. Again, they told Cat she was too young, but she told them she knew a little bit about stem cell research and she knew Kerry supported stem cell research.

"I knew it would help Alzheimer's and it could possibly be a cure," said Cat, who enjoys hanging out with her friends. "I worked the phones talking to people about stem cell research. I've been really involved in politics since then."

Cat had internalized her feelings so much that she started having problems in school, missing part of the seventh grade to be homeschooled after the nervous breakdown. She felt almost ostracized by her friends, while Tori turned toward her friends in her time of need.

"I found it easier to stay in school," explained Tori. "I kind of pushed myself away from my mom, stepdad and sister to some extent."

"I would avoid seeing him," said Cat. "I didn't want to deal with the disease."

Bowers thought it was best for the girls to move closer to other family members. Her father, Don Bowers, and other relatives were in the Fort Smith area, so Bowers and the girls moved here in 2005.

"It's just what we needed," said Tori.

Cat continued her research on Alzheimer's and began to focus on what causes the disease, how to destroy the cause and how to get the debris out of the brain afterwards.

"She learned all about the plaques and tangles formed in the disease and began to look for chemicals and substances to destroy them," Bowers said of Cat's work.

She eventually sought assistance from her science teacher at Chaffin, Steve Arnold. Networking with fellow Leadership Fort Smith Council members, Arnold found Cheryl Bledsaw, the regional director for the Oklahoma and Arkansas chapter of the Alzheimer's Association.

Bledsaw was impressed with Cat's story and her vast knowledge of the disease at such a young age. Bledsaw advised Cat and her mother that there was a scholarship and grant available for Cat to possibly go to Washington and speak about Alzheimer's research during the Alzheimer's Association's 19th annual Public Policy Forum March 18-20 at the Capitol. Cat was awarded the scholarship and headed to Washington Sunday with her mother, Bledsaw and Tisha Broyles.

"When you're a caregiver, it really consumes all your time," Cat said she learned at the vigil. "You can't leave them alone. You have to feed them, dress them, all that."

A poignant moment for her was listening to a woman sing a song, "If You Could Remember." "That's when all the memories started flooding in," said Cat, who said her father's love of classic rock music — The Who, Elvis, Aerosmith and AC/DC — rippled down to her.

Monday and Tuesday were spent in meetings, workshops and meeting with Reps. Mike Ross and John Boozman and Sen. Mark Pryor.

Cat was especially impressed with Boozman's sincerity in wanting to hear her story.

"I feel like he genuinely listened when I told him about my dad because he asked questions about my family history and the disease," said Cat.

She and Pryor connected as he told Cat that his brother had ALS (*Amyotrophic Lateral Sclerosis*) with dementia.

"He knew what it was like," she said. "I felt like we had his support, too."

Cat said she learned on her first trip to the nation's capitol that on a scale of \$1,000, Alzheimer's research receives 23 cents, cancer research receives \$1.75 and the military receives \$260. The 2008 federal budget proposal cuts federal funding for Alzheimer's research and care and Cat, like many family members of Alzheimer's patients, feels like research funding should be increased.

Bledsaw said she felt that Cat's attendance at the forum made an impact and gave legislators a different perspective to ponder.

"I think it did give it a different look on things. People often just associate Alzheimer's with the elderly and forget how children are affected, both directly and indirectly," Bledsaw said.

While Cat doesn't think the early-onset Alzheimer's progresses faster than traditional Alzheimer's disease, she said she has learned it progresses differently. While memory is usually the first item affected with early-onset signs, mood swings are first to occur.

The siblings say they're preparing themselves for the day they get a dreaded phone call; but in their minds, they feel like they've already lost the dad that they once knew.

"You lose them twice," said Tori.

"Obviously I want my dad to not die ... There were days I actually hoped it would happen," Cat said of her father's mortality. "That would be better than watching him ..."

"Get worse and worse," Tori said, finishing her sister's sentence.

“And on Sunday, she went there”

(Reprinted with permission.)

For ten years TV character actor Alan Koss appeared in the recurring role of Alan on some fifty episodes of *CHEERS*. Mr. Koss was born and raised in the Boston area, and is a graduate of Boston University. He served in the USMC in the late 1950s and became a professional actor in 1967, working in a Theatre Company of Boston production of “Marat-Sade”, and then moving his young family (wife, June, and children Joanne and Michael) to New York City.

Dear Family and Friends--

A wonderful, strong, kind lady died Sunday afternoon, October 26, 2003, at age 98. Actually, Rose Koss, my mom, started drifting away over ten years ago. When my dad died in 1992, at age 91, mom’s memory slippages began to show.

I guess dad had seen it, but we all thought it was just two old folks bickering when he’d say, “Ahh, Rose, you’re forgetting things.” She’d take umbrage, and we’d figure it was normal “old people stuff” -- but, yeah, she was starting to create another world for herself, one where she’d always be around 60.

I don’t know why she picked that age, but even a month or two ago, when I kidded her... “You’re a pretty good-lookin’ old broad,” I said... “Don’t call me an old broad” ... “Well, how old do you think you are?” ... “I’m not sure, around 60 or 65,” she said.

About four or five years ago she began not recognizing me as her son. Sometimes I was the “manager of the hotel” she was staying at. Sometimes, when I’d ask, “Mom, do you know who I am?” she’d answer “No, but I know I love you,” and that was good enough.

Or I’d ask her, “Mom, what’s your son’s name?” ... “Alan,” she’d say, and occasionally add my name in Yiddish, “Alyevelvel.” ... “Well, that’s me,” I’d say... “No, Alan’s younger than you are.” ... And that was good enough, too.

Mom adopted me right out of the hospital, when she was 33 and dad was 38. They wanted a kid but, ohh boy, they had no idea what they were in for. Not that I was a “bad” kid, at least not all the time, but when you’re around 50 and raising a teenager, you do need strength. Mom and dad had strength and tolerance and much love,

even when they lacked understanding. Dad, I think, thought I was the second coming; mom wasn’t too sure. I was a pretty strong-willed teen, and I’m sure I caused them considerable angst, but there were a lot of hugs and kisses and touching, and when they died, there was nothing left unsaid between us.

About a week to ten days ago mom stopped taking food... she stopped taking her medicine... The nurses at the rehabilitation hospital where she’d been for over two years, called often about “instructions” -- the doctors wanted to tube-feed her -- but I told them to make her comfortable and respect her wishes... “She’s getting ready to let go,” I said, “she’s had enough so, please, just make her comfortable.”

A week ago she was still joking... “Hi, mom, how do you feel?” I asked... “With my hands,” she said... But on Friday she was non-responsive, sitting there with her head down, maybe picturing how she wanted to be, and where she wanted to be... And on Sunday she went there.

Love and Enjoy Life,
ALAN

Alzheimer’s Association Educational Symposium in NW Arkansas

**The New Face of Alzheimer’s Education Symposium (5 CEU’s)
May 10, 8 a.m. - 4:00 p.m.**

Holiday Inn Convention Center Springdale, AR
\$35/Professionals; \$15/Students; \$5/Family Care Givers; \$15/

Luncheon keynote speaker: Steven McConnell.

For more information, please call 479-855-2288.

Ft. Smith Memory Walk: June 2

Ben Geren Park

8:30 a.m. - Registration

9 a.m. - Walk Begins


For More Information

or to register

online, please visit:

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Individuals who:

- (1) have a desire help others,
- (2) are good listeners, and
- (3) can dedicate a couple of hours of their time each month.

The Central Arkansas Regional Center conducts regular Support Group Facilitator's Trainings. If you would like to facilitate a monthly support group, please call 501-265-0027 and speak with Joan Johnson to sign up for a free training.

Support Groups

Are you looking for a place to talk about what you are going through, or want to hear about what others have experienced being a caregiver? Do you have questions about caring for your loved one?

Central Arkansas Support Groups (501) 265-0027

Little Rock Support Group

4th Thursday of the Month

North Little Rock Support Group

3rd Saturday of the Month

Sherwood Support Group

2nd Thursday of the Month

Western Arkansas Support Groups

(479) 783-2022

Alzheimer's Associations's 24/7 HelpLine: 800-272-3900

“10 Symptoms of Caregiver Stress” Word Find

S	O	C	I	A	L	W	I	T	H	D	R	A	W	A	L	D	M	E
A	W	Q	Y	N	C	A	R	E	B	E	I	N	L	C	O	I	E	X
D	Z	P	U	G	I	V	E	R	V	N	O	X	K	H	N	S	M	H
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L	A	C	K	O	F	C	O	N	C	E	N	T	R	A	T	I	O	N

*Look horizontally and vertically for the bold words listed below.

If you experience some of these signs of stress on a regular basis, make time to consult a physician and seek assistance in caregiving.

1. **Denial** about the disease and its effect on the person who's been diagnosed
2. **Anger** at the person with Alzheimer's or others, anger that no cure exists and anger that people don't understand what is going on
3. **Social withdrawal** from friends and activities that once brought pleasure

4. **Anxiety** about facing another day and what the future holds
5. **Depression** that begins to break your spirit and affects your ability to cope
6. **Exhaustion** that makes it nearly impossible to complete necessary daily tasks
7. **Sleeplessness** caused by a never-ending list of concerns
8. **Irritability** that leads to moodiness and triggers negative responses and reactions
9. **Lack of concentration** that makes it difficult to perform familiar tasks
10. **Health problems** that begin to take their toll, both mentally and physically

"Ask the Expert"

This month's "Ask the Expert" is Dr. A.J. Zolten. Dr. Zolten graduated with honors from the University of Cincinnati before continuing there to receive his M.S. in Anthropology in 1986. He received his Ph.D. in Clinical Psychology in 1992 from the University of North Texas and went on to train in geriatric neuropsychology. Dr. Zolten is currently the Director of Neuropsychology and Psychology Services at the St. Vincent Senior Health Clinic and the St. Vincent Memory Center, Director of Neuropsychology and Psychology services at Timber Ridge Ranch Neurological Rehabilitation Center, and he serves on the Leadership Council for the Alzheimer's Association Central Arkansas Regional Center.

Q: Dear Ask the Expert:

My dad is 68 years old and had knee surgery. Before the knee surgery he had no memory problems, but now he acts like he can't take care of himself and is forgetting things all the time. The doctor told me it was dementia. Can you please tell me what happened? I don't understand how knee surgery can cause memory loss. - Kimberly, Sherwood

A: Dear Kimberly:

When changes in memory and the ability to care for oneself occur abruptly, as it has for your dad, concerns are raised about why the abrupt change(s) have occurred. Dementia specialists are familiar with cases where the stress of surgery can trigger a decline in overall ability, but there are many other explanations that need to be addressed first. Abrupt changes in memory and thinking ability are much more likely to occur because of trauma to the brain, and stroke is the most common culprit here. Surgery patients sometimes experience complications, including blood clots that can cause stroke. Another potential source that can interfere with memory and cause a reversible dementia are the pain medications often used to help patients recover from surgeries like knee surgery. Both of these issues should be thoroughly investigated by your Dad's doctor(s) before accepting that he has developed dementia.

Q: Dear Ask the Expert:

My grandmother had Alzheimer's disease and now my mom has it. Is Alzheimer's disease genetic? Should I be worried about getting it? - Scared in Osceola

A: Dear Scared:

Yes there is a genetic component to Alzheimer's disease, but this genetic component is just one "piece to the puzzle" in determining one's risk for developing Alzheimer's disease. Much more important than knowing that both your grandmother and your mother have the disease is to know WHEN they developed the disease. The number one risk factor for developing Alzheimer's disease is age itself, so when people develop the disease in the late 70's and 80's, the disease is much more likely to be due to age rather than a genetic predisposition. People who have family members who have developed the disease in their 60's or earlier should be much more conscious of changes in their memory and thinking abilities and have their doctors order tests that can help identify the early onset of the disease. So, if your mom is in her late 70's or 80's and your grandmother started to show memory decline in her 70's or 80's, I wouldn't be too worried.

"Alzheimer's: The Whole Experience" Educational Symposium

Wednesday, June 27, 2007

8:30 a.m. - 4:30 p.m.

The DoubleTree Hotel, Little Rock

CEUs will be available.

Call 501-265-0027 to register today!

Keynote speaker: Doug Manning

We are fortunate to have Doug as our Keynote Speaker. His experience as a counselor, lecturer and author has made him an expert at addressing the subjects of grief, aging, and personal relationships across the United

States and beyond! He has authored over 30 books and produced over 25 audio and video products in the areas of grief and elder care. When Doug comes to speak, get ready to think until you hurt and laugh until you stop hurting.

Feature Speaker: Jo Huey, CAEd

Jo Huey has been working with persons with Alzheimer's disease in 24-hour care settings since 1986. She is well known for her communication tool "Ten Absolutes", a humorous presentation with which every caregiver can identify and is the author of "Alzheimer's Disease: Help and Hope" and her new book, "Don't Leave Momma Home with the Dog". Jo is a professional speaker, author and trainer about Alzheimer's disease—someone who you don't want to miss hearing!

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Bella Vista, AR 72715
479-855-2288

Fayetteville Outreach Center

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Fayetteville, AR 72703
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MetLife Foundation

Working toward an Alzheimer's cure

We encourage you to "recycle" this newsletter with a friend, co-worker, doctor's office, house of worship, or club. If you no longer wish to receive this publication, or are receiving duplicate copies, please call us at 918-481-7741.

Calendar of Events

Please visit our website at www.alzokar.org for more information.

MAY

- 10** - Support Group, First Baptist Church of Sherwood. Two meeting times: Noon and 7 p.m.; 501-265-0027. Cost: Free.
- 10** - NW Arkansas Educational Symposium, 8 a.m. - 4 p.m.; Holiday Inn Convention Center, Springdale, AR. Contact Info: 479-855-2288
- 10** - Alzheimer's Disease 101, Searcy Healthcare Center, LLC. Time: 6:30-7 p.m. Contact Info: Joan Johnson, 501-265-0027. No cost.
- 19** - Support Group at Full Counsel, Promiseland Plaza, 1800 Maple St., 2nd Floor, Classroom 1, Time: 10 a.m. - Noon. Contact Info: Joan Johnson, Program Coordinator, 501-265-0027. Free.
- 24** - Alzheimer Research Updates and Medication, Woodland Heights Assisted Living Center. Time: 2 - 3 p.m. Contact Info: Joan Johnson, 501-265-0027. No cost.
- 24** - Little Rock Support Group, Alzheimer's Association, 1st Floor Conference Room, 411 S.Victory St., Ste. 202, Little Rock, AR 72201. Time: Noon- 1 p.m. No Cost. Feel free to bring a brown bag lunch.
- 30** - Ft. Smith Memory Walk Bank Night. 4 - 7 p.m. Contact Info: 479-783-2022.

JUNE

- 2** - Ft. Smith Memory Walk, Ben Geren Park. Registration: 8:30 a.m. Contact Info: 479-783-2022. Register online at: www.ftsmithmemory-walk.kintera.org
- 11** - Building Memories, Trinity United Methodist Church, Ft. Smith. Contact Info: 479-783-2022

- 14** - Support Group, First Baptist Church of Sherwood. Time: Two meeting times: Noon and 7 p.m.; 501-265-0027. Free.
- 16** - Support Group at Full Counsel, Promiseland Plaza, 1800 Maple St., 2nd Floor, Classroom 1, Time: 10 a.m. - Noon. Contact Info: Joan Johnson, Program Coordinator, 501-265-0027. Free.
- 27** - "Alzheimer's: The Whole Experience" Educational Symposium Location: The DoubleTree Hotel, Little Rock Time: 8:30 a.m.- 4:30 p.m. Contact Info: The Alzheimer's Association, 501-265-0027
- 28** - Little Rock Support Group, Alzheimer's Association, 1st Floor Conference Room, 411 S.Victory St., Ste. 202, Little Rock, AR 72201. Time: Noon- 1 p.m. No Cost. Feel free to bring a brown bag lunch.

JULY

- 12** - Support Group, First Baptist Church of Sherwood. Two meeting times: Noon and 7 p.m.; 501-265-0027. Cost: Free.
- 21** - Support Group at Full Counsel, Promiseland Plaza, 1800 Maple St., 2nd Floor, Classroom 1, Time: 10 a.m. - Noon. Contact Info: Joan Johnson, Program Coordinator, 501-265-0027. Free.
- 26** - Little Rock Support Group, Alzheimer's Association, 1st Floor Conference Room, 411 S.Victory St., Ste. 202, Little Rock, AR 72201. Time: Noon- 1 p.m. No Cost. Feel free to bring a brown bag lunch.