

Latinos and African-Americans at greater risk

By Keri Pollock, Communications Director | Storyteller

Trina Burton, who lived in Atlanta at the time, and her mom, Lillian, who lived in Kansas City, would talk on a daily basis. Realizing she'd not heard from her mom in two days, Trina called her. It was the Sunday before Thanksgiving 2004, and Trina noticed a significant slur as Lillian spoke, as if her tongue were paralyzed. Trina recruited the help of a close friend, a 3-way call was placed, and the friend agreed with Trina's concerns, later confirmed as a stroke, resulting in mild cognitive impairment. Lillian was immediately rushed to emergency care. This marked a turning point in both their lives. Trina is now her mother's primary caregiver (Trina's father and brother died nine months apart from one another nine years ago). The stroke was likely triggered by high blood pressure (hypertension). Lillian has vascular dementia.

Trina simplified her life from managing an acre estate to becoming Lillian's primary caregiver and the household "dog nanny" to Bentley, Trina's pup. Lillian can still live somewhat independently and maintains a busy social life and active schedule. She and Trina share a comfortable two-bedroom apartment in western Washington within a community of friends, with convenient access to services and retail.

In addition to assisting Lillian with the day-to-day management of doctors appointments, medication, therapy, and social engagements, Trina works



full time and freelances as a marketing professional. She also serves in several volunteer roles, including the African American Advisory Council to the University of Washington Alzheimer's Disease Research Center (UW ADRC). As an African-American, Burton has cause for concern.

A special report released in March by our national office as part of the *2010 Alzheimer's Disease Facts and Figures* highlights some surprising statistics about Alzheimer's disease. While age is still the biggest risk factor, African-Americans and Latinos are at greater danger than any other group. Compared to their white counterparts, African-Americans have two times the risk of developing Alzheimer's, and Latinos

have one and one-half times the risk. Studies also show that while these groups are high-risk targets, they tend to be the least likely to be given a diagnosis of Alzheimer's.

While researchers continue to look for new treatments and a cure for Alzheimer's, as well as genetic factors that might lead to Alzheimer's, our Chapter, along with the UW ADRC and Sea Mar Community Health Centers, are trying to increase awareness among the high-risk groups, where a combination of cultural factors and general health issues may contribute to the problem. About 5.3 million Americans are affected with Alzheimer's, 110,000 of them in Washington State.

Continued on page 6

Executive Director's message

Sometimes I feel as if I'm repeating myself, but that's a good thing; we have much to celebrate at our Chapter.

In April, we held our 25th annual education conference with two eminent keynote speakers: Dr. Gary Small, noted researcher, author, and Director of UCLA's Memory & Aging Research Center, and Penelope Garner, creator of the SPECAL Method of dementia care. Dr. Small also presented at Town Hall of Seattle.

This was a new venue for us, and we were thrilled with an audience of 300. Our information table helped us connect with people who were not aware of our services.

Special thanks to everyone who made the education conference a success: sponsors, exhibitors, faculty, volunteer planning committee, and our education department. It's a team effort that takes hours of planning and executing. And, as the saying goes, "the proof of the pudding is in the eating." More than 800 people attended conference, including several hundred home care workers who attended for the first time.

On May 16th, we tried something new for volunteer appreciation—tickets to the WNBA Seattle Storm opening night game! Storm management reached out to non profits, and we were the first to be in the "Community Spotlight." As with Town Hall, this put us in front of a new audience. Best of all, the Storm beat the L.A. Sparks handily.

As we go to print, it is the morning after our 6th Annual Tasteful Evening Chef & Wine Dinner. This event has grown in popularity and is gaining a strong reputation among charity events in Seattle. The food and wine are great, and the chefs really get into the spirit



Nancy J. Dapper, Executive Director

of the evening. Credit goes to our Young Professionals Committee for investing their time and passion to energize this event. Early estimates are that we raised more than \$90,000, our best results yet!

Next up—Memory Walk season.

If you've never participated in one of our four walks, please consider doing so this year. If you have, I encourage you to re-invigorate your teams today.

It's easy to register: just visit our website at www.alzwa.org. Memory Walk is our largest awareness building and fundraising event, allowing us to continue bringing much needed care and support to the individuals and families affected by Alzheimer's and related dementias, free of charge.

More details can be found on pages 8 and 9. This is a real grassroots experience that is fun for all ages. We hope to see you at one of the walks in 2010. ●

Board of Directors

OFFICERS

Nora Gibson, MSW, President
Mark Davidson, Vice President
Electa Anderson, Vice President—Development
Cassandra Undlin, Vice President/Secretary/Treasurer

DIRECTORS

Eileen Alexander
Craig Anderson
Robert (Bob) Fraser, Jr., Ph.D.
Brad Goode
Chris Gruenfeld
Mike Manning
Brian Olive
Steve Olsen
Barbara Shaw
John Shoesmith, MArch, AIA
Jack Tonkin
Jon Younger, M.D.

STAFF

Lindsay Andersen, Education and Training Coordinator
Michael Bower, Education Trainer
Janet Ceballos, El Portal NW/Care Consultant
Nancy J. Dapper, Executive Director
Ariana Dawson, Events Specialist
Patti Denman, Education Trainer
Traci Eshun, Education Trainer
Barbara Fox-Kilgore, Education Trainer
Maggie Goss, Care Consultant
Patricia Hunter, Programs and Policy Director
Melissa Kreptul, Corporate Relations Manager
Joanne Maher, Social Services Director
Irina Majougo, Education Trainer
Yanick Moravia, Helpline Specialist
Nick Newcombe, Development Director
Estela Ochoa, El Portal NW/Care Consultant
Adrienne Pollock, Programs Assistant
Keri Pollock, Communications Director/Storyteller
Elise Ricci, Events Manager
Kelly Richards, Education and Training Coordinator
Rowena Rye, Director of Community Resources
Ruth Sanderson, Education and Training Specialist
Katherine Segura, Business Manager
Julie Shatzer, Conference Coordinator and Educator
Anita Souza, Helpline Navigator
Maggie Sparks, Care Consultant
Meg Sweeney, Care Consultant
Shirley Vanderbilt, Care Consultant
Chris Vena, Donor Relations, Front Desk Manager
Stephanie Watson, Memory Walk Coordinator
Neta Wenberg, Care Consultant
Linda Whiteside, Community Support and Volunteer Recruitment Director
Samantha Woodward, Social Services Assistant

NEWSLETTER COMMITTEE

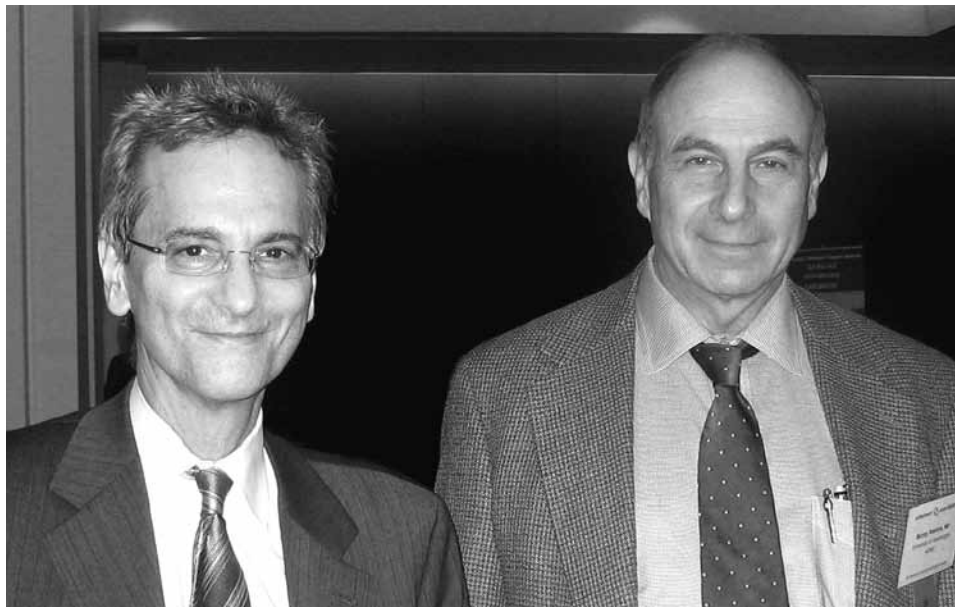
Nancy J. Dapper, Patricia Hunter, and Keri Pollock

This newsletter is published quarterly by The Alzheimer's Association—Western and Central Washington State Chapter, a nonprofit, tax exempt organization. Copyright by Alzheimer's Association—Western and Central Washington State Chapter except where specifically stated otherwise. Reprint permission may be requested from the Chapter. Permission is hereby granted to all Alzheimer's Association Chapters to excerpt materials from this newsletter for use in their public information programs with proper credit to us. We would be grateful to receive a copy of such reprints.

All material in this newsletter is offered as information to our readers. The Alzheimer's Association—Western and Central Washington State Chapter cannot warrant, endorse or recommend any provider, program or product.

Stressed out!: stress hormones, aging and Alzheimer's disease

Murray A. Raskind, MD, Director, Alzheimer's Disease Research Center (ADRC), Professor and Vice Chairman, Department of Psychiatry and Behavioral Sciences, University of Washington–Seattle



Friends and Alzheimer's research colleagues: Conference Keynote Dr. Gary Small, UCLA, and conference faculty and UW ADRC Director Dr. Murray Raskind.

This article describes how the increased stress hormone responses that occur in aging and Alzheimer's disease may contribute both to brain cell (neuronal) loss and to agitated behaviors.

Strange but true

Unlike other body systems, aging increases the activity and strength of the two major stress hormone systems.

We all are very aware that bone and muscle strength, heart pumping ability, lung capacity and other body systems weaken with normal aging. Less well known is that the two major stress hormone systems strengthen and become more active as we enter later life. The HPA axis, which produces the stress hormone **cortisol**, and the sympathetic nervous system, which produces the stress hormone norepinephrine, both increase their activity with normal aging. These stress hormone systems become even more active in Alzheimer's disease. The University of Washington

Alzheimer's Disease Research Center (UW ADRC) investigators (and others) have repeatedly found increased cortisol and norepinephrine in blood and cerebrospinal fluid with aging, and further increases in Alzheimer's disease.

Why does increased cortisol with aging and Alzheimer's matter?

Studies in several animal species have found that excess cortisol response to stress makes neurons in a crucial brain memory center (the hippocampus) more vulnerable to damage and death. Loss of neurons in the hippocampus is a primary feature of Alzheimer's disease. This neuron damage may occur because high cortisol prevents glucose (the major brain energy fuel) from easily entering neurons. If the neuron cannot produce enough energy, it is more susceptible to damage from disease processes, toxins and oxygen deprivation. In older persons studied annually at the UW ADRC, those with higher cortisol

had greater declines in memory function. We also found that high cortisol may be one way that an important genetic risk factor for Alzheimer's disease does its damage. Older persons with the APOE-4 risk factor for Alzheimer's disease had higher cortisol than those without this genetic risk factor.

What can be done about increased cortisol in aging and Alzheimer's disease?

There are no medications that can safely and effectively decrease the cortisol response to stress. However, lifestyle approaches can be beneficial. Regular physical exercise and achieving a lean body mass reduces cortisol production in response to stress. Although it is not possible to eliminate all stress, keeping a daily routine that is reasonably predictable but also interesting can be helpful.

Why does increased norepinephrine with aging and Alzheimer's matter?

Norepinephrine released into the blood increases blood pressure and blood sugar. In normal amounts, these effects help the body to respond to danger by "fight or flight." Too much norepinephrine can exaggerate and prolong these responses, producing hypertension ("high blood pressure") and diabetes. Both hypertension and diabetes are risk factors for Alzheimer's disease and vascular dementia. UW ADRC investigators (and others) demonstrated that blood norepinephrine doubles with aging. We also demonstrated that aging increases the norepinephrine response to the mildly stressful "cold pressor test" particularly in persons 80 and older.

Continued on page 10

Tasteful Evening engaged the senses while raising awareness

By Elise Ricci, Events Manager

Alzheimer's Association supporters came together on Thursday June 10th to raise over \$95,000 at our 6th annual *Tasteful Evening Chef & Wine Dinner* at Bell Harbor, Seattle.

All photos on this page by Morgan Keuler and Bryce Covey for TPNW.



Event Co-chairs: Marti Downey and Arlene Nornes.

Tasteful Evening, sponsored by Perkins Coie, Turner Construction, Columbia Bank and Emerald Heights was an exceptional evening of wonderful food, wine and entertainment with all proceeds benefiting the Association. 300 guests enjoyed five-course meals, prepared tableside by 14 local, celebrated chefs from Seattle's top restaurants. Etta's, Crush, Bell Harbor, Amato Catering,



Barry Petersen—Emmy-award winning CBS News correspondent and author of "Jan's Story."

Fresh Bistro, Sazerac, Kaspar's, 35th Street Bistro, icon Grill, Ray's Boathouse, Sky City at the Needle, Ten Mercer, Andaluca and Olivar all donated their time and talents for the evening.

Local wineries—Chateau Ste. Michelle, Chinook Wines, DiStefano Winery, Eaton Hill Winery, Hightower Cellars, Isenhower Cellars, Kiona Winery, Maryhill Winery, Page Cellars, Paradiso del Sol, Sleeping Dog Wines, Terra Blanca, and Two Mountain Winery—provided wine sampling during the cocktail hour and were paired with the chefs' dinners. Cocktail hour also featured tastings by Scotch Master Ari Shapiro, Intrigue Chocolates, Trumer Pils and Redhook beers, and custom cocktails by 360 Vodka.

Master of Ceremonies, **KING 5's Brad Goode** and Chef MC **Brendan O'Farrell**, led the live auction, featuring items such as a week in Maui with airfare, a Tesla joy ride and an Arizona getaway with Seahawks tickets.

Max Larkin and **Emily Boardway**, co-founders of Mind Series and co-producers of the project *Spoke Your Mind*, and **Barry Petersen**, CBS correspondent and author of *Jan's Story*, shared their journeys as families affected by young-onset Alzheimer's.

Funds raised at *Tasteful Evening* support the Alzheimer's Association free program services, including the 24/7



Greg and Sharon Nickels, winners of the Seattle Sounders auction package.

Helpline, training and education, care consultation, support groups, and a comprehensive resource library. All of the funds raised from donations serve the community and benefit researchers working to find a cure for Alzheimer's disease and related dementias. ●

Special thanks to our Young Professional Committee who organized the event: Arlene Nornes, Connie Parsons, Eileen Alexander, Marti Downey, Janice Hammond, Kathryn Marier, Kelly Nolan, Kristin Downing, Kristin Swanson, Laura Steinmetz, Lisa Chang, Margaret Garner, Maxim Larkin, Mikaela Houck, Nathan Larson, Nicole Brown, Nicole Bunselmeyer, Stephanie Chacharon, Nikki Olson, Paul Myoung, Darin Postma, and Cheryl Runnels.

Thank you sponsors



MIND MATTERS

#1

RANKING OF WILD BLUEBERRIES' ANTIOXIDANT POWER AMONG 24 FRUITS



Get berry good recall

Eating a little more than a cup of blueberries daily can improve your memory in a matter of months, according to researchers at Britain's Peninsula Medical School and University of Reading. Participants improved their recall-test scores after 12 weeks of loading up on 10 ounces of blueberries each day. Other fruit such as blackberries, cranberries, and cherries are also rich in flavonoids—compounds linked to brain cell growth—and should act similarly, say the researchers.



A touch of spice

Spices might be just what you need to minimize the damage of aging—and even offset the impact of diabetes, according to research from the University of Georgia. A little spice goes a long way, as the antioxidants are extremely concentrated, says coauthor James Hargrove, PhD. The spices studied include: ground cloves, ground Jamaican allspice, sage, marjoram, ground cinnamon, ground oregano, and thyme.



30% The amount by which you may cut your risk of heart attack by reducing your consumption of refined carbohydrates, such as cookies, and boosting your intake of vegetable proteins and fats, according to a Harvard University study.

80

OUNCES OF WATER YOU LOSE EACH DAY JUST DOING YOUR NORMAL ROUTINE



Cholesterol fighters

Scientists are discovering that getting high cholesterol levels in check isn't only about the foods you forgo. Recent research suggests that regularly including some specific foods in your meals can be just as effective as lowering total cholesterol levels.



Five powerful cholesterol-slashing staples include: mushrooms, beans, Omega-3-rich fish, oats and walnuts.

SEVENTY SEVEN

The percentage of first-time stroke patients whose blood pressure was above normal.

Greater risk *Continued from page 1*

Exactly how many are Latinos and African-Americans is difficult to gauge, experts say. Until now, cultural, educational and language barriers have prevented better inclusion of these groups in studies that would clarify the numbers. What is apparent, however, “is that vascular factors increase your risk for Alzheimer’s,” says Maria Carrillo, the national Alzheimer’s Association’s senior director of medical and scientific relations. “The health of your brain is dependent on a healthy vascular system.”

The data is sobering

Study after study clearly shows that the same diseases and conditions that compromise heart health, including obesity, diabetes and high blood pressure, also compromise brain health and increase the risk of Alzheimer’s, says Carrillo, who oversees the International Research Grant Program, the research funding mechanism for the Alzheimer’s Association. “Latinos in the U.S. have disproportionate amounts of diabetes, African-Americans more high blood pressure.”

According to Estela Ochoa, care consultant with our El Portal Northwest program, “The obstacles we discovered, not unexpectedly, are that many people have preconceptions about individuals, organizations, and Alzheimer’s disease and dementia. To overcome these preconceptions, we work with community partners like Sea Mar Community Health to identify cultural preconceptions and acknowledge our own bias up front. Organizations engaged in a cultural outreach dementia care partnership need to take the opportunity to learn from one to another. We feel that has been a positive outcome in our collaboration with Sea Mar. We assist Sea Mar in their interest in becoming competent at dementia care while at the same time we work at being culturally

competent in order to help the Latino community.”

El Portal NW was designed specifically to offer free information, resources, care consultation and education about memory loss to the Latino community of King County.

As the special report articulates, “From 2010 to 2050, as the total number of Americans aged 65 and older increases from 40 million to 89 million, the proportion of older Americans in different racial and ethnic groups is expected to change markedly. In 2010, whites constitute about 80 percent of the U.S. population aged 65 and older. African-Americans constitute about 9 percent, and Latinos constitute about 7 percent. Other racial and ethnic groups, including Asian-Americans, American Indians and Alaskan Natives, and Native Hawaiians and Pacific Islanders, constitute the remaining 4 percent. In 2050, it is expected that whites will constitute a smaller proportion of the older population (59 percent). African-Americans will constitute a larger proportion (12 percent), Latinos will constitute a much larger proportion (20 percent), and other racial and ethnic groups will constitute the remaining 9 percent.”

The special report continues, “Improved understanding about the prevalence of Alzheimer’s disease and other dementias in different racial and ethnic groups and the factors that are associated with and probably account for some of the difference in prevalence among these groups is essential for addressing the needs of people with these condition and their families now and in the future.”

What can be done?

The risks for African-Americans and Latinos are sobering, says Carrillo, especially as America grays and the Latino population grows. There is also a reason to hope.

“Diabetes and high blood pressure are treatable and can be controlled in middle age,” she says. Control these, and you decrease your risk for complications from diabetes or hypertension, as well as your risk for Alzheimer’s.

Studies show that an active life and a healthy diet can lessen your Alzheimer’s risk, she adds.

As for Burton and Ochoa, both women keep an eye on their own risks and stay involved in raising Alzheimer’s awareness in their communities.

Helping the greater community understand the ties between heart health and brain health can make a significant impact on the overall health and long-term well being of future generations. The Alzheimer’s Association also works at building understanding about and overcoming the stigma and myths surrounding Alzheimer’s and other dementias. Recognizing and acknowledging symptoms and warning signs, rather than dismissing and ignoring them, can result in early interventions that benefit the person with dementia as well as their care partners.

As a Chapter, we offer an annual African-American Caregivers Forum (this year it’s scheduled for November 20); El Portal Northwest in partnership with Sea Mar; resources and materials specific to the needs of different populations; and ongoing outreach and education for individuals and families affected by Alzheimer’s and related dementias as well as community partners and other advanced practice professionals.

To view and download a copy of the *2010 Alzheimer’s Disease Facts and Figures* and the “Special Report on Race, Ethnicity and Alzheimer’s Disease,” visit our website at www.alzwa.org. You’ll find a direct link to the report under the COMMUNITY HIGHLIGHTS section of our home page. ●

Save the date
5th Annual African American
Caregivers Forum
“Remembering the Legacy of Love”

November 20, 2010

at a new location:
 DoubleTree Guest Suites
 16500 Southcenter Parkway
 Tukwila, WA 98188



The year’s Keynote Speaker is Seattle broadcast veteran **Connie Thompson** of **KOMO 4 NEWS**.

One of the most recognized personalities in the area, Connie has been a long-time



Connie Thompson

news anchor and currently produces and presents daily consumer segments for KOMO 4 NEWS. Connie is also an award-winning journalist honored by consumer and community

groups (local and national), for her commitment to raising consumer

awareness about everything from consumer trends, privacy issues, product safety, identity thief, to real estate fraud.

No stranger to the challenges faced by caregivers, for the past several years Connie and her sisters have been providing the emotional, social and physical support for their mother in her daily struggle with dementia.

Forum highlights are detailed below. If you are interested in sponsorship opportunities, or have questions regarding respite services or require transportation to the Forum, contact: Rowena Rye, Director Community Resources, at 206.363.5500 or “Rowena.Rye@alz.org.” ●

Forum highlights

The program for this year’s forum includes the keynote address by KOMO 4’s **Connie Thompson** (see above). **George Dicks**, member of Seattle/King County Advisory Council on Aging & Disabilities and Mental Health practitioner at Harborview will present on “Coping with Behavioral Symptoms of Dementia.” **LeNora Hughes**, accomplished consultant, advocate, educator and an Activity Therapist, will share “In-Home Activities &

Alzheimer’s Disease: An Integral Part of Caring.” Lunch will include a Caregivers Panel Discussion, followed by **Dr. James Leverenz** from the University of Washington Alzheimer’s Disease Research Center addressing “Alzheimer’s Research and African Americans—Why it’s important; why get involved.” The forum will conclude with a benediction by **Pastor Gwendolyn Coates**. Breakfast and lunch are included.

Staff updates



Nick Newcombe joined our staff as Development Director in mid-June. He was previously the Development Officer at Music

of Remembrance. In addition to his background in fundraising and business development, Nick brings a deep understanding of and experience in Alzheimer’s and related dementias, the field of aging, and geriatric care management. He holds two Master’s degrees: one in social work, the other in music performance, and is a classically-trained harpist and has a love for the arts.



Adrienne Pollock is the new Programs Assistant and joined our staff in early April. Adrienne is currently attending Seattle Pacific

University, majoring in English. She grew up in Issaquah and has a love of being active—hiking, yoga, music, anything fun! She was drawn to the Chapter because of the nature of our work and the dedication of everyone who works here.

Lindsay Andersen has transitioned to a new position as the Education and Training Coordinator for our Education Department.

Katherine Segura is now our Business Manager, having moved from Education. ●

alzheimer's  association
memory walk '10®

Save the date

August 28—South Sound

Annie Wright School, Tacoma

Register at: www.memorywalk.kintera.org/southsound

September 11—Pacific Northwest

Seattle Center, Seattle

Register at: www.memorywalk.kintera.org/pacificnorthwest

September 18—Olympic Peninsula

Waterfront Park, Silverdale

Register at: www.memorywalk.kintera.org/olympicpeninsula

September 25—North Sound

Mount Vernon Skagit Transit Center

Register at: www.memorywalk.kintera.org/northsound

Memory Walk raffle

1st Prize

7 Day Holland America Line cruise for two in Alaska, the Caribbean, Mexico or Canada/New England

2nd Prize

Nintendo Wii Sport and Wii Fit



Raffle will be held on October 1, 2010. 15,000 tickets printed. Need not be present to win.

Must be 21 or older to win. All proceeds benefit the 2010 Alzheimer's Association Memory Walk.

Contact 206.529.3874 or stephanie.watson@alz.org

Raffle generously supported by:



Team Captain meetings

Calling all Memory Walk Team Captains both new and experienced! You'll have a chance to network with other team captains, get fundraising tips, hear updates from Memory Walk staff, learn more about the Alzheimer's Association and get energized for Memory Walk 2010. For more information or to RSVP, please call 206.363.5500 and ask for Stephanie or Ariana.



Pacific Northwest

Location:

F.X. McRory's
419 Occidental Ave S
Seattle WA 98194
206.623.4800

Dates:

Wednesday, July 14th
Thursday, August 12th

Time:

6 – 7 PM

South Sound

Location:

Joesepi's Italian Ristorante
2207 North Pearl St
Tacoma, WA 98406
253.761.5555

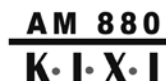
Dates:

Thursday, July 8th
Thursday, August 5th

Time:

12 – 1 PM

Special thanks to our Pacific Northwest Memory Walk Presenting Sponsors



Why I walk

by Nathan J. Digweed, North Sound Memory Walk Team Captain

After leaving school, my dad, David Digweed, worked as an electrician and went on to serve in the Merchant Navy of the United Kingdom as an Electrical Officer and sailed to many corners of the world.



He then married my mom, Janice, and they moved to Deal, Kent, where he worked for over 30 years as an electrical officer on the cross channel ferries between England and France, and fathered me and my brother Mark.

In his mid-40's, Dad decided to find his father, whom he had never met. His father had been stationed in Reading, England during World War II. In 1994, just after turning 50, he found his father in Klamath Falls, Oregon. Dad traveled to Oregon and met his father and extended family; his father was already in the later stages of Alzheimer's disease and passed away a couple years later. Our family is now in close contact with the Steffensons, especially his widow, Delores.



Above: David Digweed in his 20s, sharing his sense of humor; and below: David in recent years, on a walk.

Shortly after meeting his father, Dad began showing symptoms of Alzheimer's himself. At this time, he cycled from Lands End to John O' Groats (most southerly tip of England to the most Northern corner of Scotland) to raise money for Alzheimer's. Dad was diagnosed with Alzheimer's in his mid-50's. He continued to cycle 60+ miles three or four times a week up until he was about 60. Now 65, Dad was recently placed in care as his condition progresses. He still enjoys walking up to 3 miles a day with the help of a walking companion, which is usually Mum, my brother or a lady we employ.

Dad was an incredibly intelligent man and supported my brother and me in creating successful lives for ourselves. Now a grandfather of five, he is unable to enjoy them in the way in which he should. Mark still lives in England, I live in Anacortes (WA) but I travel to the UK at least three times a year to visit Dad and family. With some delay, he still knows who I am. Mark is doing a remarkable job of supporting my parents and doing what's best for their future. ●



Stressed out *Continued from page 3*



Conference magic: Dr. Murray Raskind; Chapter Executive Director Nancy Dapper; and Keynote and Faculty, Penelope Garner, SPECAL Method creator.

In the brain, normal norepinephrine (NE) release increases attention and alertness. Unfortunately, excessive NE release produces anxiety, fear and agitation. We estimated brain norepinephrine release in normal aging and Alzheimer's by measuring the hormone in the cerebrospinal fluid. Brain norepinephrine was substantially increased with normal aging and Alzheimer's disease. Increased brain norepinephrine was associated with agitated behaviors (irritability, sleep disruption, anger outbursts, pacing and uncooperativeness with necessary care) only in persons with Alzheimer's disease. These agitated behaviors were distressing both to persons with Alzheimer's disease and their caregivers. It also appears in Alzheimer's disease that the brain **responds** excessively to aging-associated increased norepinephrine release. This excessive response to norepinephrine contributes to the agitated behaviors that are a major care problem as Alzheimer's disease progresses.

What can be done about increased norepinephrine in aging and Alzheimer's disease?

The lifestyle approaches described above for reducing the cortisol response

to stress also reduce the norepinephrine response to stress. In addition, UW ADRC investigators, led by ADRC Associate Director, Elaine Peskind, MD, and Lucy Wang, MD, discovered that there is a very promising medication approach to reducing agitation in Alzheimer's disease. This approach uses a clinically available generic drug called **prazosin** to reduce and normalize the brain response to norepinephrine. Introduced in 1973 to treat hypertension and used for decades by millions of older persons to control blood pressure and other medical problems, prazosin easily enters the brain when taken by mouth. In an initial placebo-controlled pilot study (Wang L, et al, American Journal of Geriatric Psychiatry, 2009) in 22 persons with agitation/aggression complicating Alzheimer's disease, prazosin worked much better than placebo and was safe.

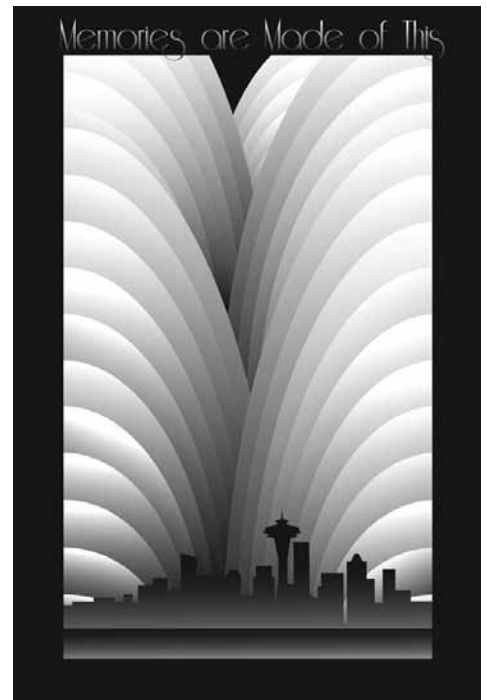
What next?

Dr. Peskind has been awarded a three-year grant from the National Institute on Aging to perform the necessary large study of prazosin in 100 persons with Alzheimer's disease complicated by agitation. Agitation must occur at least twice per week and volunteer participants must still be living at home.

Interested in learning more?

Contact: Lucy Wang, MD lucy.wang@va.gov or Murray Raskind, MD murray.raskind@va.gov or call the UW ADRC research telephone number 206.764.2069. ●

A table of current clinic trials can be found on page 14.



Save the date:
"Memories are Made of This"
November 13, 2010

The stage is set for a magnificent fall gala to support the Alzheimer's Association. Please join us at the Fairmont Olympic Hotel on Saturday, November 13th, 2010 for **Memories are Made of This**, formerly known as *An Evening to Remember*.

Imagine...

Sipping fancy cocktails, dancing across the Spanish Ballroom, dining on delicious food, bidding on exclusive high-end auction items, and, most importantly, celebrating the season in the name of a great cause.

Tickets are \$250 per person and \$2,500 for a group of 10.

To purchase tickets or for more information, please contact Elise Ricci, Events Manager, at elise.ricci@alz.org. For sponsorship opportunities, please contact Melissa Kreptul, Corporate Relations Manager, at Melissa.kreptul@alz.org.

Celebrating Alzheimer's Champions

Each year at our annual regional Alzheimer's conference, we celebrate those who have made and continue to make a significant impact on those affected by Alzheimer's and related dementias. This year **Barbara Bridges** and **Collin Tong** were recognized for their commitment, dedication and energy.

Morey Skaret Leadership Award

Morey Skaret was a member of the Alzheimer's Association's founding caregiver support group. Soon after joining the support group, he was asked to become the "interim" facilitator. That was in 1980. Morey finally handed the facilitator torch to another group member in 2000 after an amazing 20 years! For Morey, facilitating the group was a natural calling and he was remarkably committed to the Alzheimer's Association and his surrounding community for many years. He remains today a tireless advocate for Alzheimer's disease caregivers.



Barbara Bridges, Morey Skaret Leadership Award recipient.

Our honoree is **Barbara Bridges**. Barbara was born and raised in the Seattle area and has over 40 years of registered nursing experience; she holds an undergraduate degree in nursing, a graduate degree in business administration, and graduate degrees

in nursing and health care. Barbara developed an interest in elder care and founded BJB Geriatric Services after spending fourteen years caring for her aging parents, both of whom had dementing illnesses. Barbara is also an author and national lecturer.

For over sixteen years, Barbara has been a dedicated volunteer support group facilitator. In addition to facilitating a bi-monthly caregiver support group, and after recognizing that some caregivers find it a challenge to access traditional support groups, Barbara piloted the Chapter's first telephone support group that offers the benefits of a traditional face-to-face support group without the need to leave home.

Not only a support group facilitator, since 1998 Barbara has led the Chapter's facilitator training program, training more than five hundred volunteer facilitators. Barbara realizes the daunting task we face trying to keep pace with support for the ever-growing number of families touched by dementia.

Our challenge is to find enough volunteers to fill these roles.

Barbara, just like Morey, has been an exceptionally dedicated and inspirational volunteer for the Alzheimer's Association. We presented Barbara the Morey Skaret Leadership Award with our deepest appreciation for the many lives she has touched and helped to support.

Volunteer of the Year

Our 2009 Volunteer of the Year—**Collin Tong**—was selected unanimously by staff for many reasons. Through his advocacy and awareness-building work, he has promoted the Alzheimer's Association as the go-to organization for resources and support on Alzheimer's and related dementias, and increased the visibility and recognition of Adult Day Services as a viable community-based long-term care option.



Volunteer of the Year Collin Tong, and his wife Linda.

Last year, when news of Washington State's budget deficit began to surface, and talk of adult day health funding being cut or eliminated as the budget was being prepared, Collin was on top of outreach, education, and rallying his media, business, and personal friends in support of saving Adult Day Health. Collin's persuasive energy helped preserve, in part, state funding for adult day health.

Collin has also been an important voice in our Chapter's Public Policy committee, helping to craft our legislative priorities, including legislation for a Washington State Alzheimer's Disease Plan. But we believe that his contributions will be much more long-lasting than a budget cycle. He brought new advocates to the cause by educating people about Alzheimer's and the purpose and need for Adult Day Health. His outreach effort garnered the attention of many who might not have otherwise been a part of the cause.

Today, he continues to give a voice and support to other individuals and families, like his own, affected by Alzheimer's and related dementias. And for those many wonderful reasons we celebrate Collin Tong as our Volunteer of the Year! ●

Safer travel with dementia

Summer is the time of year when many plan holiday travel. Traveling with an individual who has Alzheimer's requires additional thought and precaution. Persons with Alzheimer's and their caregivers need to be prepared for a change in schedule and environment. Even if it is a trip you have taken before, it may feel new for the person with dementia.

Additionally, as the Alzheimer's progresses, negotiating changes in environment will become increasingly challenging. Be prepared for the individual with dementia to experience some confusion or disorientation. Exercise caution, as wandering and getting lost are more likely during transitional times. The checklist below will help you plan for the trip and make it successful and safe.

Before departing

- Call the Alzheimer's Association chapter in the area you will be visiting. Let them know you will be staying in the area and ask about available resources. You can locate any Chapter by calling 800.272.3900 or visiting www.alz.org/apps/findus.asp.
- Enroll the person in MedicAlert® + Alzheimer's Association Safe Return®, a 24-hour nationwide emergency response service for individuals with Alzheimer's or a related dementia who wander or have a medical emergency.
- If you are already enrolled in MedicAlert, update your records with temporary contact information (call 888.572.8566).

Upon arrival

- Let the neighbors know a person with Alzheimer's is staying next door and ask them to keep their eye out for wandering or other unsafe behavior.
- During the first few days after arrival, keep your schedule light with lots of down time.
- Create opportunities to acclimate the person to the new environment.
- Keep familiar things around.
- Limit access to money and credit cards.
- Limit access to driving.
- Be aware that the change can be chaotic for the person.
- Recognize the warning signs of anxiety and agitation.

For more tips on safety for people living with Alzheimer's disease and related dementias, including concerns about wandering, disaster preparedness, home and medication safety, contact Helpline at 800.848.7097. ●

Driving

Driving is a complex activity that requires quick thinking, reactions, and good perceptual abilities. For the person with Alzheimer's disease, driving becomes a safety issue. While



he or she may not recognize that changes in cognitive and sensory skills impair driving abilities, you and other family members will need to be firm in your efforts to prevent the person from driving when the time comes.

It's also important to consider the person's feelings and perceived loss of independence when explaining why he or she can no longer drive. Helping the person with dementia make the

decision to stop driving—before you have to force him or her to stop—can help maintain a positive sense of self-esteem.

How dangerous is it?

Previous studies demonstrate that poor driving performance increases with increased dementia severity. However, not all people with Alzheimer's are unsafe drivers at a given point in time. What's more, drivers with dementia are not in more crashes than non-demented elderly drivers, suggesting that dementia should not be the sole justification for suspending driving privileges. Instead, an on-the-road driving test, or other functional test, is the best way to assess driving skills in dementia.

How do you know when the time has come?

Look for signs of unsafe driving.

Signs of unsafe driving include:

- Forgetting how to locate familiar places
- Failing to observe traffic signs
- Making slow or poor decisions in traffic
- Driving at an inappropriate speed
- Becoming angry or confused while driving

Keep a written record of your observations to share with the person, family members and health care professionals.

For information on driving regulations, tips to limit driving, and suggestions on what to do if the individual with dementia won't stop, call Helpline at 800.848.7097. ●

25th Annual Alzheimer's Regional Conference recap

by Julie Shatzer, Conference Coordinator and Educator

After 25 years, the Annual Alzheimer's Regional Conference continues to share advances in research and innovative, evidence-based workshops. Over 1,000 people attended our two-day conference, keynoted by the dynamic duo of Dr. Gary Small and Penelope Garner. We would also like to thank Maureen Valentine, Conference Co-Chair, and the entire conference planning council for their work and dedication in coordinating this event. By offering seven different workshop tracks, there was something for everyone.

Here's what some conference attendees had to say about their experience: An adult child of someone experiencing Alzheimer's stated, "I left inspired by the amount of research and innovative practices being done on behalf of people with Alzheimer's disease. This gives ME hope!"

A family caregiver wrote, "The useful, practical information will assist me in compassionately understanding and caring for my mother. What a gift to us this conference has been!" A long-term care administrator replied, "Thank you for a delightful and useful conference.

I cannot wait to share and use what I learned with my staff." An experienced professional wrote, "Learning from the depth of knowledge from this caliber of professionals and their ability to connect and communicate their research and innovations will alter how I live my life and how I practice dementia care." Many direct care workers simply stated, "Now, I know" or, "Thank you for the knowledge." ●

Thank you to our Conference sponsors

Presenting Sponsors



Faculty Sponsors

Cascade Park Gardens

ElderHealth Northwest

Fred Lind Manor

McKesson


Mercury Pharmacy Services

Northwest Hospital Geropsychiatric Center


Providence Senior and Community Services

University of Washington Alzheimer's Disease Research Center

Visiting Angels



YOU'VE KNOWN THEM FOR SO LONG. NOW SOMETHING HAS CHANGED.

 **NORTHWEST HOSPITAL & MEDICAL CENTER**
UW MEDICINE

Pain, Confusion, Fear, Loss . . .

There are many possible explanations for behavior changes in older adults. Northwest Hospital & Medical Center's Geropsychiatric Center can help.

Call us at (206) 368-1747.

www.nwhospital.org

Save the dates for the 26th Annual Regional Conference, "Brainstorming"

Next year's conference dates:

Pre-conference: March 31, 2011

Full day conference: April 1, 2011

Interested in presenting? Visit our website at www.alzwa.org to download the Presentation Submission Form.

Current clinical trials

University of Washington Alzheimer's Disease Research Center

www.uwadrc.org. To enroll in any of the UWADRC studies, call 800.317.5382 or 206.764.2069. All studies are open to the public.

Study Subject	Description	Candidate Criteria	Time/Procedure
Prazosin for the treatment of difficult behaviors in Alzheimer's disease	Evaluates usefulness of prazosin compared to placebo in treating agitation, uncooperativeness, hostility, and other difficult behaviors.	<ul style="list-style-type: none"> • Diagnosis of probable or possible Alzheimer's • Living at home with a caregiver • At least 2 episodes of difficult behavior per week • May be taking other medications 	24 weeks long, includes 14 clinic visits, some of which can be done over the phone. 50:50 chance of being on placebo or prazosin for first 12 weeks. All participants will be on prazosin for the second 12 weeks.
Simvastatin for the prevention of Alzheimer's disease in healthy adults	Evaluates if a statin (a cholesterol-lowering drug) slows the very early changes of Alzheimer's disease by measuring changes in biomarkers.	<ul style="list-style-type: none"> • People without memory problems or Alzheimer's disease • Between the ages of 45–64 • Not currently taking prescribed medication for high cholesterol 	12 month study with 11 research visits. Two research lumbar punctures. 50:50 chance of being on simvastatin or placebo. Participants will be compensated for their time.
Anti-Amyloid medication treatment trials for Alzheimer's disease	Evaluates if drugs designed to reduce brain amyloid (a toxic brain chemical in Alzheimer's disease) slow the progression of the disease.	<ul style="list-style-type: none"> • Good general health • Diagnosis of mild to moderate Alzheimer's • 50 years or older • Other criteria specific to studies 	We have several different treatment studies currently enrolling. Call to find out specific time commitments and procedures for each study.

University of Washington and the Veteran's Administration Healthcare System—Memory Wellness Program

www.memorywellness.org. To enroll in any of the Memory Wellness studies, call Seattle 206.764.2809 or Tacoma 253.583.2011.

Study Subject	Description	Candidate Criteria	Time/Procedure
PASTA	A study examining the effects of varying levels of dietary saturated fats and glycemic index on memory.	Healthy adults over 50 with normal memory, mild memory changes or early Alzheimer's disease.	5 outpatient visits lasting approximately 6 hours, spaced 3 weeks apart.
TRIM—Triglycerdies and insulin in memory	Explores the influence of dietary fat on glucose and insulin metabolism, memory and biological markers associated with Alzheimer's.	Healthy individuals age 55 years and older with our without memory problems.	6 visits to the clinic in which each visit is between 2-6 weeks apart.

University of Washington School of Nursing—Northwest Research Group on Aging Research Projects

To enroll in any of these studies, call Amy Moore at 206.616.5550 or toll free 866.292.4464.

Study Subject	Description	Candidate Criteria	Time/Procedure
Early Stage Memory Loss Seminar and Study	Evaluates individuals with early stage memory loss and their caregivers who attend the Alzheimer's Association's Early Stage Memory Loss Seminars.	Individuals who have early stage memory loss and their care partners must attend the Early Stage Memory Loss Seminar.	3 interviews during 6 months. All study interviews are done in the home.

The Alzheimer's Association, Western and Central Washington State Chapter gratefully acknowledges the following individuals, businesses, organizations, and foundations who have made contributions to our Chapter between February 2010 – April 2010.

**Tributes
\$100 and above**

Ralph Russo
Lori & Tyrone Blackburn
Eva Banks
Auria Vanison Banks


**Memorials
\$100 and above**

Larry Bond
William Miles
Jean Caldwell
Richard and Grita Gidner
Gary Champine
Helen Sturdivant
John Coey
Judy Coey
Louis Doud
Teresa Austin
Normafay Fairweather
Joan Shirley
Victor and Jemmie Shirley

Dix Geding
Inge Wood
Jerome Hayes
Janet Kutina
Charles and Jacqueline
Murphy
Stanley Heggen
Ed & Patty Pepin
Jean Keil
Kathy and Ken Privratsky
Norma Kelly
Kathy Adams
Irma LaNore
Lydia and Joseph Schumm
Maurice Lawson
Porter Reed
Effie McAuliffe
Janice Fischer
Patricia McKinnon
Dorothy Lee
Chessine Nugent
Gordon Miles
Norma Miles
Bette Nichols
Ken and Fran Rosevold
Mary Pasley
John Pasley

Bud Reed
Jan and Cheryl Lange
Vincent Napolitano
Eugene Rogers
Laura A. Rogers
Edna Rowe
Glenna Monsen
Carlos Sanabria Sr.
Judith Cross
Carlos Sanabria
Vicky Stenberg
Linda Erickson
Joan Therrien
Pamela Rizzuto
Jessica and Donald Stone
Bill Thompson
Pat and Shirley Dyer
Jack and Lorene
Lochner
Edward Trobaugh
Washington Realtors
Rita Warter
Donald Foss
Charles Zimmerman
Perrault Farms, Inc.
S.S. Steiner, Inc.

Your Communications Source
Practical Solutions | Measurable Results




Promoting your business is more challenging than ever. Targeted marketing is the most effective way to get results. You can count on us for the right strategy to showcase your brand.

It's focused. It's personal. It's measurable.

Achieve your goals. Put Allegra to work for you.

Contact us today for a free marketing evaluation.

 **ALLEGRA**
MARKETING • PRINT • MAIL

206.781.3428 • www.allegraseattle.com



You can make a difference
in the fight against Alzheimer's.
And your financial future.

Help end Alzheimer's disease with a Charitable Gift Annuity.

By investing in the fight against Alzheimer's with a Charitable Gift Annuity, you're helping future generations while making a smart financial decision. Because this charitable option offers you a steady stream of fixed payments to supplement your income for life. You will also benefit from an income tax deduction and possible federal estate tax savings. You can make a difference in the fight against Alzheimer's; a Charitable Gift Annuity can make a difference in your financial future.

To learn more, call us at 866-233-5148 or visit alz.org/plannedgiving.

Deferred Option. Minimum age is 60. Payments must be deferred by 1 year.

alzheimer's  association®

©2009 Alzheimer's Association. All Rights Reserved.

Alzheimer's Association summer school

Our Education Department is hitting the road and bringing school to you.

Our training programs—specific to Alzheimer's and related dementias—bring all your staff the most current, practical tools and information taken from best practices. And we will bring the classroom to your community!

Benefits of the Alzheimer's Association summer school:

- In-service workshops for all employees
- Interactive, easy to understand, hands-on, affordable, fun
- Meets continuing education requirements
- Improves team communication and effectiveness
- Enriches job satisfaction; enhances employee retention
- Makes clients, residents and families happier

Workshops include:

- **Keys to Dementia Care**
(90 minutes or 3 hours)



- **Making Bathing Pleasant**
(90 minutes)
- **Assessing and Addressing Pain**
(90 minutes)
- **Meaningful Activities**
(90 minutes)

Contact:

Our Education Department at **206.363.5500** or **800.848.7097** for details, including pricing, and to schedule a trainer to bring one or more of these programs to your location. ●

Save the date

alzheimer's association 
memory walk '10®

August 28

South Sound:
Annie Wright School
Tacoma

September 18

Olympic Peninsula:
Waterfront Park
Silverdale

September 11

Pacific Northwest:
Seattle Center
Seattle

September 25

North Sound:
Skagit Transit Center
Mount Vernon

Find us on Twitter and Facebook

You can now follow us on Twitter and find us on Facebook. Direct links to each can be found by visiting our website at www.alzwa.org

follow us on
twitter

 Find us on
Facebook

To our readers

If you are receiving duplicate copies of this newsletter, or you wish to stop receiving it, please let us know. Contact us by calling 800.848.7097 or 206.363.5500, or by emailing chris.vena@alz.org.