

ALZHEIMER'S Outlook

Central Ohio Chapter

Spring 2009

www.alz.org/centralohio



John and Helen Cooper Walk...

OPEN
OUTLOOK
ON ALZHEIMER'S

MOVE
10 WARNING SIGNS

VOICE
THE ALZHEIMER'S
PROJECT

ACT
CLIMB MT. KILIMANJARO

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Mission

To eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

Vision

A world without Alzheimer's disease.

Cover Caption: Former OSU Football Coach John Cooper and his wife, Helen, chair 2009 Franklin County Memory Walk. See page 4.

The Outlook on ALZHEIMER'S

May 2009 marks the 30th anniversary of the Central Ohio Chapter. Few people know that our chapter was one of the first Alzheimer's chapters in the country and a founder of the national organization.

The individuals listed on the Articles of Incorporation for the Alzheimer Disease Association were Susan Wallach, Eileen Bainter, Karen Stahle, Dr. Leopold Liss, Nancy Schlegle, Gerald Wedren and Gerald Cohn. We all owe a debt of gratitude to these and countless other individuals who gave their time and talents to create such a monumental organization of change.

Thirty years ago there was not a lot hope for people diagnosed with Alzheimer's and their families. Little was known about Alzheimer's disease and there were no effective treatments. The chapter began to create awareness about the disease, and it offered education programs and support groups.

In the last 30 years, the number of Americans with Alzheimer's disease has doubled, from 2.5 million to 5.3 million, and the number of Americans with early onset Alzheimer's increased from 60,000 to 500,000.

While the numbers of individuals impacted by Alzheimer's has grown, so has our hope. Today we are close to finding new and effective treatments for Alzheimer's disease and maintain our vision for a cure. The Alzheimer's Association has become the largest private funder of Alzheimer's research.

At the chapter level, we are fortunate to have a skilled staff that ensures persons with dementia and caregivers receive the most current information on the disease, caregiver support and quality education that help them throughout the continuum of the disease. This is a testament to the commitment and belief that staff has in our mission and our cause.

Most importantly we are grateful for the continuing leadership and support of our funders and community partners. They are the true champions of our cause. We salute their efforts as we work towards a future without Alzheimer's.



In an effort to preserve our history, please consider sharing any "historical" chapter photos and stories about our chapter. You can send them to me at mchippas@alz.org or to the office at Alzheimer's Association, 3380 Tremont Road, Columbus, Ohio 43221.

Sincerely,

Michelle Chippas

Michelle Chippas
Executive Director and CEO
mchippas@alz.org



Dr. Leopold Liss

central ohio
alzheimer's 
association[®]



advancing research, enhancing support

Successful Long-Term Care TRANSITIONS

By Ting Chang, OSU Intern

Helping your family members adjust to a long-term care facility can be overwhelming and exasperating. Here are some tips to help make a comfortable transition.

Be Prepared to Address Feelings

It is important to understand and be prepared to cope with complicated emotions, such as guilt, uncertainty, anxiety, grief, failure, fatigue or relief. Other emotional reactions include confusion, disorientation, anger, denial and withdrawal.

Use Coping Skills

- Talk openly with members of your support system.
- Take time to process the changes and challenges that you are experiencing.
- Ask staff members for help when needed.

- Give yourself and your loved one time to adjust.
- Remember that you are still the caregiver.

Plan Successful Visits

- Schedule a good time to visit. Ask staff about the visiting hours. Mealtime or activity time may be a good option.
- Make it simple and short. Too many visitors or long visits may cause tiredness or confusion.
- Plan activities you can do together such as taking a walk, going on a picnic or reminiscing.
- Bring young children or pets to the visit.
- Take some favorite things from home such as photos, music, books or games.

For more information call our care consultation team at 614-457-6003.

Advocates in ACTION

by Gail Thomas, Advocacy Director



Gail Thomas
gthomas@alz.org

Advocate Spotlight Shines on Bill Keating and Ann Buchfinck

Ann and Bill courageously told their caregiver experiences as we called on Congress to address the grave threat that Alzheimer's poses to the well-being and financial security of American families at the 21st Annual Public Policy Forum in Washington DC held March 23-25. The Forum

had representatives from 47 states, Guam and Canada.

Our 2009 federal legislative priorities for the 111th Congress are:

- Increase fiscal year 2010 Alzheimer research funding at the National Institutes of Health (NIH) by \$250 million with a goal of reaching \$1 billion per year in funding in fiscal year 2011.
 - Accelerates the investment in medical research to develop the capability to prevent Alzheimer's disease in 90 percent of individuals by 2020.
- Establish the Alzheimer's Solutions Project Office within the Federal government backed by an appropriate scale of investment.
 - Leads national efforts to reengineer dementia care delivery and, ultimately,

prevent Alzheimer's disease.

- Phase out Medicare's two-year waiting period so individuals with Alzheimer's are eligible for Medicare immediately after they receive their determination of disability.

– Improves access to health coverage for individuals with Alzheimer's as a part of health care reform.

For additional information on the 21st Annual Public Policy Forum visit www.alz.org.



Ann Buchfinck & Bill Keating

TEE OFF for Alzheimer's June 19th

The Columbus Rotaract Club, a young professionals program of the Columbus Rotary, has selected the Alzheimer's Association, Central Ohio Chapter as the beneficiary of its 2009 Rotaract Charity Golf Scramble scheduled for Friday, June 19, 2009 at Heritage Golf Club in Hilliard.

After considering a number of possible beneficiaries, Rotaract members chose the Alzheimer's Association because of personal connections they have had with the disease. Michael Horigan, Co-Chair of the event, lost his grandmother to Alzheimer's disease in 2007. He and his family were grateful for the services they received from the Alzheimer's Association and he continues to feel passionately about supporting the cause.

The 2009 Rotaract Charity Golf Scramble begins with registration at 7 a.m. and a shotgun start at 8:30 a.m. Team registrations are \$500 and sponsorships are available.

For more information visit www.alz.org/centralohio and click the Special Events tab, call the office at 614-457-6003 or email golfscramble@columbusrotaract.org.

Mountain Climber RAISING FUNDS



Lori Saviers

In July 2009, Lori Saviers of Delaware, Ohio will be climbing Mt. Kilimanjaro in Tanzania, Africa and has a goal to raise \$12,500 for the Alzheimer's Association, Central Ohio

Chapter while she trains for the climb. Each donor who contributes at least \$25 will be entered into a drawing to have their photo placed on a banner unfurled by Lori at the summit of Mt. Kilimanjaro and photographed for the winner. If you would like a chance to join Lori at the "Roof of Africa" please visit www.alz.org/centralohio to learn more and donate in support of her efforts.

Join the ALZ STARS

For all of you runners, walkers, joggers, joiners, thinkers, and doers...

Join the **ALZ Stars**
alzheimer's association
Central Ohio Chapter

in the Columbus Full or 1/2 Marathon
October 18, 2009

Be involved
Get in shape
Fight Alzheimer's

For more information email greg.winslow@alz.org
or call (614) 457-6003

John and Helen Cooper WALK Into New Role



Greg Winslow
gwinslow@alz.org

The Alzheimer's Association, Central Ohio Chapter is excited to announce John and Helen Cooper as the Honorary Chairpersons of the 2009 Franklin County Memory Walk scheduled for June 20, 2009 in Columbus.

John and Helen have a longstanding commitment to the work of the Alzheimer's Association to honor Helen's mother Minnie Day Thompson who died from Alzheimer's disease. "We want to do everything we can to find a cure and help people who are affected by this terrible disease," Helen says.

The Coopers will be making appearances at Memory Walk functions and conducting media interviews to raise awareness for the Memory Walk and the services of the Alzheimer's Association. Look for John and Helen in the Memory Walk Public Service Announcements airing on WBNS 10TV in May and June.

John Cooper was Head Coach of The Ohio State University football team from 1988-2000 and was elected to the College Football Hall of Fame in 2008.

MEET ABBY

Abby Roberts, Helpline/ Union County Coordinator for the Alzheimer's Association, Central Ohio Chapter is a licensed social worker with several years of experience working with the geriatric population.

Funded in part by a grant from the Union County Senior Services levy Abby will make presentations to community and corporate groups, attend local health fairs and educate caregivers and professionals serving the geriatric population. Abby currently provides care consultations for caregivers and individuals living with Alzheimer's disease and related dementias.

Abby's office hours are 8:30 a.m. to 5:00 p.m., Thursdays through June 2009 at the Windsor Senior Center, 376 Rosehill Dr. Suite # C in Marysville. Beginning in July her office will be located at Union County Senior Services, 18000 State Route 4, Suite D128, Marysville.



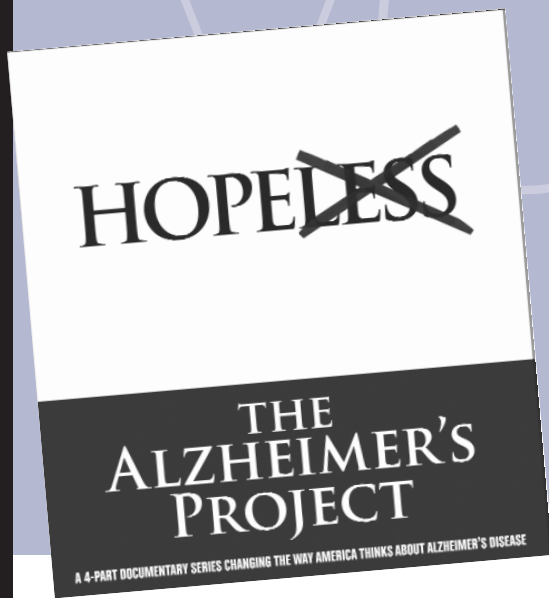
Abby Roberts
aroberts@alz.org

"The effects of living with dementia-related diseases can exhaust the family. I want to be the person they turn to for help and support."

- Abby

The Alzheimer's Project

On May 10th, HBO premiered its multi-platform series, "The Alzheimer's Project." This documentary examines groundbreaking Alzheimer discoveries made by the country's leading scientists and the effects of this debilitating and fatal disease has on those with Alzheimer's and their families.



Most cable providers continue to offer multiple air dates and times. As part of its outreach effort, HBO on Demand and HBO.com has made the full series and supplemental shorts available. Additionally HBO recognized the value of social networking and extended its outreach efforts is offering portions of the series to YouTube, iTunes, MySpace and Facebook.

HBO has plans to work with local organizations to co-host over 20 community screenings and provide 5,000 screener kits to select organizations to host their own events. To learn more about the Alzheimer's Project, go to www.alz.org/news_and_events.

DVDs & Companion Book can be purchased by the public at HBO's online store. Participating retailers include Best Buy, Amazon, Target, Wal-Mart, Barnes and Noble, Borders, etc. will also be selling the DVD beginning in June.

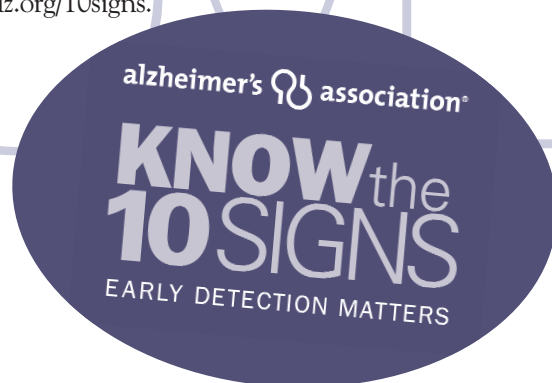
10 WARNING SIGNS of Alzheimer's Disease

Your memory often changes as you grow older. But memory loss that disrupts daily life is not a typical part of aging. It may be a symptom of dementia. Dementia is a slow decline in memory, thinking and reasoning skills. The most common form of dementia is Alzheimer's disease, a fatal disorder that results in the loss of brain cells and function. This list can help you recognize the warning signs of Alzheimer's:

1. Memory changes that disrupt daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships.
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality

Early detection and early diagnosis of Alzheimer's disease gives individuals the power to make choices about their own health and future.

To kick off the Association's Know the 10 Signs campaign, we are launching a multi-faceted national education effort to increase awareness of the warning signs of Alzheimer's and the benefits of early detection and early diagnosis. For more information about the 10 warning signs, please contact the Alzheimer's Association at 877-IS IT ALZ 877-474-8259 or visit alz.org/10signs.



Why choose the Alzheimer's Association as YOUR EDUCATION PROVIDER?



Angela Richardson
arichardson@alz.org

Caring for individuals with dementia requires specialized skills and exceptional sensitivity. The Association is committed to offering high-quality education programs and resources that meet the needs of communities nationwide. We can customize our trainings to meet state regulations and train in modules as short as an hour.

Continuing Education Units are available by request.

Contact Angela Richardson, Education Coordinator, for course descriptions, pricing, and current information at 614-457-6003 or 1-800-272-3900 and arichardson@alz.org.

We encourage you to take part in our various education, training and support group gatherings. It's a great opportunity to meet for mutual emotional support, to exchange ideas and information and to develop coping skills.

CAREGIVING 101

This three-session series assist families and caregivers in understanding the diagnosis and planning for the future. Series begins Thursday, May 7, 2009.

Thursday, May 7, 2009 • 1:00 p.m. to 3:00 p.m.
Understanding Dementia & Alzheimer's disease

Thursday, May 14, 2009 • 1:00 p.m. to 3:00 p.m.
Communication Tips & Home Safety

Thursday, May 21, 2009 • 1:00 p.m. to 3:00 p.m.
Community Resources

All sessions will be held at Willowbrook Christian Village, 100 Willowbrook Way, Delaware, OH 43015. Costs are \$35 for the first attendee, \$5 for each additional family member

Reservations required. Contact Shelly Wesner, MSW, LSW at 740-363-1365 or email: mwesner@alz.org

FIRST FRIDAY 2009

Monthly lunch and lecture series for those interested in caregiving, Alzheimer's Disease and other Dementias

JUNE 5
Deb Kegelmeyer, M.D.
"Fall Prevention for the Cognitively Impaired"
Sponsor: Lutheran Christian Village

JULY
No First Friday
Support Group will meet on July 10 at 9:30 a.m.

AUGUST 7
OSHIP "Medicare 101"
Sponsor: Care Support of America

SEPTEMBER
No First Friday
Support Group will meet on Sept. 11 at 9:30 a.m.

OCTOBER 2
Lora Cunningham
"Dementia: What Happens to the Brain"
Sponsor: First Community Village

NOVEMBER 6
Caregiver Retreat –
Relaxation and Rejuvenation:
A Day for You!
Sponsor: Nurse Finders

DECEMBER 4
Marian Schuda, M.D.
"Getting the most out of Doctor Visits"
Sponsor: Acclaim Hospice

Registration or info:
Call 614-457-6003

or visit our website at
alz.org/centralohio

COST: \$5.00 (lunch, lecture and respite included) \$15.00 for professionals requiring CEU credits

PLACE: Worthington United Methodist Church, 600 N. High St., Worthington, OH 43085

TIME: Lunch is served at 11:30 a.m. Program begins at 11:45 a.m.

Respite available for support groups and lecture

CAREGIVER SUPPORT GROUPS

Serving Delaware, Fairfield, Fayette, Franklin, Hocking, Licking, Madison, Marion, Morrow, Perry, Pickaway, Pike, Ross, Union Counties

Support groups for family members, caregivers and friends of people with Alzheimer's disease or related disorders meet regularly and are facilitated by a trained professional and/or a trained family caregiver. Participants are provided an opportunity to discuss caregiving challenges and share helpful tips, while receiving support from others who are in similar situations.

If you are a student interested in observing one of our support groups, please contact the Alzheimer's Association at the number below prior to attending. Students will not be permitted to observe a support group without prior authorization.

For more information, contact: Colleen Monjot at 614-457-6003 x 104 or by email at cmonjot@alz.org.

Note that we have support group meetings at various times and locations. They are open and free to interested persons. Please call the Support Group facilitator before attending the first time to confirm the meeting time and location.

| SPECIALIZED CAREGIVER SUPPORT GROUPS | | | | |
|---|------------------|-----------------------------|--|--|
| COUNTY | CITY | DATE/TIME | LOCATION | CONTACT |
| Franklin | Columbus | 1st Saturday 9:30 a.m. | Alzheimer's Association 3380 Tremont Rd. | Anne Bare 614-457-6003 |
| <i>NEW!</i> | Columbus | 2nd Wednesday 8:30 a.m. | Panera Bread-Clintonville 4519 N. High St. <i>Light breakfast provided</i> | Bill Keating 614-481-4466 |
| | Worthington | 2nd Monday 6:00 p.m. | Worthington-Griswold Sr Ctr 777 High St. | Pat Henderson 614-457-6003 |
| <i>NEW!</i> | Worthington | 1st Wednesday 6:30 p.m. | Worthington UMC 600 High St. | Colleen Monjot <i>NEW!</i> 614-457-6003 |
| GENERAL CAREGIVER SUPPORT GROUPS (all groups are dementia specific) | | | | |
| COUNTY | CITY | DATE/TIME | LOCATION | CONTACT |
| Delaware | Delaware | 3rd Tuesday 1:00 p.m. | Asbury UMC 55 W. Lincoln Ave. | Shelly Wesner 740-363-1365 |
| | Delaware | 4th Sunday 6:00 p.m. | Willow Brook 100 Willow Brook Way S | Heidi Reed 740-369-0048 x1151 |
| Fayette | Washington CH | 1st Tuesday 6:30 p.m. | Commission on Aging 1179 South Elm St. | Amy Harper 419-905-5985 |
| Fairfield | Lancaster | 3rd Wednesday 6:30 p.m. | Inn at Fairfield Village 1834 Country Side Dr. | Kelley Bauman 740-687-1921 x110 |
| Franklin | Canal Winchester | 4th Monday 6:30 p.m. | Winchester Place 36 Lehman Dr. | Michele Ross 614-834-2273 |
| | Columbus-Central | 2nd Thursday 11:30 a.m. | Bureau of Workers' Comp 50 W. Spring St. | Anne Bare 614-457-6003 |
| | Columbus-North | 2nd Saturday 10:30 a.m. | Wesley Glen 5155 N. High St. | Lauren Croman 614-888-7492 |
| | Columbus-NW | Wednesdays 6:30 p.m. | Columbus Alz. Care Center 700 Jasonway | Dr. Liss 614-459-7050 |
| | Columbus-West | 2nd Thursday 1:30 p.m. | Concordia Lutheran Church 225 Schoolhouse Ln. | Colleen Monjot 614-457-6003 |
| | Dublin | 1st Monday 7:00 p.m. | Dublin Recreation Center 5600 Post Rd. | Heather Mudgett 317-313-4316 |
| | Grove City | 4th Tuesday 7:00 p.m. | EL Evans Senior Center 4330 Dudley Ave. | Paula Taliaferro 614-871-4238 |
| | New Albany | 1st Tuesday 2:00 p.m. | New Albany UMC, Room 202 20 South Third St. | Ruth Mickey 614-863-0473 |
| | Reynoldsburg | 1st Tuesday 7:00 p.m. | Reynoldsburg UMC 1636 Graham Rd. | Nina Puckett 614-361-2687 |
| | Reynoldsburg | 3rd Friday 10:00 a.m. | Parkside at Wesley Ridge 2225 State Route 256 | Kathy Todd 614-866-7212 |
| | Upper Arlington | 4th Thursday 10:00 a.m. | Riverside UMC 2701 Zollinger Rd. | Ardith Nolte 614-457-1627 |
| | Upper Arlington | Last Tuesday 6:30 p.m. | Covenant Presbyterian 2070 Ridgecliff Rd. | Betty Hay 614-891-6977 |
| | Westerville | 1st Tuesday 7:00 p.m. | Concord Counseling 774 Parkmeadow | Bev Phipps 614-882-9338 |
| | Worthington | 1st Friday 9:30 a.m. | Worthington UMC 600 High St. | Anne Bare 614-457-6003 <i>Call leader for respite.</i> |
| Hocking | Logan | 3rd Thursday 6:00 p.m. | Logan Health Care Center 300 Arlington Rd. | Amy Campbell 740-385-2155 |
| Licking | Newark | Last Thursday 12:00 p.m. | Newark Healthcare Center 75 McMillen Dr. | Beth Mueller 740-344-0357 |
| Madison | London | 1st Thursday 6:00 p.m. | Madison House 351 Kenny Blvd. | James Holland 740-852-3001 <i>Call leader for respite.</i> |
| Marion | Marion | 4th Thursday 7:00 p.m. | Kingston Residence 464 James Way | Denise Stewart 740-225-9102 |
| <i>NEW!</i> | Marion | 2nd Tuesday 2:00 p.m. | Chamber of Commerce 464 James Way | Denise Stewart 740-225-9102 |
| Morrow | Cardington | 2nd Thursday 1:00 p.m. | First UMC 300 S. Marion St. | Marilyn Spires 419-864-7941 |
| Pike | Waverly | 4th Wednesday 2:00 p.m. | Bristol Village 640 Fifth Ave. | Anita Cooper 740-941-0060 |
| Ross | Chillicothe | 3rd Tuesday 6:00 p.m. | Ross County Senior Center 1824 Western Ave. | Tammy Robertson 740-998-2948 |
| Union | Marysville | 3rd Tuesday 6:30 p.m. | Trinity Lutheran Church 311 E. Sixth St. | Heather Mudgett 317-313-4316 |

3380 Tremont Road
 Columbus, Ohio 43221
www.alz.org/centralohio



Memory Walks are for EVERYONE

By teaming up with the Alzheimer's Association, you walk with a purpose – and MOVE us closer to a world without Alzheimer's. Starting a team is easy. Invite three people, and they'll invite three people - and before you know it, you'll have a team. Team up to have fun, make new friends and support a great cause.



The John Gardner Family

John Gardner has been a grateful supporter of the Alzheimer's Association, including the annual Memory Walk, which he and his four daughters have never missed. "I plan on making the Memory Walk again this year, participating in the Memory Walk and other Alzheimer's-related activities are part of my effort to "pay the community back for all it did to help me and my daughters during my wife's and their mother's long illness."

It's easy to join in a Memory Walk near you. Log onto www.alz.org/centralohio and register or contact Jennifer Segal at 614-457-6003.

Upcoming 2009 Walks

Franklin County
June 20, 2009
 Fred Beekman Park, OSU

Marion and Morrow Counties
September 19, 2009
 Marion County Fairgrounds

Delaware County **NEW**
November 1, 2009
 Polaris Fashion Place

alzheimer's association
memory walk '09

Nationally presented by
 Genworth Financial 

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