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# ALZHEIMER'S Outlook

Central Ohio Chapter

Winter 2010

[www.alz.org/centralohio](http://www.alz.org/centralohio)



OPEN  
OUTLOOK ON ALZHEIMER'S

MOVE  
RAISING THE HOPE

VOICE  
QUITE A HANDSOME MAN, MY DAD

Joanie Johnson, Board President, Alzheimer's Association, Central Ohio Chapter

ACT  
PUBLIC HEALTH CRISIS

central ohio  
alzheimer's  
association®



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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.

# The Outlook on ALZHEIMER'S

## Major Advocacy Victory for People with Early-Onset Alzheimer's

Since 2003, the Alzheimer's Association has been advocating on behalf of individuals with early-onset Alzheimer's as they navigate the Social Security disability determinations process. And on February 11, 2010, the Social Security Administration (SSA) has added early-onset/younger onset Alzheimer's to the list of conditions under its Compassionate Allowance Initiative, giving those with the disease expedited access to Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI).

Until now, individuals with early-onset Alzheimer's disease have faced a myriad of challenges when applying for SSDI or SSI, including a long decision process, initial denials, and multiple appeals. This decision will simplify and streamline the SSDI/SSI application process and decrease the wait time for benefits, which for some has lasted as long as three years.

There are currently an estimated 5.3 million Americans with Alzheimer's disease. Although the majority of Alzheimer cases are individuals age 65 and older, a significant number of people under age 65 are also affected by this fatal disease and have few financial options other than the Social Security disability program.

In addition to Alzheimer's disease, mixed-dementia and Primary Progressive Aphasia were also added to the Compassionate Allowances Initiative under the SSA's recent decision. To determine which diseases and conditions to include, SSA has held several public outreach hearings throughout the country that have included testimony from medical and scientific experts, as well as those directly affected by these diseases and conditions.

The Social Security Administration's proactive efforts to "fast track" certain conditions will help to reduce the backlog of disability claims and, more importantly, ensure those claims that fall under this initiative will be decided within days instead of months or years.

You can find more information on [www.alz.org](http://www.alz.org).



## Chapter Champions

We have been honored by the service and selfless dedication of our six outgoing board members:

**Gary Dowdy, Jim Karsatos, Myron Leff, Pam Liebert, Michael Louge and Kirk Stalter**

We thank them for their leadership and guidance in helping expand our programs and services that are so very important to the thousands of central Ohioans impacted by Alzheimer's and other dementia-related diseases.

*Michelle Chippas*

**Michelle Chippas**  
Executive Director and CEO  
[mchippas@alz.org](mailto:mchippas@alz.org)

# Advocates in ACTION

by Gail Thomas, Director Advocacy & Community Affairs

## Alzheimer's is a public health crisis.

One in eight Americans aged 65 and older has Alzheimer's disease and another American develops Alzheimer's every 70 seconds. With the impending retirement of the Baby Boomers, this number is expected to explode in the future. By 2050, someone will develop Alzheimer's every 33 seconds.

Alzheimer's is a national crisis affecting Americans across all walks of life and across all regions of the country. State policymakers cannot ignore this devastating disease. Today, an estimated 225,000 individuals in Ohio are affected by Alzheimer's disease or a related dementia — a figure that is expected to reach 700,000 by 2050.

Most states have a strategic plan to address cancer, diabetes or pandemic flu. While the number of deaths from heart disease, prostate cancer and stroke are declining, few states are prepared for the projected 50 percent increase in Alzheimer's disease during the next 20 years.

That is why the Ohio Council of the Alzheimer's Association\* is taking action to **create and establish an Alzheimer's State Plan for Ohio**. The Council will work with state policymakers and appropriate stakeholders in the development, adoption and implementation of a formal comprehensive and coordinated response plan to Alzheimer's disease in Ohio.

We would be interested in hearing your experiences and thoughts on this very important mission.

*\*The Ohio Council of the Alzheimer's Association is comprised of seven Association chapters that serve the state of Ohio. The purpose of the Ohio Council is to present and advance public policy initiatives related to Alzheimer's disease and other dementias at the state and federal levels.*



**Gail Thomas**  
Director of Public Affairs  
gthomas@alz.org

**Make an impact in our fight against Alzheimer's. Share your stories and opinion by emailing [gthomas@alz.org](mailto:gthomas@alz.org).**

## monthly e-news

... providing the latest information on Alzheimer's research, legislation and program services. Please take a moment and send us your email address by emailing: [gthomas@alz.org](mailto:gthomas@alz.org)



Hubert (Cub) & Ruth Wilson

## What Our Readers Tell Us

Dear Gail,

I have enjoyed your newsletters. It has helped a lot with the loss of my mother due to Alzheimer's. My father passed away a month after her, so it has been a very hard year and the loss has been devastating.

We began the journey in Panama City, Florida where my parents moved after a full life in Ohio, I have been blessed with the Alzheimer's Association in Florida. Then again, in Cambridge Ohio where my father stayed with my aunt for a month knowing he only had a few weeks at the most, the Alzheimer's group there were terrific. I live in the New Albany/Westerville area where I have been helped by grief counselors in Central Ohio.

Now it has been a little over a year and I would like to help others in the same situation. I would appreciate it if someone would contact me to find out how I might help others. **Thanks. Carol S**

## Meet Our New President: Joanie Johnson



Joanie Johnson  
jjohnson@alz.org

Nearly a decade ago Joanie Johnson began her journey with the Alzheimer's Association, shortly after her father was diagnosed with the disease. Joanie first became a member of the chapter's Annual Gala Steering Committee. It was not long before she joined the Board of Directors in 2004.

Joanie's passion and enthusiasm is infectious and she worked her way up the

officeholder ladder to be elected President. Joanie has a personal vision that has rallied the board to take on three new ventures designed to broaden our reach, engage new community partners and increase our resources to meet the growing need for services.

Up first is establishing a **Board Alumni Association** to re-engage former Chapter board members.

A close second is the inauguration of a **Women's Auxiliary Association**, open to woman interested in being involved with the important work of the Alzheimer's Association. The goal for the Woman's Auxiliary is to recruit 100+ women and use their skills and knowledge to the benefit of the Chapter's ability to raise funds by expanding our reach in our 14-county service area.

Then comes **Raising the Hope**. This new luncheon event will launch on April 28. **Raising the Hope** will engage, educate and inspire all members of our community to come together and support the Alzheimer's Association in its important work. We kick off this event with a speaker, Mary Ellen Geist, author of *Measure of the Heart* – her story of the life changes she experienced when her father was diagnosed with Alzheimer's.

**Raising the Hope** is both an educational and a fundraising opportunity. Volunteer Table Hosts invite their friends to join them at the luncheon. Guests are informed that there will be a "call to action" request for funds at the end of the program. Details on Raising the Hope can be found in this newsletter as well as on our website: [www.alz.org/centralohio](http://www.alz.org/centralohio).

Joanie sees the board, most of whom have a personal connection to Alzheimer's, working as a "family" guiding the Chapter as it expands its reach.

## We Have Resources

The Alzheimer's Association, Central Ohio Chapter has been around for 30 years providing help, support and education for Alzheimer's caregivers in Central Ohio.

As one of the first chapters established in the country, our experienced clinical team can guide you through understanding Alzheimer's disease/dementia, long-term planning, care strategies for your loved one and community resources as well as education and support. Most services are offered at no cost.

If you are interested in a particular program or consultation, please call the office at 1-800-272-3900. You can check out page seven in this newsletter to see latest list of upcoming programs. Also, check us out on [www.alz.org/centralohio](http://www.alz.org/centralohio).

## Looking Toward the Future

While living with Alzheimer's has challenges for all people that face it, people from diverse backgrounds may experience culturally specific barriers that compound not only stigma but also access to resources. By better understanding these barriers, opportunities to engage people with dementia and their families may improve.

Leadership by people with dementia is a big area of need. As advocates and as volunteer leaders at both national and local levels, people living with Alzheimer's or dementia hold critical insight on the needs and strategic direction for programs

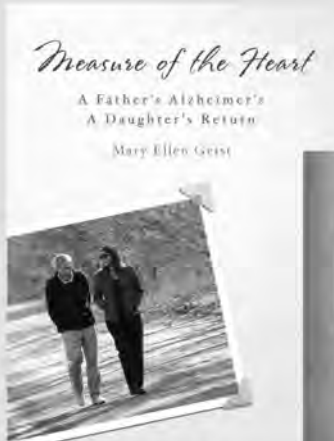
and services. Increasing opportunities to engage people with dementia in this way will enrich our resources and ability to serve the mission.

We encourage you to read the Alzheimer's Association report on **early-stage initiative**. It serves not only as a wealth of information, but as a reminder that there is much more work that can be done.



Please visit

[http://insite.alz.org/downloads/300025\\_EarlyStageYIR\\_RVN\\_v04\\_HR.pdf](http://insite.alz.org/downloads/300025_EarlyStageYIR_RVN_v04_HR.pdf)  
to download more information.



"Measure of the Heart is an insightful book about love—a love powerful enough to compel a daughter to give up her exciting career to move back home to help care for her father deteriorating from Alzheimer's disease. Family caregivers will treasure *Measure of the Heart* as a window into their own experiences. Health professionals should read it to understand what family caregivers confront in their labor of love."

**Carol Levine, Director,  
Families and Health Care Project**



Guest Speaker Mary Ellen Geist



Wednesday  
April 28, 2010  
Noon - 1:00pm  
The Westin Columbus

**Attend Raising the Hope**, our new fundraising event that engages and inspires our community to join the Alzheimer's Association in providing care and support to those impacted by Alzheimer's disease.

**Table Hosts** are what make Raising the Hope successful. Table Hosts fill their table with friends, co-workers, family members, neighbors... anyone they think would be interested in hearing more about the Alzheimer's Association and will consider supporting the work we do.

**Contact us** today to learn more about being a Table Host at the Raising the Hope luncheon

Call Greg Winslow at (614) 442-2011 or email at [gwinslow@alz.org](mailto:gwinslow@alz.org)



**Greg Winslow**  
Development Director  
[gwinslow@alz.org](mailto:gwinslow@alz.org)

## Might a CHARITABLE GIFT ANNUITY Work for you?

**Feel Safe with money for life.** You can secure fixed annual payments for life by making a contribution to the Alzheimer's Association. Our charitable gift annuity will pay you a fixed dollar amount when you make an irrevocable gift to us.

### Key Features

- If you itemize your deductions, you can take a charitable income tax deduction for part of your gift in the year the annuity is established.
- You receive an attractive supplement to your retirement funds with no investment worries or responsibilities.

- You make a special and enduring gift to strengthen our services to people affected by Alzheimer's disease.

For more information, contact Greg Winslow at (614) 442-2011 or [gwinslow@alz.org](mailto:gwinslow@alz.org).

## A Caregiver's Story

# Quite a handsome man, my dad, Charles "Pete" Marshall

by Penny Smith



Penny Smith with her mom Arcenia Marshall and Jennifer Segal, Memory Walk Coordinator.

And oh what a story teller! To this day at family events, we burst out laughing at Dad's jokes, Dad's sayings. "How much would a woodchuck chuck if a woodchuck could chuck wood." "Often said but seldom done... who wants to take the devil on?" We lost Dad to Alzheimer's but we really began to lose him when Alzheimer's became part of our family.

Alzheimer patients not only forget where they put their keys, they forget themselves, who they are and who they were. They lose all cognitive abilities and cannot tell the

difference between reality and hallucinations.

A farmer by day, a mentor to organic farmers, a relentless entrepreneur (ran his own barbershop and made his own beer!), and at night, a supervisor at the Lorain County Detention Home. When asked how he could do all this he answered honestly...I can get by with 2 – 3 hours of sleep. "Pete" Marshall, a sincere, hard-working family man, my Dad who I miss very much.

For many years, whenever I saw the promotion to recruit walkers for Franklin

County's annual Memory Walk, I thought "Great, let's get a team together and walk in Dad's memory." So in 2009 I finally did just that! Family came from all over, we walked, had a cookout and remembered Dad's stories and his legacy.

We named our Memory Walk team, Pippyeyous (pronounced pip e o you), a throwback to the happy days when one of the grandkids called him Pip and not Pop.

What made the most impression on me at Memory Walk was how much I didn't know about Alzheimer's disease and how critical support services are. Our experience has taught us that no one should have to face Alzheimer's alone. And everyone should have access to the best and latest information.

As a nurse I know how important research has been to those fighting cancer, heart disease and diabetes. It's time to make research for dementia diseases a priority.

## Meet Molly

Molly Farina is one busy teenager these days. She's an intern at the Alzheimer's Association, a student at Bishop Watterson High and OSU's John Glenn School of Public Affairs.

As part of her studies at the Glenn School is her placement in a community setting where she can learn firsthand how public policy plays an important role in successful outcomes.

Welcome Molly at [mfarina@alz.org](mailto:mfarina@alz.org)



Molly Farina, Intern

While researchers don't know exactly what causes Alzheimer's disease, they have identified factors that signal a greater risk, including high blood pressure, high cholesterol, lack of exercise and diabetes. Learn how your overall health and the health of your brain are connected.

Visit: [www.alz.org/africanamerican/brain\\_health.asp](http://www.alz.org/africanamerican/brain_health.asp)



## 24/7 WE'RE HERE FOR YOU

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. Call us anytime at 1-800-272-3900 or 614-457-6003 and check [www.alz.org/centralohio](http://www.alz.org/centralohio) for the very latest in program news.



**Mari Dannhauer, MSW, LSW**  
Program Director  
mdannhauer@alz.org

## We're on the Move

The Alzheimer's Association, Central Ohio Chapter is participating in a new and exciting program – RDAD (Reducing Disability in Alzheimer's Disease) – for people with memory loss and their caregivers. Thanks to a special grant funded by the Ohio Department of Aging, and the Benjamin Rose Institute the Central Ohio Chapter plans to kick off the "RDAD Program" in early spring.

RDAD combines gentle exercise, education, and problem solving to help people improve their abilities and also aims to help caregivers provide assistance to their loved ones. Both the person with memory loss and their caregiver must register as a team.

To find out how to register and participate, contact Jeff Watson at 1-800-272-3900 or email [jwatson@alz.org](mailto:jwatson@alz.org).

## Program Updates

### 2010 Lecture Series

For those interested in Caregiving, Alzheimer's disease and other Dementias.

#### Wednesday Lunch & Lecture Series

APRIL 7, 2010  
Christopher J. Corner M.D. | **The Care & Management of Behavioral Disturbance in Dementia**  
Sponsor: Ohio Hospital for Psychiatry

JULY 7, 2010  
Judy Fasone RN, BSN | **Taking Care of Ourselves as we Care for Others**  
Sponsor: to be determined

Location: Carries Café, 670 Harmon Ave. Columbus

Time: Lunch at 11:30, Program at 11:45

Cost: \$5 for Lunch & Program

\$ 15 for professionals requiring CEU's

Registration Required. Call 614-457-6003 or email [aricharson@alz.org](mailto:aricharson@alz.org) or [jwatson@alz.org](mailto:jwatson@alz.org).

#### Friday Lunch & Lecture Series

MARCH 5, 2010  
John Thorndike, Author | **The Last of His Mind: A Year in the Shadow's of Alzheimer's.**  
Sponsor: First Community

MAY 7, 2010  
Dr. Mackenzie B. Pamer | **It is Possible to Reverse or Slow the Process of Aging & Recover Physical & Mental Strength**  
Sponsor: Freedom Home Health

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

Time: Lunch at 11:30, Program at 11:45

Cost: \$5 for Lunch & Program

\$15 for professionals requiring CEU's.

Registration Required. Call 614-457-6003 or email [aricharson@alz.org](mailto:aricharson@alz.org) or [jwatson@alz.org](mailto:jwatson@alz.org).

### Delaware County Caregiving 101 Series in April

Designed to assist families and caregivers in understanding the diagnosis and planning for the future. All classes are from 2:00 p.m. to 4:00 p.m. There is no cost to attend. **RSVP required.**

Thursdays, **April 15, 2010 • April 22, 2010 • April 29, 2010**

Location: The Council for Older Adults, 800 Cheshire Road, Delaware, Ohio 43015. For more information or to register, please contact Shelly Wesner at 740-363-1365 or [mwesner@alz.org](mailto:mwesner@alz.org).

### Licking County Alzheimer's Care Consultations Now Available

Designed for residents in Licking County who are affected by Alzheimer's disease and related dementias. Professionals will be available to meet with caregivers by appointment to answer questions about the disease, assist with linkage to community resources, help create long-term plans and to offer caregiver support. Office hours are from 12:00 noon to 2:30 p.m. **Appointments are required.**

**February 25, 2010 • May 27, 2010 • August 26, 2010**

Location: Zerger Hall, 745 East Main Street, Newark, Ohio 43055. For more information or to schedule an appointment, please contact Jeff Watson at 1-800-292-3900 or 614-457-6003 or [jwatson@alz.org](mailto:jwatson@alz.org).

### FYI...

### Managing Dignity of Residents with Dementia

This one day training program is designed for "leaders" in dementia care. The program facilitates a dialogue to assist in assessing existing and novel dementia care practices and long-term care environments. Training date Columbus is March 17, 2010. Six CEUs are available for Administrators, Nurses and Social Workers. For more information or to register go to [www.efohca.org](http://www.efohca.org).

3380 Tremont Road  
 Columbus, Ohio 43221  
[www.alz.org/centralohio](http://www.alz.org/centralohio)



**Get the t-shirt. Walk in style!** Ask your co-workers. Collect change. Sell crafts. **Go Casual for a Cause.** Host a party. Send an email. Write a letter.

## Upcoming 2010 Walks

Join us for a Memory Walk near you!

**Saturday, May 1, 2010**  
**Ross County Memory Walk**  
 VA Medical Center Campus,  
 Chillicothe, OH  
[www.memorywalk2010.kintera.org/chillicothe](http://www.memorywalk2010.kintera.org/chillicothe)

**Saturday, June 19, 2010**  
**Franklin County Memory Walk**  
 Fred Beekman Park,  
 Columbus, OH  
[www.memorywalk2010.kintera.org/columbus](http://www.memorywalk2010.kintera.org/columbus)

**Thursday, August 26, 2010**  
**Pickaway County Memory Walk**  
 Mary Virginia Crites Hannan  
 Community Park, Circleville, OH  
[www.memorywalk2010.kintera.org/circleville](http://www.memorywalk2010.kintera.org/circleville)

**Saturday, November 6, 2010**  
**Delaware County Memory Walk**  
 Polaris Fashion Place,  
 Columbus, OH  
[www.memorywalk2010.kintera.org/delaware](http://www.memorywalk2010.kintera.org/delaware)

**November 2010**  
**Marion County Memory Walk**  
 Marion, OH  
[www.memorywalk2010.kintera.org/marion](http://www.memorywalk2010.kintera.org/marion)

## 2010 Board of Directors

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