

ALZHEIMER'S OutLook

Central Ohio Chapter
Winter 2011

www.alz.org/centralohio



OPEN
The Memory You Save...

MOVE
2011 Memory Day

VOICE
My Journey with Alzheimer's

ACT
Healthy People 2020

Michelle Aweshah, Eldercare Advisor, A Place for Mom

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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: Read Michelle's story on page 4.

The Memory You Save May Be Your Own

by Kenneth Strong, Executive Director



Kenneth Strong
Executive Director
Kenneth.Strong@alz.org

When I was a very young boy, one of my most vivid memories was getting a polio vaccination. My mother took me to our local public health clinic on Hancock Street in Quincy, Massachusetts. It was a beautiful summer's day, with hardly a cloud in the sky. The street was lined with Elm trees providing cool shade to the hundreds of mothers and children waiting in a serpentine line that seemed to have no end. After waiting for what seemed like forever to a small boy, we made our way inside the clinic and started down a long, narrow hallway.

I remember peeking around the large woman in front of me to see two adults in white coats at the end of the hallway each holding a child tightly by the arm. As the adults took the boy five people ahead of me, one of the adults in a white coat stuck a needle in the boy's right arm. He let out a blood curdling scream. I covered

my ears and pulled away from my mother but there was no escape. I got my polio vaccine just like all the other children and cried all the way home.

Why am I telling you this story? Polio was a public health threat until a vaccination was discovered. It took research and money to create the vaccination and thousands of caregivers to support patients stricken by the disease. Our nation mobilized a massive effort to fund the vaccinations and to see that every child in America received one. As a result polio has been eradicated in this country and throughout most of the world.

Now, as a baby boomer, I find myself in the middle of another public health crisis, Alzheimer's disease. It will rob us of our memories, our dignity, our self awareness, recognition of our loved ones and friends and our own identity. According to recent projections, one in eight baby boomers will get Alzheimer's disease after they turn 65. Alzheimer's has become a modern day epidemic, without a vaccination, miracle drug or treatment.

For every \$100 dollars the government spends on Alzheimer's research, it spends more than \$25,000 to care for people with Alzheimer's and other dementias. Every 70 seconds someone in America develops Alzheimer's. We can't afford to wait for someone else to find the solution. We must take an active part in raising the awareness with our neighbors and friends. Simply ask your neighbor if he or she is aware of these appalling statistics.

Alzheimer's is not just a little memory loss, it eventually kills, but not before it takes everything away from you. Most of America's baby boomers will spend their retirement years either with Alzheimer's or caring for someone who has it.

We need your help to raise the hope that one day in the near future Alzheimer's will be eradicated in this country just as polio was. We can't do it without your financial support or your time as a volunteer. Be as generous as you can. The mind and memories you save may be your own. Please call 614-457-6003 today and pledge your support to end Alzheimer's disease.

A handwritten signature in black ink, which appears to read "Kenneth Strong". The signature is written in a cursive style and is positioned above a large, faint watermark of the Alzheimer's Association logo.

There is strength
in numbers

2011 MEMORY DAY

at the Statehouse

Tuesday

MARCH 29, 2011

9:00am to 3:30pm

Luncheon & Program
11:30am to 12:30pm
Statehouse Atrium
Downtown Columbus

An all day opportunity to lend your voice
and...

- Put a face on Alzheimer's through the telling of your personal journey.
- Listen to legislators on how they want to help reach our common goal.
- Attend the Annual Memory Day Luncheon where caregivers support each other and honor the 2011 Sharen Eckert Leadership in Advocacy Award.
- Present a united and growing number of advocates.

**Deadline to register:
TUESDAY, MARCH 15, 2011.**

The Central Ohio Chapter serves 14 counties. It is very important that all 14 counties have a representative present on March 29.

Volunteers willing to assist/attend 2011 Memory Day at the Statehouse should contact: Gail Thomas at 614-457-6003 or gthomas@alz.org.



Gail Thomas
Community Relations & Advocacy
Director
gthomas@alz.org

Why We Advocate...

Advocacy is a year round activity. The goal of advocacy is to educate community leaders, elected officials and other stakeholders who are responsible for the health and well-being in their communities. Alzheimer's Association policy goals and advocacy priorities are driven by our vision of a world without Alzheimer's.

At the local level our approach is designed to meet the needs of those struggling with the demands of living with or caring for a loved one with dementia.

Persons diagnosed with Alzheimer's disease and dementia are highest among the 65 years and older population. That statistic will not change in the foreseeable future. However what will change is the dramatic increase in the number of persons – estimated at 8,000 to 10,000 a day – turning 65 in 2011 and beyond. Coincidentally the number of younger persons diagnosed with dementia is also on the rise.

While we can't change the demographics, we can change policies, processes, quality of care and resources necessary to serve all those living with dementia and those in the role of caregiver.

The Alzheimer's Association has set reasonable and well-researched policy goals and advocacy priorities. To have any hope at all of achieving these goals we need you to join the fight against Alzheimer's by reporting to policy makers and elected officials your thoughts and personal experiences on how dementia has affected you, your family and friends.

We can help you and you can help us by becoming an active and engaged advocate. As an advocate you join the chorus of voices working for positive change. On March 29, 2011 we hold our annual Memory Day at the Statehouse. Please join us if you can. And if you can't, we will be keeping you apprised of other meaningful opportunities.

My Story

By Michelle Aweshah



Michelle Aweshah, CSA
Eldercare Advisor – A Place for Mom, Powell, Ohio
michellea@aplaceformom.com

“I don’t think I can do this....I really don’t think I can.....”

These words were uttered to me shortly after becoming an Eldercare Advisor with A Place for Mom by a family member faced with the news that her mother was no longer safe to stay home alone.

The person I was speaking to on that day was in crisis. Her mother could not go back home and she had not prepared for this moment. She, like many others, delayed exploring any options for the same reason: fear of the unknown, fear of facing Mom’s refusals to move, guilt as a child that she was going to “put her” somewhere, promises that she made in the past....the list is

endless. I could share with her a vast amount of information about the options for long term care. But she needed more. She needed to know how to walk the journey, what her choices meant to her family, how to cope with the emotions that she was feeling, how to convince Mom that she needed to move. So I turned to the Alzheimer’s Association of Central Ohio.

And that is how it began...

I was fortunate enough to meet Mari Dannhauer and Jeff Watson. These two clinicians spoke with me at great length to arm me with helpful information that would help the families that I speak with every day. I was so impressed that I sought out ways to help them. I began to volunteer with the early onset men’s group run by Jeff. I was so touched by the desire of those men to feel productive again, how they lit up when talking with me about their lives as they remembered them. I began serving on their committees and immersing myself in literature, educational forums and bending the ears of the clinicians on how best to help the families that were contacting me.

After about two years of being a professional Eldercare Advisor, the disease hit close to home. My Aunt Mary was diagnosed with Alzheimer’s disease. She was a proud woman who worked hard her whole life in factories and running a farm. She made her own clothes and wasn’t sick a day in her life (according to her.) We started seeing subtle changes in her. Her stories became more repetitive, her confusion increased, her eyes became less bright. She was robbed twice by the same men proclaiming to be the electric company. We started her on 24-hour home care only to find her alone, confused and scared in her house as the aide left her alone to go to lunch. I am normally the one helping others and found myself frustrated by the inability to properly care for someone I loved. She did

eventually go to assisted living and it was a positive experience. We visited her often, became watchdogs of her care, and grieved the daily loss of our loved one who was just in front of us.

Despite all my volunteering... despite the more than 100 families that I talk to each month...despite the amount of information that I learned...that personal experience gave me an invaluable perspective.

Preparing for the inevitable changes can greatly reduce anxiety levels of not only the patient, but also their loved ones who will be implementing these decisions. I am very sad to say that I have received too many calls informing me of caregivers who have died from the stress of caregiving. This is avoidable. There is help.

These experiences with my own family, as well as the many that I help, drive me to educate others about the complex journey of Alzheimer’s. Awareness of symptoms and getting diagnosed are important, but it is just one part of the journey. Medications, advancements, family dynamics, legal ramifications, cost of care, type of care, emotional components.....another endless list.

“I joined AWARE because I want to help make a difference. My father is in the early stages of the disease and courageously volunteered last year to have brain surgery to test an experimental new drug. If he can volunteer to help – so can I! The more voices and hands we have, the more we can do. There is no cure at this point, but AWARE can help... be it helping care givers, medical providers, or the community at large understand the disease. We can shape this organization and I hope to encourage others get involved in whatever way they feel they can. Many hands lighten the load.” – **Kristin**



AWARE

Alzheimer’s Women’s Association
to Reach and Engage

In Their Own Words... Dick and Linda Hoffman's Journey

When did I lose my wife? "I wish she could come back. I miss her so much."

We are a retired Navy family of five, mom, dad, two daughters and a son. This year, Linda and I will be married 48 years. She is a retired RN, of which her last 18 years was geriatric care, taking care of Alzheimer's patients. In 1992 her mother was diagnosed with Alzheimer's. That is when I first became involved with caregiving groups to help with Linda's family. Her mother passed away in 2001, just short of a feeding tube insertion. Thank the good Lord; he took her home at that time. I prayed that it – Alzheimer's – would never happen to my wife or me or another family member, but that prayer wasn't answered for some reason.

In 2005, I noticed short term memory loss with Linda. Then the minister at various church meetings noticed it and approached me about it. She, of course, was – and still is – in total denial of a problem. This all started at age 64. I put the house up for sale under the pretense of moving closer to the daughters and our three grandchildren 160 miles away. Our daughters lived in the same town and I knew they would be a big help as things progressed.



Dick and Linda Hoffman

Once we were settled, I started attending a support group to learn – from others – different ways of handling different things. I had to fib as to what type of meeting I was going to: Legions, Men's Bible Study, etc. Fibbing still works even when I have respite care for her. Linda spends a lot of time with word find books; in her sub-conscious she is doing her "charting work" just as she did when she worked as a nurse.

Things have gone fairly well up until recently; my health is now starting to be affected. Type II diabetes (stress), kidney functions out of whack, sleep deprivation (sleeping with one eye open) and so on.

Shortly before Christmas, after much urging from our children, Linda went to live in an Alzheimer's care facility. Oh how I dreaded that. It was an awful thing to think about and I don't know where I found the courage to move her there.

In her mind I'm not her husband but I'm still her "best friend and a good guy." Will I be after she is placed?

I thank the good Lord for one thing for sure: He has blessed 44 years of our 48 married years with many, many wonderful blessings and great memories that can never be taken away or diminished. If only I could have her back to remember things with me. Maybe we will once in heaven with the Lord.

Alzheimer's Association Approves National Strategic Plan for 2012-2014

As the Central Ohio Alzheimer's Association delegate to the National Board Assembly, I attended the November meeting in beautiful, sunny Orlando. The purpose of the meeting was to approve the National Strategic Plan for 2011-2014. Prior to the meeting, I participated in conference calls with the Chairs of the National Board to make sure that I and the other new delegates understood our role, and also would have a chance to ask any questions about the Strategic Plan prior to the meeting.

It was exciting to be part of such a large delegation. The board meeting itself was very short. Once the meeting was called to order, delegates had a chance to voice their concerns about the Strategic Plan. Many delegates went to the microphone and nearly all had the same concern. Given the still struggling economy, they wondered if it would be possible to meet the financial goals of the plan. Despite those concerns after 45 minutes a vote was taken and the National Strategic Plan was passed.

The best part was yet to come. Since the meeting ended so quickly, Harry Johns, Alzheimer's Association President and CEO, and Angela Geiger, Chief Strategy Officer, were able to speak about the Shriver Report, the new developments in research, and the strides in the international efforts to end Alzheimer's. Both Harry and Angela were inspiring speakers, especially noteworthy since they were not even slated to talk. They renewed my enthusiasm as a Board Member and allowed me to fully realize the great strides we are making to end this horrible disease.



Jeanny Simaitis
Board Member

NOW...

Fighting Alzheimer's Disease is One of The Nation's Health Objectives.



For the first time since its inception in 1979, the federal government's Healthy People report includes national health goals and objectives related to Alzheimer's disease and other dementias. The report – known as *Healthy People 2020* – represents the nation's highest priorities for health promotion and disease prevention and is central to establishing measurable national public health goals for the coming decade at all levels of government.

"Alzheimer's disease prevalence increases with age, which is why the

number of people affected by these conditions will soar rapidly — in lock step with increases in the number of adults age 65 and older from 2011 to 2030. Having Alzheimer's clearly represented in the national health framework is central to all levels of government taking action to address the mounting crisis." said Robert Egge, Alzheimer's Association vice president of public policy.

Meet Katie

Katie White recently joined the Alzheimer's Association, Central Ohio Chapter and, as Education Coordinator – in conjunction with the Program Director and Staff – is responsible for the development, delivery, and evaluation of the chapter's comprehensive educational programs for families, individuals diagnosed with irreversible dementia, and general audiences in the chapter's 14-county service area.

Katie received her Bachelor of Science from The Ohio State University and majored in Geriatrics and Gerontology. Katie is currently pursuing her Master of Social Work from The Ohio State University with an Interdisciplinary Specialization in Aging.

You can welcome Katie by calling 614-457-6003 or email kwhite@alz.org.



Minimize Falls In Your Home

As we age, falls become an increasing concern, especially when dealing with memory loss. Fortunately by raising awareness, modifying the environment, and working to improve balance and mobility, falls can be minimized.

Observe the following areas:

- Check lighting-provide ample lighting both inside and out, especially in stairwells, hallways and in bathrooms
- Stay Organized-clutter may result in falls, keeping objects in their places will reduce the risk of accidental obstacles
- Add Handrails-a rail can be a priceless tool, especially in bathtubs, stairwells, and home entrances
- Prepare Rugs-make sure rugs have non-slip backings or are not in walking paths
- Mind Your Pets- watch pets closely as they may easily disrupt a walker, causing a fall
- Check Walking Surfaces-avoid or repair uneven sidewalks, rock paths or driveways
- Watch the Weather-ice, snow and rain all provide obstacles that can lead to a fall; try to avoid wet/icy areas or leaving the house during bad weather
- Get Up Slowly-by rising quickly from a laying or seated position, a person may lose balance
- Maintain Exercise-changes in our body, such as muscle weakness and flexibility loss, can lead to falls; exercise to decrease risks associated with these health issues

As caregivers, be alert to changes in your loved one's abilities. Because memory loss is progressive, day to day modifications may be necessary.

Here in Central Ohio we are fortunate to offer several programs which may be of assistance to you:

- The Caregiver Support Team, including an occupational therapist, provides home assessments to help families dealing with memory loss develop a safe environment for their loved ones.
- The RDAD Program, a research project through the Department of Aging, offers an exercise and problem solving program in the family's home.

For further information please contact our office at 614-457-6003 or 1-800-272-3900.



Marty Cameron, MA, OTR/L
Occupational Therapist, Caregiver Support Team

24/7 Helpline 1-800-272-3900

There is no limit as to how many times a caller can ask for help. No one's concern is too small to be voiced. All callers are unique. All calls are unique.

January 13, 2011. Helpline caller: "My Wife has just been diagnosed with early onset. I'm so worried. How can you help?" After a very brief conversation, the caller agreed to come — with his wife — to our office and meet with one of our social workers. During that initial meeting our couple discussed their situation — as best they could — and our social worker/patient advocate reviewed the numerous educational and supportive services our community has to offer and had a frank discussion about the likely progression of the disease. At the conclusion of that hour-long meeting our couple had the beginnings of a plan ... including exploring how to apply for Social Security and how best to work with their doctors. A more comprehensive plan will evolve. What was most visible to the observer was the restored trust the couple had in each other. Smiles came a little easier. Both were very interested in our local young onset support group and requested assistance in joining. Our young onset support group meets every 2nd Monday of the Month. For this couple...that's Valentine's Day this year, a fitting start to their new journey together.



Get the emotional support you need.

Support groups for family members, caregivers and friends of people with Alzheimer's disease or related disorders provide participants with an opportunity to discuss caregiving challenges and share helpful tips, while receiving support from others who are in similar situations. For an updated listing of all our programs including support groups visit www.alz.org/centralohio.

Connect with Others Online

The Alzheimer's Association message boards and chat rooms provide a virtual online community for persons with Alzheimer's, caregivers and care providers. Thousands of registered members from around the United States link the thousands more who refer to the stories and information that is available 24 hours a day. Join the Alzheimer's Association online community at www.alz.org/centralohio.

Program Updates

Lunch & Learn

Friday, March 4, 2011

11:30 Lunch | 11:45 Program

Trends in Long-term Care and Caregiving

By Keith Anderson, Ph.D.

Worthington UMC, 600 N. High Street, Worthington, OH 43085

Friday, April 1, 2011

11:30 Lunch | 11:45 Program

Eldercare Mediation

By Philip Dunfee, Ph.D.

Broad Street Presbyterian Church, 760 East Broad Street, Columbus, OH 43205

Respite care and CEU's available. **For complete information or to register visit:**
www.alz.org/centralohio or call 614-457-6003

CARE CONSULTATION CLINICS

available in Franklin, Delaware, Fayette, Pickaway and Union counties.

On-site care consultations are available to answer questions about the disease, assist with linkage to community resources, help create long-term plans and offer caregiver support. To find the clinic nearest you, please call 614-457-6003 or 1-800-272-3900. **Appointments are required.**

Please accept my gift in support of the Alzheimer's Association

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email _____

Enclosed is my tax-deductible contribution of:

\$ _____

Check Visa MasterCard

Credit Card Number _____ Exp. Date _____

Signature _____

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



JOIN US AS A TABLE HOST

April 26, 2011
12:00pm – 1:00pm
The Westin, Columbus, Ohio



A truly special event that will engage and inspire you to join in the fight to end Alzheimer's.

Please consider serving as a Raising the Hope Table Host and invite your friends, family, neighbors and coworkers to hear the personal stories of Alzheimer's Association clients, volunteers and staff as they provide insight into a life affected by Alzheimer's disease. Jeff Kuret, Ph.D., Alzheimer's Association Researcher and Professor at The Ohio State University, will share the latest local developments in Alzheimer's research and how research advancements raise hope for the future.

As a Table Host, you will be inviting guests to hear more about the work of the Alzheimer's Association and to consider supporting the work we do.

For more information, or to become a Table Host, please contact Greg Winslow at 614-442-2011 or gwinslow@alz.org.



2011 WALK TO END ALZHEIMER'S

- Chillicothe Walk**
Saturday, May 7, 2011
- Columbus Walk**
Saturday, June 18, 2011
- Circleville Walk**
September 8, 2011
- Marion Walk**
Saturday, November 12, 2011
- Delaware Walk**
November 5, 2011



Alzheimer's Association
Central Ohio Chapter
3380 Tremont Road
Columbus, Ohio 43221
www.alz.org/centralohio

Main Office:
3380 Tremont Road, Columbus, Ohio 43221
Delaware County Office:
39 West Winter Street, Delaware, Ohio 43015

The Alzheimer's Association Central Ohio Chapter is a not-for-profit 501 (c) (3) organization supported in part by the Ohio Department of Aging (AAA Districts 5 & 7 and Buckeye Hills AAA), Central Ohio Office on Aging, Franklin County Senior Options, Council for Older Adults Delaware County, Marion County Council on Aging, Union County Senior Services and Cardinal Health Foundation and many more generous individuals, corporations and associations.

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Executive Director
Kenneth E. Strong, Jr.
Kenneth.Strong@alz.org