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# ALZHEIMER'S Outlook

Central Ohio Chapter  
Spring 2010

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



OPEN  
OUTLOOK ON ALZHEIMER'S

MOVE  
A TIME TO REMEMBER

VOICE  
IN THEIR OWN WORDS

ACT  
BIPARTISAN CONGRESSIONAL  
TASK FORCE

Angela An, News Anchor/Reporter, WBNS 10TV - Alzheimer's Advocate



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May 20<sup>th</sup> on the  
Early Show  
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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:** 2010 Franklin County MemoryWalk Honorary Chair, Angela An, News Anchor/Reporter, WBNS 10TV.



**Michelle Chippas**  
Executive Director/CEO  
mchippas@alz.org

## The Outlook on ALZHEIMER'S

As a nation, it is critical that we significantly increase investments in Alzheimer research. While Alzheimer's continues its devastation on families, it also threatens the nation's health care system because of its significant costs.

The *2010 Facts and Figures Report* show that the average per person Medicaid payments were 9 times higher; Medicare payments were 3 times higher, and private insurance were 26 percent higher for older people with Alzheimer's and other dementias compared to other older people. America simply cannot afford this human, social and economic burden.

In the mean time, existing evidence-based guidance about brain health and maintaining cognitive abilities as we age must be promoted to the general public to increase critical knowledge about Alzheimer's, and help separate fact from myth.

The good news is that we, as a nation, know how to rise to meet such an overwhelming challenge. We have learned from our successes and concerted efforts to understand, prevent, and treat cancer and HIV/AIDS. In fact from 2000 to 2006, death rates have declined for most major diseases, including some cancers and HIV/AIDS, while Alzheimer's disease deaths rose 46.1 percent. The time is now to create a national, coordinated effort with commensurate, appropriate strategic investment in Alzheimer research funding to meet this crisis.

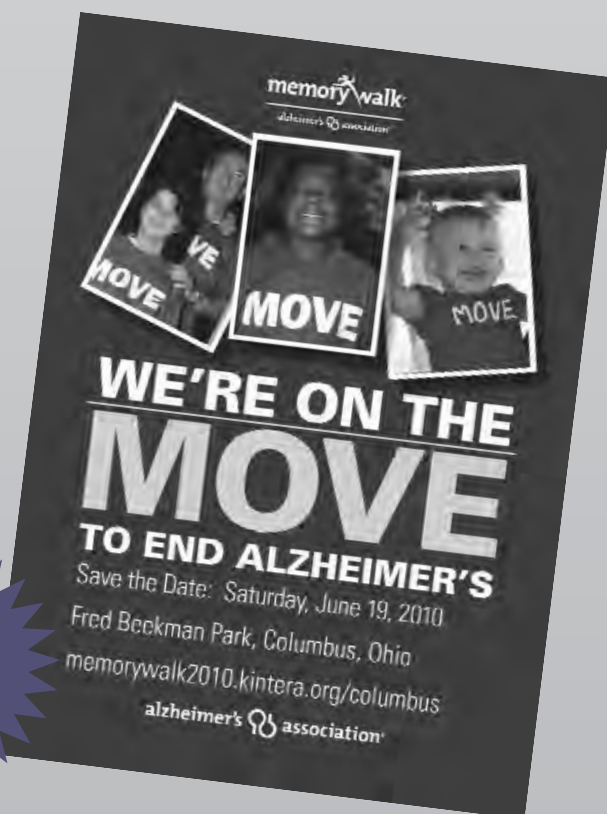
The Alzheimer's Association is working to enact critical legislation to address these issues. The Alzheimer's Breakthrough Act will provide \$2 billion in Alzheimer research funding at NIH; and The National Alzheimer's Project Act will launch a coordinated campaign in the Federal government and creates an inter-agency Advisory Council responsible for creating a national plan to overcome the Alzheimer's disease crisis. These solutions are critical to securing necessary resources and providing the strategic planning and coordination to the fight against Alzheimer's disease and meet the burgeoning public health need.

Sincerely,

*Michelle Chippas*

**WALK WITH US TOWARD  
A WORLD WITHOUT  
ALZHEIMER'S!** Together, we  
are raising funds and awareness  
to stop this devastating disease.

**SIGN  
UP  
TODAY!**



# Advocates in ACTION

by Gail Thomas, Director Advocacy & Community Affairs

**BIPARTISAN CONGRESSIONAL TASK FORCE on Alzheimer's Disease** founded in 1999 to advance research and awareness about Alzheimer's. The Task Force, led by Co-Chairs Representative Edward J. Markey (D-MA), Rep. Christopher H. Smith (R-NJ), Senator Susan M. Collins (R-ME) and Senator Mark R. Warner (D-VA) has made great progress in the battle against this devastating disease that affects 5.3 million Americans, but more help is needed in this fight.

For the past ten years, Task Force membership has grown in both size with more than 180 members from both the House of Representatives and Senate, and influence. The Task Force has been instrumental in securing funding for research at the National Institutes of Health, providing a 24/7 call center to support caregivers and families dealing with Alzheimer's, and raising awareness of this disease. In addition, the Task Force sponsors educational briefings and other events for members and staff featuring award-winning Alzheimer's researchers.

The Task Force continues to bring Alzheimer's to the forefront of the Congressional agenda, and is working to sustain the focus. There are many reasons why Alzheimer's requires Congressional attention. And you can count on us to highlight important federal initiatives in our newsletters and our monthly e-news.

While the nation continues to seek better, more effective and affordable responses to our healthcare needs, we must encourage Ohio's congressional leadership to join and support the work of the Task Force. Of the 180 members, Ohio has only six members: Senator Sherrod Brown, Rep. Steven LaTourette, Rep. March Kaptur, Rep. Betty Sutton, Rep. Dennis Kucinich and Rep. Patrick Tiberi.

Here in central Ohio, our work is cut out for us. We serve 14 counties. And during the next few months we will be contacting and encouraging our Congressional Representatives to join the Task Force. And we will encourage and lend our support to individuals of influence – doctors, lawyers, health professionals, researchers, educators and **our committed caregivers** to join us in this effort.

If you'd like to know more about the Task Force email: [gthomas@alz.org](mailto:gthomas@alz.org)



**Gail Thomas**  
Director of Community Relations  
& Advocacy  
[gthomas@alz.org](mailto:gthomas@alz.org)

**Finding ways to delay the onset of Alzheimer's and slow progression will save \$61 billion in Medicare and Medicaid costs and dramatically reduce the number of people with Alzheimer's.**

Source: Alzheimer's Association.

## Welcome New Board Members



**Jeanny Simaitis:** Supporting the Central Ohio Chapter is a family tradition for new board member Jeanny Simaitis. After her father died from complications related to Alzheimer's in 1999, her brother Jay was a member of the board and now Jeanny is lending her talents to the organization.

"I did not realize how multifaceted the organization is and the variety of ways it helps the community. I think it is wonderful to be part of an organization that reaches out to the community in so many different ways."

Jeanny is serving on the public policy sub-committee. Currently, she is an attorney with Nationwide Insurance supporting Nationwide Financial Services. However, early in her career she worked in the Ohio Attorney General's Office providing legal advice to boards such as the Nursing Board and the Pharmacy Board.



**Bill Black :** "I believe we all have a duty with respect to serving the greater good in our communities. I learned that from my father, who passed away from Alzheimer's disease recently. I joined the board to honor him by doing what I can to help eliminate this disease."

Bill is a relationship builder. With a variety of marketing experiences, he brings over 19 years of experience in all facets of advertising, marketing, and operational management in both agency and corporate environments.

Most recently, his experience includes managing retail and financial services at Fahlgren Advertising. Before his agency stint, Black managed Fahlgren's design studio, launching and supervising its growth. Bill is active in the Upper Arlington Community as well as in Greater Columbus, including co-chairing the Development Board of Nationwide Children's Hospital.

Bill served on the Chapter's marketing committee prior to joining the board.



L to R, Marsha Meyer, co-captain Team Jordan Hartley, Angela An, Honorary Chair and Teri Staral, co-captain Team Jordan Hartley

## A Time to REMEMBER

by Angela An

*"Honey, that's Angela. She's not your wife... I am."*

I will never forget that moment when I was working at the Alzheimer's Disease Research Center (ADRC) in Southern California in the early 1990s. I was the front desk receptionist at ADRC, trying to make a few extra dollars through college. But after three years there, the job became more like a family. I knew the patients and their caregivers by first name and always greeted them with a hug and a smile. However, it was emotionally difficult to watch caregivers silently cry after their loved ones were taken to the testing rooms for their cognitive updates. But my heart absolutely broke when an elderly patient reached for my hand, thinking I was his wife.

That's when I knew there had to be an end to this ugly disease.

I soon learned my grandfather suffered Alzheimer's towards the latter stages of his life. Watching my parents struggle with his lack of memory was more painful than I care to remember.

That is why I believe in the work of the Alzheimer's Association. So families can savor memories with a smile...



**Greg Winslow**  
Development Director  
gwinslow@alz.org

### Thank you to the sponsors of the Ross County Memory Walk!

Chillicothe Nursing and Rehabilitation Center, Chillicothe VA Medical Center, Glatfelter, Heartland of Chillicothe, InCare, Pickaway Plains Health Pro, Traditions of Chillicothe, Valley View Care Center, Westmoreland Place

## In Their Own Words...Marsha and Teri's story

We are cousins; our mothers were sisters. Neither of us have a sister and we know that by being the only daughter in each of our families, that we hold a special place in our mothers' hearts. They loved and supported us in every way and we know that we were and still are their pride and joy. In return, and with the same sense of pride, respect and love we honor them by our participation in Franklin County's Memory Walk. Both, sadly, were taken by this horrible disease. Teri's mother passed nearly six years ago and Marsha's just one year ago this past January. Though they have left us here...we know that they are with us and continue to motivate us to work toward a cure.

Our mothers are from a large family with mixed genetics. We struggle to make sense of why our Mothers were both afflicted with Alzheimer's disease but each very differently. Although raised as a very tight knit and loving family, our mothers did not share parents. They raised 15 children between them. Teri's grandfather was left with eight children; her mother just 4 years old when my grandmother passed away from cancer. Teri's grandfather remarried...to the only grandmother Teri would know. A widow herself, she brought to the family three children from her first marriage.



Betty Jordan



Carol Hartley

Together they would have four more...sadly losing one child in infancy. There is no blood line that binds our Mothers. They met as strangers when they were mere toddlers but grew up together as sisters and fast friends. We struggle to find the link between them and Alzheimer's disease. If not genetic, possibly there is another factor we haven't discovered yet.

Of the 14 surviving siblings... one half has been affected by this disease. The oldest brother and sister were the first to pass away from Alzheimer's in the 1980's. Most recently another uncle passed. Two of our mother's brother's are currently living with Alzheimer's and dependent upon their loved one for care.

Happily though, if there IS anything happy about this — our uncles are well into their 90's, whereas our mothers were taken much too soon. Both were Early Onset patients. Teri's mother's symptoms began to show in her mid 50's and Marsha's at about the age of 60. The females in the family were affected at an early age where the men did not show symptoms until they were well into their 80's.

It's quite a mystery...and shows that Alzheimer's has no preference as to whom it chooses as a victim.

## Third-Party Event Highlights

Jackie Beckley's mother, Judy Jackson, was diagnosed with Alzheimer's disease at the age of 64. "Alzheimer's disease took her mind, life, and her independence," says Jackie. That is why Jackie organized a St. Patrick's Day party at the Richwood, Ohio VFW Post 870 on March 13th. Between ticket sales and food sales from her Crowbar & Grill, Jackie was able to donate \$2,400 to the Alzheimer's Association, Central Ohio Chapter on behalf of her mom, best friend and one person she counted on all of her life – Judy Jackson. Thank you Jackie.

## An Appeal to Readers of this Newsletter

In an effort to give you more concise and timely information and to be more conscious of reducing our expenses, we are asking readers of this newsletter to kindly send us their email addresses. While printed newsletters play their part, they are expensive, too infrequent and they get lost. We have built a monthly e-newsletter that reaches over 4000 friends when we have your email address you will then be "only a click away" from finding help and information. It's easy, just e-mail [srumph@alz.org](mailto:srumph@alz.org).

*Note: We do not share or sell your email address.*

## Upcoming Events



Summer is special event season and volunteers all over central Ohio are planning third-party events to support the work of the Alzheimer's Association. Put your fun-loving and creative ideas toward the fight against Alzheimer's disease and organize your favorite activity into a special event. For planning assistance and support, please contact Greg Winslow at (614) 442-2011 or [gwinslow@alz.org](mailto:gwinslow@alz.org) or visit [www.actionalz.org](http://www.actionalz.org).



### Meet Joe Black Poker Run Saturday, July 10, 2010

Joe Black is true champ. Diagnosed at 49, Joe is eager to help spread the word about Early Onset Dementia so Joe and his wife, Samantha, are organizing a poker run. For additional information contact Samantha at 614-394-8595 or [sami1joe1@aol.com](mailto:sami1joe1@aol.com)



Join the Columbus Rotaract Club in supporting the Alzheimer's Association at the 2nd annual a Round to Remember golf scramble on Friday, June 18, 2010 at Heritage Golf Club in Hilliard, Ohio. This four-person scramble starts with registration at 7:30am and a shotgun start at 8:30am. Cost is \$100 per person/\$400 per team and can be made by contacting Michael Horigan at (614) 396-7041 or [golfscramble@columbusrotaract.org](mailto:golfscramble@columbusrotaract.org).



Blondes vs. Brunettes is a women's flag football game in which Columbus' most prominent young leaders come together in support of the Alzheimer's Association, Central Ohio Chapter. The grid-iron competition is divided based on the age-old rivalry of Blondes vs. Brunettes. Game day is Saturday, July 10, 2010 at D1 Sports Training. For more information contact Emily Pfeifer at (614) 313-2274 or [bvbcolumbus@gmail.com](mailto:bvbcolumbus@gmail.com).



The Army of Change is the 5th climb of The Regulars' 10 Mountains – 10 Years: Quest for the Cure. On July 31, 2010, you are invited to make a non-competitive, non-technical climb/hike up Mt. Washington in Sargent's Purchase, New Hampshire. Meet this exciting challenge while raising funds and awareness for the Alzheimer's Association. For more information contact Lori Saviers at [lpw2004@gmail.com](mailto:lpw2004@gmail.com).



Join the Alzheimer's Association ALZ Stars and participate in the 2010 Columbus Marathon (26.2 miles) or 1/2 Marathon (13.1 miles) on Sunday, October 17, 2010. ALZ Stars is a unique and exciting way to raise funds for the Alzheimer's Association while participating in an endurance running or walking event. Participants receive professional training and support and a fantastic race-day experience. For more information contact Greg Winslow at (614) 442-2011 or [gwinslow@alz.org](mailto:gwinslow@alz.org).

## Speaking Out

by Mari Dannhauer, MSW, LSW

**Respite care can help caregivers recharge.**

Caregiving brings physical, mental and emotional challenges. Respite care provides a temporary break from your daily caregiving responsibilities. Using respite services also can support and strengthen your ability to continue taking care of your loved one with Alzheimer's. On our website: [www.alz.org/centralohio](http://www.alz.org/centralohio) you can talk about respite care with other caregivers. It's easy. Once you are on our web site click on *Living with Alzheimer's*, Click on *Message Boards*. Message boards and chat rooms are your online communication forum. Share your thoughts and experiences, query your colleagues and make new friends. Please join our community.

### Increase "Early Onset" Cases

People younger than age 55 do get dementia, but most early onset cases occur from age 55 to 64. In 2000, there were 24 million boomers 55 to 64 and 2% of them, or almost 500,000, had Alzheimer's or some other cognitive impairment. Estimated number of people 55 to 64 with Alzheimer's or some other dementia in:

2010: **708,580**

2020: **842,160**

2025: **802,500**

2030: **746,100**

Source: *The Alzheimer's Association*



**Mari Dannhauer, MSW, LSW**  
Program Director  
[mdannhauer@alz.org](mailto:mdannhauer@alz.org)

## Local Resources & Referrals

We maintain updated information on home care, adult day care, care coordination, assisted living, skilled nursing facilities, eldercare lawyers and transportation available in the community. Our staff and trained professionals can help assess whether a specific care provider meets the needs of an individual with Alzheimer's.

Help is available **24/7**  
at **1-800-272-3900**.

## Support Group Leaders Help Caregivers Cope

by Colleen Monjot, MSW, LSW

Support groups are designed to provide emotional, educational, and social support through regularly scheduled meetings. They help participants develop coping methods and encourage caregivers to maintain their personal, physical and emotional health as well as optimally care for the person with dementia.



**Colleen Monjot, MSW, LSW**  
[cmonjot@alz.org](mailto:cmonjot@alz.org)

Support groups have been a core service of the Alzheimer's Association since its inception 30 years ago. The Central Ohio Chapter offers 37 support groups in our 14 county service area. Two of the support groups offered are medically-focused; one with an emphasis on early onset Alzheimer's individuals and their caregivers and another for Frontotemporal dementia caregivers.

The Central Ohio Chapter also offers a Men's breakfast group and another for adult children. Both of these support groups were outcome of caregivers who saw a need for a niche in support group programming.

Support groups are facilitated by trained volunteers,

some of them health care professionals and others are former caregiver, and both bring invaluable experience and insight to group members who need guidance and support for their own personal experience.

In the last year, our support group leaders in Central Ohio have collectively contributed more than 1,100 hours of time which equals about \$15,000 annually. And if you combine the total number of years of service of our current 37 support group leaders, it adds up to more than 163 years of service and over 2,000 support groups lead. We have some support group leaders who have been with the association for over 15 years!

## Support Groups

We offer a variety of support groups for all individuals affected by Alzheimer's disease. Groups are facilitated by professionals and/or trained volunteers.

Specialized groups include early-onset for caregivers and the person with dementia, Frontotemporal dementia, adult children, and men's breakfast.

*For the most current support group offerings contact Colleen at 614-457-6003 or [cmonjot@alz.org](mailto:cmonjot@alz.org)*

## Do You Know Someone Who May Have Memory Loss?

The Memory Disorders Research Center of the Ohio State University Medical Center is 'Fitting the Pieces Together' to solve the problems of memory loss, dementia, and Alzheimer's disease. Won't you join us in our fight to keep brains healthy? Call us to see how: 614-293-6882

We are investigating the utility of several novel therapies not currently available by prescription, for people with memory conditions. Taking action today may lead to tomorrow's answers!

Do you, or someone you care about, experience any of the following?

- Asking Repeated Questions
- Forgetting to take medications
- Struggling for common words
- Difficulty with driving directions
- Unable to recall short-term events

Mild Cognitive Impairment (MCI) is a condition in which a person has a problem with memory, language, or another mental function severe enough to be noticeable to other people and to show up on tests, but not serious enough to interfere with daily life. Currently, there is no FDA-approved drug therapy for MCI.

MCI is an area of scientific research that is receiving a significant amount of clinical attention. Along with measurable memory tests, scientists are utilizing cerebrospinal fluid (CSF) biomarkers to help identify those with MCI.

An exciting clinical trial opportunity sponsored by Bristol-Myers Squibb is now enrolling adults with Memory Impairment. If you have memory loss or mild cognitive impairment (MCI) and are between the ages of 45 to 90, you may be eligible to participate in a global research study. The purpose of this study is to evaluate an investigational medication as a future potential treatment.

Volunteers may receive study-related:

- Research Medication
- Laboratory Testing
- Medical Care
- Cognitive Testing

For more information, call **Nicole Stoicea** at **614-293-9023**.



## Caring For You

### CARE CONSULTATIONS

**Delaware County**, June 10, 2010, 1-3 p.m. Delaware County Senior Center, 800 Cheshire Road, Delaware, Ohio 43015

**Fayette County**, June 1, 2010, 4-5 p.m. Commission on Aging, 1179 S. Elm Street, Washington Court House, Ohio 43160

**Licking County**, May 27, 2010, 12 – 3 p.m. Zerger Hall Senior Center, 725 E. Main Street, Newark, Ohio 43055

**Pickaway County**, May 25, 2010, 12:30 – 1:30 p.m. Berger Hospital, Community Room 101, 600 North Pickaway St, Circleville, Ohio 43113

**Call the Alzheimer's Association**, Central Ohio Chapter at **800-272-3900** to make an appointment at any of these clinics.

### Licking County

#### CAREGIVING 101\*

**Friday, May 21, 2010**

Where: Zerger Hall Senior Center, 745 E. Main Street, Newark

#### Agenda

- 8:00 – 8:30 a.m. Registration & Continental Breakfast
- 8:30 - 8:45 a.m. Welcome & Introduction
- 8:45 - 9:45 a.m. Introduction to Alzheimer's Disease, Anne Bare, RN
- 9:45 - 10:00 a.m. Break
- 10:00-11:00 a.m. Treatments for Alzheimer's & Working Effectively with your Physician, Dr. John Weigand
- 11:00-12:00 p.m. Safety & Communication Techniques, Marty Cameron, OTR/L

**To register** please contact **Jeff Watson** at 614-457-6003 or 800-272-3900 or [jwatson@alz.org](mailto:jwatson@alz.org). For additional information visit [www.alz.org/centralohio](http://www.alz.org/centralohio).

Caregiving 101 is a free educational program designed to assist families and caregivers in understanding the diagnosis of Alzheimer's (or dementia) and planning for the future.

*\*This program is made possible by a grant from the Licking County Foundation.*

### 2010 CHAPTER LECTURE SERIES

**Wednesday, July 7, 2010**

**"Taking Care of Ourselves as we Care for Others"**  
by Judy Fasone RN, BSN

Location: Carries Café, 670 Harmon Ave., Columbus  
Time: Lunch at 11:30, Program at 11:45  
Cost: \$5 for Lunch, Lecture and Respite

**To register call 614-457-6003**. For additional information visit [www.alz.org/centralohio](http://www.alz.org/centralohio).



advancing research, enhancing support

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



On **Thursday, May 20, 2010 at 8:11 a.m. on CBS Early Show** you can view a day in the life of our very own advocates Eugene and Carol Field.



The Early Show interviewing Carol and her father-in-law John. R. Fields

## Upcoming 2010 Walks

Join us for a Memory Walk near you!

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

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

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

**Saturday, November 13, 2010**  
Marion County  
Marion Centre  
[www.memorywalk2010.kintera.org/marion](http://www.memorywalk2010.kintera.org/marion)



For more information contact the Alzheimer's Association, Central Ohio Chapter at (614) 457-6003 or contact [jsega@alz.org](mailto:jsega@alz.org).

## 2010 Board of Directors

Central Ohio Chapter

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