

# ALZHEIMER'S Outlook

Central Ohio Chapter  
Spring 2011  
[www.alz.org/centralohio](http://www.alz.org/centralohio)

**What Every Family Member Should Know**

**Columbus WALK to End Alzheimer's**

**Meet Bishop Eugene Lundy**

Suffragan Bishop Dr. Eugene Lundy, Pastor of the Church of Christ of the Apostolic Faith

**2011 Memory Day**

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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 Read Bishop Lundy's story on page 4.

# What Every Family Member Should Know About Respite Care

by Kenneth Strong, Executive Director



**Kenneth Strong**  
Executive Director  
Kenneth.Strong@alz.org

Caring for an elderly spouse or parent is demanding, physically, financially and emotionally. Caregiving also creates a tremendous strain on families bringing up young families while caring for aging parents especially for the primary caregiver, usually the adult daughter. Using Respite Care you'll never have to go it alone.

Close to eighty percent of all long term care is provided at home by family members who take great pride in providing care to their loved one.

But at what cost.....

The national Family Caregivers Association reported caregivers had twenty-seven more headaches, twenty-four percent reported more stomach disorders, forty-one percent more back pain, fifty-one percent more sleeplessness and sixty-one percent, reported more depression.

On the other hand.....

Sixty-four percent of caregivers of the elderly receive four hours of Respite Care per week, after one year, reported improved physical health. Seventy-eight percent reported improved emotional health and fifty percent reported improvement in the elderly family members health. Respite Care provides the needed temporary break from the exhausting challenges and demands faced by the family caregiver.

There are five important life skills required to begin the assessment of a great Respite Care provider. They are skills you already have. Everyone knows what clean looks and smells like. Everyone knows what good food looks, smells and tastes like. Everyone knows how friendly, courteous, and caring people act.

When you visit with a Respite Care provider use all five senses, sight, hearing, touch, smell and taste. Don't forget your sixth sense, your gut feeling or instinct. You should walk away from your visit saying, "I like this place or that provider, I believe my loved one would be happy and well cared for here or with that provider." Please make sure your loved one participates in the decision as much as possible.

After each interview or visit write down your impressions about each Respite Care provider visited. Narrow your list down to three and compare your observations to the provider's brochures. Give each provider a score of one to ten best score wins.

Now this may seem like a lot of information to take in, but it's not. You use your observation skills in every situation you encounter on a daily basis. If you have sight you are observing. You may not always be aware of it, but you are.

Finally use your natural observation skills and trust your instinct. Above all ask questions don't take anything for granted.

A handwritten signature in black ink, appearing to read "Kenneth Strong". The signature is fluid and cursive.

## Why We Advocate...



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

Progress at the national level continues. As an advocate we should feel good that the National Alzheimer's Project Act (NAPA) is now the law of the land. NAPA sets in motion the development of a national plan to deal with – Alzheimer's disease and dementia -- one of the most significant health threats facing our nation today.

Time is not on our side. Our job – as advocates – must continue. We have a law, now we must have an implementation plan. One that should include a strong commitment to finding the treatment and cures for Alzheimer's. Every member of the 112th Congress needs to understand the urgency of our issue. We must remind them that their work is not done. And it's easy to give them the message.

Here's the three step process:

1. Go to [www.actionalz.org](http://www.actionalz.org)
2. Click on **SPEAK OUT** located on the top bar.
3. On the right side of this page, click on **Write Congress**.

Progress in Ohio shows some promise. But at this writing it's too soon to tell. At the present we are concerned with The State's Fiscal Year 2012-2013 budget and its implications.

## New Program Coming to Columbus

The Columbus Museum of Art (CMA); The Alzheimer's Association, Central Ohio chapter; and AWARE, the newly-formed Alzheimer's Women's Association to Reach and Engage, are excited to announce a new CMA tour experience for persons affected by memory loss, their caregivers and families.

Plans are underway for a September start date. If you are interested in volunteering to help with the development and implementation of this exciting project, please contact Pam Liebert at [pliebert@columbus.rr.com](mailto:pliebert@columbus.rr.com) or Gail Thomas at [gthomas@alz.org](mailto:gthomas@alz.org).



"I'm so excited to begin a partnership between the Museum and the Alzheimer's Association. I think it will be incredibly valuable for everyone involved. Interacting with art can spark very powerful experiences. I look forward to facilitating those experiences for individuals whose lives have been affected by Alzheimer's."

- Nannette V. Maciejunes,  
Executive Director, Columbus Museum of Art

## Columbus Walk to End Alzheimer's

### Local Presenting Sponsor:



The Alzheimer's Association, Central Ohio Chapter is proud to announce that Preferred Planning Services in New Albany, Ohio, is the 2011 Local Presenting Sponsor for the Columbus Walk to End Alzheimer's.

Preferred Planning Services is a financial planning firm that specializes in assisting seniors with preserving their assets as they age and face changing health needs.

The company was created nearly 20 years ago to provide seniors with opportunity to receive quality, timely information about managing and protecting their assets from the devastating costs of their long term care needs. Preferred Planning Services specializes in Medicaid rules, VA qualification criteria and care planning strategies.

"Over the years, I have worked with many families that have loved ones with Alzheimer's disease. I've been surprised by how few seek help. They don't realize the support network that is available to them through the Alzheimer's Association. This disease has personally affected my family, as it has so many others, and I thought by getting involved I could help raise awareness," said Jim Zifer, President of Preferred Planning Services.



**Jim Zifer**

# Meet Bishop Eugene Lundy

By Gail Thomas

Suffragan Bishop Dr. Eugene Lundy, Pastor of the Church of Christ of the Apostolic Faith, sees the struggle families have caring for their loved ones – regardless of the diagnosed illness – and he knows that he must help them. Bishop Lundy knows no other way. “As we prepare to experience the largest number of people over 60 years of age, we must do two things: educate and understand. I want to help people manage their crises and I want to know that better treatments and cures will be worked on. That’s why shedding the light on dementia disease is critical.”

When he was just 7 years old Bishop Lundy noticed that those who entered the neighborhood doctors’ office appeared to be a changed person upon leaving. Sad and worry seemed to disappear from their faces. Then and there he knew he wanted to be one who could change the hurt into hope. It was during his high school years he knew he had to become a doctor. And so began the journey that would see him succeed as a doctor, business man, and a man of God.

It was as a doctor, often in an emergency room setting, he had a revealing experience. A young woman was admitted after a suicide attempt. He cleaned the wounds, sutured, stapled and began covering the injury. His patient grabbed a scalpel and tried to slash her wrists again. The patient was triaged to the psych ward. And now he was on a mission to learn more about human behavior and treatments. He needed to know what role he could play in making sad become less sad.

During his studies at divinity school, he assumed pastoral responsibilities while maintaining his medical practice. Then his sister observed that their mother was having some troubling memory loss issues. Their beautiful, independent, energetic mother seems completely unaware of what was happening.



She becomes forgetful, then more forgetful. There were times when driving she didn’t know where she was or how she got there. She never realized the seriousness of her “mishaps” even after her diagnosis of Alzheimer’s. And few realized – or acknowledged – the stress her family experienced.

“There was one gift I could give her,” said Bishop Lundy, “and that was bringing her to church where she came alive, singing hymns and feeling the joy of being in the moment. We all learned something during those moments. We learned to look beyond the behaviors of those affected by dementia disease. We learned that we have the opportunity – and the responsibility -- to work to demystify the many myths associated with having a dementia disease.”

He has retired from his medical practice, but not from medicine. He teaches, consults and lectures. He gave a powerful “learning moment” at a recent Alzheimer’s Association event. He is a strong, passionate advocate using his voice to help raise Alzheimer’s and dementia disease to a level of priority – in medicine, research, treatment and caregiver care – in public policy. He wants to turn the hurt into hope.

## What are the types of Respite Care?

- In home care is provided with the support of companion services, homemaker services, personal care or skilled care to give medication, treatments and supervise activities.
- Residential care is provided in an Assisted Living Community or in a Skilled Nursing Facility. The length of stay may be from a few days to a full year.
- Adult Day Care provides assistance during the day so you can go to work, run errands, visit friends or just relax. Staff led activities. Transportation and meals are often provided.

## Understanding the reality, Alzheimer’s disease is:

- Responsible for \$183 billion in annual costs in the United States
- The sixth-leading cause of death in America
- Not limited to the elderly, with people in their 30s, 40s and 50s developing the disease
- Currently affecting an estimated 5.4 million Americans, resulting in nearly 15 million Alzheimer’s and dementia caregivers who provide \$202 billion in unpaid care for their loved ones
- A disease someone in America develops every 69 seconds, by mid-century someone will develop Alzheimer’s every 33 seconds

# have fun do Good end alzheimer's

benefiting the alzheimer's association

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).

Contact us for information on these events:

**July 9 :** Meet Joe Black Poker Run

**July 21-24:** Nationwide Children's Hospital Invitational

**August 13:** Sand Volleyball Tournament

**August 26:** Rotaract Club Casino Night



You can join the Alzheimer's Association ALZ Stars and participate in the 2011 Columbus Marathon (26.2 miles) or 1/2 Marathon (13.1 miles) on Sunday, October 16, 2011.

ALZ Stars is an unique and exciting way to raise funds for the Alzheimer's Association while participating in an endurance running or walking event. Participants receive training and fundraising support and a memorable race-day experience. For more information contact Greg Winslow at (614) 442-2011 or [gwinslow@alz.org](mailto:gwinslow@alz.org).

**Join Your Team**  
For a women's flag football game

**Saturday, July 30, 2011**  
D1 Sports Training

[www.bvbcolumbus.com](http://www.bvbcolumbus.com)  
or call Laurie at (859) 576-6949

presented by



William Streetman

Terry Streetman

## “Cut for a Cause” *Why I walk to end Alzheimer's*

By Terry Streetman, Team Captain of Team Streetman

In 2005 my grandfather, William J. Streetman passed away from complications of Alzheimer's disease. He suffered from the disease for many years before losing his battle. The disease took him from being a former fighter pilot and head of design staff at General Motors to being someone who had trouble functioning on his own. It was a very painful progression to watch, and since his diagnosis my family has been active in supporting the Alzheimer's Association and related causes.

Our mission took on an even bigger significance in recent years because my grandmother Thelma, who was the primary caregiver for my grandfather during his struggle, passed away from complications of a stroke. We now dedicate our walk and fundraising efforts to their memories.

In 2007 we raised over \$1,400 and were the second highest contributing family in the walk. We immediately decided to aim higher for 2008 and set our goal at a lofty \$10,000. We fell short, but not discouraged. In 2009 we had a good year, but didn't reach \$10,000. Last year was our best year ever thanks in part to the more than \$800 raised through the “Cut for a Cause” fundraiser, our total of \$4,625 was enough to earn us the “Most Money Raised – Team” award.

The 2011 “Cut for a Cause” fundraiser officially kicked off in January and will end on Friday, June 17, the day before the Columbus Walk to End Alzheimer's. You can join Cut for a Cause online at <http://2011walktoendalz.kintera.org/columbus>. Make a donation and vote for one of five hairstyles. At the end of the donation period, the haircut with the most designated money donated will be declared “the winner” and I will wear my new hair style to the Walk to End Alzheimer's.

We're still shooting for \$10,000.

## Leave a Legacy

In a true testament of the value of the work of the Alzheimer's Association, the Central Ohio Chapter recently received a bequest in the amount of \$99,984 for ongoing support of our programs and services. The donor's wishes were to remain anonymous, but their commitment to the cause was evident through their thoughtful planning of including the Alzheimer's Association in their will and estate plans.

Making a charitable bequest (i.e., giving assets to the Alzheimer's Association through a will) is the simplest way to make a planned gift. You can specify in your will the amount or percentage of assets that are to pass to the Alzheimer's Association. Your estate will receive an estate tax deduction for the bequest. There is no limit on the amount of the charitable gift made by bequest or on the amount that can be deducted for estate tax purposes.

As an alternative to a specific dollar amount or percentage bequest, you may wish to designate the Alzheimer's Association as the "residual beneficiary" of the estate. After children, friends and others have received specific bequests, the endowment fund as a "residual beneficiary" will receive what is left in the estate.

To be sure that you have an enforceable will that accomplishes your objectives, you are encouraged to work with an experienced estate planning attorney. If you have included the Alzheimer's Association in your estate plans, please notify us to be recognized in the Founders Society and receive regular updates from the Alzheimer's Association.



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

For sample bequest language or to be enrolled in the Founders Society, please contact Greg Winslow, Director of Development at (614) 457-6003 or [gwinslow@alz.org](mailto:gwinslow@alz.org).

## 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 \_\_\_\_\_

## Going the Extra Mile

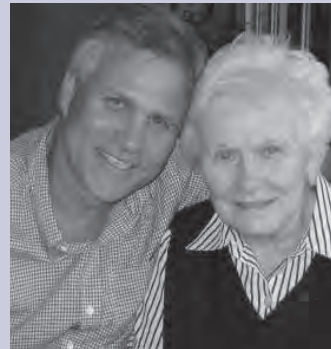
By Charlie Smith

When I see Ellie's piercing blue eyes and polite little smile I still see the beautiful woman who helped shape and guide my life. But at the same time I watch helplessly as my mother's personality and spirit disappear. She cannot remember me or anyone else much of the time and her memories of her life and our family seemed to have been taken from her. While she remains with us physically, her mind is a prisoner

of another world. Hidden but not destroyed.

So to help my mother Ellie and all of the other mothers and fathers who are battling Alzheimer's I decided to raise money for the Alzheimer's Association. Like many others I want to do something meaningful to help fight this terrible disease and all the suffering and sorrow it brings. I want my mother's memories to return.

Over a three week period in May I will run three half marathons in three different cities to raise money for the Alzheimer's Association. I am asking my friends and colleagues to support me in this worthy cause by donating to the Alzheimer's Association and ask you to consider making a gift or participating in an endurance event.



*Your opportunity to let Ohio's Senators and Representatives know how Alzheimer's disease and dementia affects their constituents.*

## 2011 MEMORY DAY

at the Statehouse

Thursday, JUNE 9, 2011

9:00am to 3:30pm

Luncheon & Program

11:30am to 12:30pm

Statehouse Atrium, Downtown Columbus

**Deadline to register: TUESDAY, MAY 25, 2011.**

Contact: Gail Thomas, 614-457-6003 or [gthomas@alz.org](mailto:gthomas@alz.org)

**Note:** This event replaces the cancelled March 29th Memory Day.

## Connecting Health Professionals to Local Resources...



One of the greatest challenges physicians and health professionals face is responding to the patient and the patient's family diagnosed with Alzheimer's or related dementias. They need to know how to help the family manage a future filled with escalating health, behavior

and other challenges. They need to know what resources are available locally and how to connect the patient to those resources.

### Medical and Professional Advisory Committee (MPAC)

The Alzheimer's Association Central Ohio's Medical & Professional Advisory Committee (MPAC) members are from the medical, health or science fields with an interest in Alzheimer's disease, other dementias and caregiving.

"The number of persons diagnosed with a form of dementia is growing at an alarming rate," said Committee Chair John Burkhardt, M.D. "We must find ways to make the journey of caring for one diagnosed with dementia – the patient and their medical, health care and family provider team – as seamless and responsive as possible."

Over the past 12 months, the MPAC's work plan has evolved into the following components: peer education, hosting educational seminar or lecture programs,

increasing awareness among students about careers in geriatrics, and releasing timely information on Alzheimer's research, care and support and caregiving.

According to Central Ohio Chapter's Program Director Mari Dannhauer, MSW, LSW, the progress we have made is heartening. "We not only have a plan and an implementation strategy, we've recently received funding from the Cardinal Health Foundation to produce a patient-friendly informational tool kit prominently placed in the physician's waiting and exam rooms making it easy for patients to take home.

We are encouraged to share ideas and options that can "open more doors" as the committee works to achieve a seamless and responsive journey for everyone impacted by Alzheimer's and related dementias.

Contact:

**Dr. John Burkhardt**

614-459-0540 | [jburkha2@columbus.rr.com](mailto:jburkha2@columbus.rr.com)

**Mari Dannhauer**

614-457-6003 | [mdannhauer@alz.org](mailto:mdannhauer@alz.org)

## You're Not Alone

### Why joining a support group could be just what you need

Alzheimer's disease and other forms of dementia can cause upheaval in the lives of those that the condition affects. Often, caregivers become overwhelmed with the challenges of caring for a loved one suffering from dementia, especially when facing the challenge alone. Alzheimer's support groups, like the many offered by the Alzheimer's Association, are powerful tools that can help caregivers through the trials of the disease while providing a community of support.

The purpose of a support group is to allow caregivers, family and friends an opportunity to communicate with others that may be going through similar issues concerning their loved ones with dementia. It is often helpful to be surrounded by a community

facing similar situations as they can provide helpful guidance and support.

Support groups are led by experienced facilitators who offer tips and information for those in the group. Having an experienced leader and being among an engaged community can be very encouraging and useful when it is time to think about issues such as driving, assisted living, or other concerns.

A support group provides information about the disease caregivers are facing and can answer questions about what to expect as it progresses. A support group is able to help caregivers face the disease more competently by helping to eliminate some of the mystery around Alzheimer's and other forms of dementia. Caregivers are then better able to provide good and proper care to their loved ones.



For more information on support groups please contact us at: **614-457-6003** or **1-800-272-3900**, or visit [www.alz.org/centralohio](http://www.alz.org/centralohio)

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Columbus, Ohio 43221  
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A Special **THANKS** goes to Dr. Catherine Bishop, Adena Senior Health, for serving as the Honorary Chair of the **2011 Chillicothe Walk to End Alzheimer's**. And to our sponsors --



- Traditions of Chillicothe
- Chillicothe Nursing and Rehabilitation Center
- Westmoreland Place
- Valleyview Care Center
- InCare Adult Day Health Services
- Glatfelter
- WQLZ Mix 106.5FM
- Joel Gerber Insurance Agency
- Chillicothe VA Medical Center

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## 2011 WALK TO END ALZHEIMER'S

Start a Team. Walk with us.

**Columbus Walk**  
Saturday, June 18, 2011

**Circleville Walk**  
September 8, 2011

**Delaware Walk**  
November 5, 2011

**Marion Walk**  
Saturday, November 12, 2011

**Alzheimer's Association**  
Central Ohio Chapter  
3380 Tremont Road  
Columbus, Ohio 43221  
[www.alz.org/centralohio](http://www.alz.org/centralohio)

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**Delaware County Office:**  
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