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GOVERNMENT ACTION BEGINS

National Alzheimer's Project Act (NAPA) Advisory Council Holds First Meeting



The Advisory Council on Alzheimer's Research, Care and Services held its first meeting on September 27th. The Advisory Council, created by NAPA, is charged with advising the Secretary of Health and Human Services on the development of a national strategy to address Alzheimer's disease. Harry Johns, president and CEO of the Alzheimer's Association, is a member of the Advisory Council.

The Secretary of Health and Human Services will create the national plan and provide a draft to Advisory Council members by December. In January, the Advisory Council will meet to discuss the initial draft.

For more information about the Advisory Council's meeting visit www.alz.org/napa.



Kenneth Strong
Executive Director
kenneth.strong@alz.org

Thank you!

I'm happy to say our Open House was a success. It was wonderful to see so many friends stop by to visit, learn and tour our new location.

Why is it always surprising to hear "why don't more people know of our resources?" To those asking the question and others, our answer remains...they will if you tell them about us. That's how you can help us...please speak up when conversations involve "living with Alzheimer's or another dementia."

Missed our Open House? Stop by any week day between 9 & 5
1379 Dublin Rd. Columbus 43215

Meet the Ward sisters

When Kathryn McMains passed away in June, Christa, right, and Stephanie Ward, left, lost their grandmother. They lost the woman who lived next door while they were growing up and the woman who had been living with Alzheimer's disease for 10 years.

"The memorial service was sad, but it was also kind of happy," Stephanie recalled. "It was nice to have the family all together to remember her. And comforting to be reminded that while Alzheimer's claimed her life it had not always been so."



The sisters wanted to fight back and give back. They decided to raise money and awareness

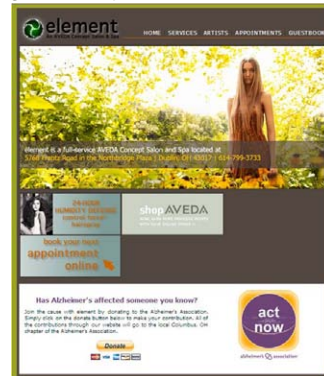
through their hair salon, Element. Between on-line donations through their website and in-store donations, Christa and Stephanie raised \$500 in honor of September's World Alzheimer's Month, which the Alzheimer's Association matched. They also filled their salon with facts about Alzheimer's disease, stickers and informational handouts.

"My grandma taught me to bake pies," Christa said. "I can't bake anything else, but I can make a really great pie! By the end, though, she often thought I was my mom. Her mind had gone back in time. The scary thing is that could be me – or my mom or sister – some day.

We know that there are things to eat --or things to do -- right now that might make a difference. We've learned that taking care of the brain is just as important as taking care of your heart. People need to know those things. They need to know about the 10 warning signs. They need to know where to go for help. For our part, we will use our means – our shop – to help educate others. It's that important. And we hope our efforts can help another family."

You can join Christa and Stephanie in the fight against Alzheimer's. To find out how, check out their website: www.elementofdublin.com

To find out more about maintaining brain health [click here >](#)



Third Party Events are fundraisers organized by individuals who want to connect others to the cause. The Alzheimer's Association has supporting materials and web resources to help. Visit www.actionalz.org/ for more information or contact the Central Ohio Chapter at 614-457-6003.

Support Group Leader Spotlight

Ardith Nolte

Leader, Upper Arlington Support Group

Ardith Nolte began her volunteer service with the Alzheimer's Association when a member of her church was interested in a support group for caregivers. The member expressed her wishes to the Health and Wellness team of which Ardith is a member. She volunteered to become a Support Group Leader approximately 3 years ago. She has no one in her family who has this disease, but as a registered nurse has cared for patients with dementia. She has a lot of compassion for the families and their loved one with the disease. Many heartfelt thanks for Ardith for her ongoing dedication and service to families affected by dementia. Our work would not be possible without you!



Upper Arlington Support Group meets on the 4th Thursday of the month at 10:00 AM
Riverside United Methodist Church, 2701 Zollinger Rd.
Contact: Ardith Nolte 614-457-1627

Want to Join a Support Group?

Contact: Colleen Monjot at 614-457-6003 or cmonjot@alz.org

2011 October Guest Column

Money from the VA for heroes and their widows

By Jim Zifer

The Veteran's Administration has a wonderful program that provides monthly assistance in the way of a pension that veterans and/or their widows may qualify to receive. The pension can range from \$1,056 per month for widows all the way up to \$1,949 per month for the veteran. The monthly pension is tax-free and is paid directly to the individual.

This pension is available to pay for, and/or their widow's, in-home care, assisted living expenses, or nursing home expenses. The veteran may choose any caregiver or facility. The caregivers at home can even be family, and they are not required to have a medical background. There are no other assistance programs that we are aware of that provides the magnitude of flexibility as this V.A. program.

The qualifications for this program consist of four main criteria:

1. A Health Standard
2. Service Time
3. Income vs. Monthly Recurring Medical Expenses
4. Asset Standards

Many clients have contacted the V.A. on their own and have been led to believe that they do not qualify for assistance. Proper planning is generally required to meet all of the qualification standards. We have assisted many families that thought they could not qualify and helped them arrange their affairs so that they do qualify.

The qualification process can be quite elaborate but just to give a little additional information the service times are as follows:

WWII : 12/7/41 thru 12/31/46 | Korean War: 6/27/50 thru 1/31/55
Vietnam War: 2/28/61 thru 5/7/75

The veteran is required to have served at least one day in any of these windows and must have a minimum of 90 days of active duty with an honorable discharge. The veteran's service may have been state side in most cases.

If you are a veteran or the widow of a veteran or the caregiver of a veteran, you or your loved one are probably able to qualify for these benefits with careful planning. When planning for the V.A. benefits extra caution must be taken so that you do not create a problem with nursing home planning. Many times the two programs conflict with one another. I believe our staff is the most highly trained to design plans that fit well within the scope of both programs.

If you have questions or have applied to the VA and been turned down, please feel free to contact me personally. I would be happy to help you answer any questions. You may contact me at 614-855-5700.

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

Interested in writing a guest column?

On a rotating basis we will be publishing articles of general interest to our readers. If you would like to submit an article for our review please contact Gail Thomas at gail.thomas@alz.org



You can still participate in Walk to End Alzheimer's!

Delaware - Saturday, November 5, 2011 -

Polaris Fashion Place <http://www.2011walktoendalz.kintera.org/delawareMarion>

Marion - Saturday, November 12, 2011 - Marion Centre Mall

www.2011walktoendalz.kintera.org/marion



Support the Alzheimer's Association
with an evening of:

- Live entertainment and a variety show of people you know
- Specialty cocktails and gourmet foods • Spectacular live and silent auctions • The Great Grape Gamble wine auction
- Dancing to Arnett Howard & Friends

Chairpersons: Joanie Johnson & Jim Keim
Emcee: Andrea Cambern, WBNS 10TV
When: 11/11/11 (that's easy) | 7:00 p.m.
Where: Hyatt Regency Columbus | Regency Ballroom | 350 N. High St.
Contact: Suzy Rudolph at 614-457-6003 or
srudolph@alz.org to reserve your seats now.

Auction trips include: A Napa Dream Escape; one week stay at a Deer Valley Condominium; three-day trip to NYC, with tickets to a Yankees game; and more...

"I Want to Go Home: A Journey Through Alzheimer's"

Stay tuned to WCMH/NBC4 for this year's Alzheimer's Special
"I Want to go Home: A Journey Through Alzheimer's"
hosted by Colleen Marshall.

Wednesday, November 30, 2011

7:00p.m - 8:00 p.m.

A NBC4 Call 4 Phone Bank will also be open during the documentary, available to answer questions in the community about Alzheimer's disease.



THANK YOU

Washington Court House Walk to End Alzheimer's

Thank you to Honorary Co-Chairs Brian Cook and Marcia Cook and to our sponsors Sollars Farms, Court House Manor, St. Catherine's Manor of Washington Court House, Fayette County Memorial Hospital, Caretenders VNA, Carriage Court of Washington Court House and Parrett Insurance. We would like also like to recognize and congratulate the Top Fundraising Teams – Remembering Ralph and St. Catherine's Manor.

THANK YOU

Pickaway County Walk to End Alzheimer's

Thank you to our sponsors Berger Health System, Health Care Logistics, The Savings Bank and the Circleville Herald. We would also like to recognize the Top Fundraising Teams - Pickaway County Senior Center and PMW Bandannas - and the Top Fundraising Companies - Health Care Logistics and Berger Health System.

Lunch & Learn Series

A monthly lunch and lecture series for caregivers and families with memory loss.
Ethics and Advance Directives
with April McMillan, MSW, LSW

November 4

Lunch: 11:30 a.m. | Lecture begins: 11:45 | Broad Street Presbyterian Church
760 East Broad St. | Columbus 43205
Cost: \$5 (includes lunch, lecture and respite), \$15 for professionals requiring CEUs
For more information call 614-457-6003 or go to www.alz.org/centralohio

Caregiving 201

November 9 & 16

AWARE Annual Meeting
September 20

Over the past year the woman's



A two session series designed to assist families and caregivers coping with the middle to late stages of dementia.

10:00 a.m. to 2:00 p.m.
Alzheimer's Association Office
1379 Dublin Rd.
Columbus 43215

Cost: \$35 for the first attendee
\$5 for each additional family member.

Lunch will be provided.
Reservations Required
For more information or to register please call 614-457-6003.

Marion County Caregiving 201

October 25

1:00 p.m. to 4:00 p.m.
Marion County Council on Aging
125 Executive Dr., Suite 102
Marion 43302

Cost: Free
Reservations Required
For more information or to register call Allison Gibson at 740-363-1365 or email agibson@alz.org.

Delaware County Education Reminder

Providing Meaningful Activities for Loved Ones with Memory Impairment

October 19th

3:00 p.m.
Country View of Sunbury
14961 N. Old 3-C Highway
Sunbury, 43074

Presentation is free of charge and in lieu of monthly support group meeting.
For more information call 740-363-1365

Union County Education Reminder

Hospitalizations

group AWARE has raised money, more than \$33,000, increased membership, over 35 new members, and sponsored the furnishing of several rooms of the new office location.

Check us out at: www.weareaware.org

Interested in joining AWARE?

Contact: Gloria Groat at fujimo3us@yahoo.com.

Meet the new interns...

Bethany Watson
Delaware County Social Work Intern



Bethany is an OSU social work student finishing her final year of her bachelor's degree. Bethany has experience working in a nursing home, and that's where she first became interested in working with families who had been affected by Alzheimer's disease. She hopes to learn more about the supporting family members who are caring for a loved one with dementia. Bethany will be with the Delaware office of the Alzheimer's Association until May 2011.

Rebecca Jones
Social Work Intern

Rebecca is an OSU social work student finishing her final year of her Master's of Social Work degree. Rebecca has experience working in a nursing home. She hopes to learn more about the supporting family members who are caring for a loved one with dementia. She is also interested in learning how to connect families to resources in the community. Rebecca will be with the Central Ohio office until June 2011.

Our 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.

Our Vision A World without Alzheimer's

Alzheimer's Association Central Ohio Chapter

1379 Dublin Road
Columbus, OH 43215
Main office: 614-457-6003
Delaware: 740-363-1365
1-800-272-3900
www.alz.org/centralohio

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

Helpline is available 24/7 at 1-800-272-3900

October 13th

4:00 p.m. - 5:00 p.m.
The Gable at Green Pastures
390 Gables Dr.
Marysville, 43040

Cost: Free
Reservations Required
For more information or to
register call Marisa Kress at
800-272-3900 or email
marisa.kress@alz.org.

Join us on

