

## Chapter Honors Outstanding Volunteers for Service

The Alzheimer's Association of Greater Cincinnati thanked its supporters while honoring four individuals with special awards of recognition at the 2010 Chapter Leadership Breakfast at the Hyde Park Country Club in November.



From left, Cris Suesz, Carol and Roger Rosenthal and Jerome Gabis

An audience of nearly 130 volunteers, donors and sponsors enjoyed a breakfast and awards program recognizing the many contributions made by volunteers and supporters to the Greater Cincinnati Chapter during the

past year. Approximately 300 volunteers contributed more than 4,500 hours of service to the Greater Cincinnati Chapter in 2010.

"The generous donation of time, effort and treasure from all our volunteers, donors and sponsors enables our chapter to better serve the thousands of families in the Tri-state area who are affected by Alzheimer's disease," said Chapter Board President Nancy Graeter. "We are truly grateful for their generous support."

Roger and Carol Rosenthal received the Presidents Award - the chapter's highest honor - for their work and support of the Chapter. In addition to serving as facilitators for a Family Support Group in Montgomery for the past five years, they have also been long-time donors. Mrs. Rosenthal has also been instrumental in helping plan a number of special events, including the annual Art of Making Memories benefit.

The Chapter also honored Jerome Gabis and Cris and Joe Suesz for their outstanding contributions to the chapter.

Cris and Joe Suesz of Burlington, Ky. were presented the John Horn "Roll Up Your Sleeves" Memorial Award for creating the "Cherish the Memories" Valentine's Dance. The annual dance originated as an event to honor the memory of Mrs. Suesz's father, Charles McQueen, who died from Alzheimer's disease. To date, the dance has raised more than \$40,000 for the Greater Cincinnati Chapter.

Jerome Gabis of Cincinnati was presented the Elizabeth Bolles Outstanding Service Award for his long-time work as a Family Support Group facilitator. For nearly 15 years, Mr. Gabis served as a facilitator, both at Mt. Airy - Mercy Hospital and Otterbein Retirement Community.

"Jerome has been a true friend to our chapter" said Chapter Executive Director Clarissa Rentz, who presented the award. "His work has touched the lives of many, many people over the years."

## A New And Exciting Beginning In A Very Familiar Place

By Paula Kollstedt  
 Executive Director

New beginnings -- they're always exciting. And, OK...sometimes a bit daunting.

Whether we're moving to a new city, buying a new house, or -- as I was eight weeks ago, beginning a new job as executive director of the Greater Cincinnati Alzheimer's Association -- expectations are high, the adrenalin is flowing and, while there is that element of the unknown, we can't wait to start.

New beginnings bring new challenges and opportunities -- and when it comes to fulfilling our vision of a world without Alzheimer's -- challenges and opportunities abound.

We battle an illness that is one of the single greatest threats to health today -- an incurable brain disease that steals memory, judgment and identity, is the sixth leading cause of death in the U.S. -- the fifth for those over 65 -- and unless something is done soon, will affect an estimated 16 million by 2050.

Whether you are a person affected by Alzheimer's or another dementia; a family member, friend or caregiver walking the road with someone battling this disease; have lost someone to Alzheimer's; or are working to find a cure -- you are our inspiration.

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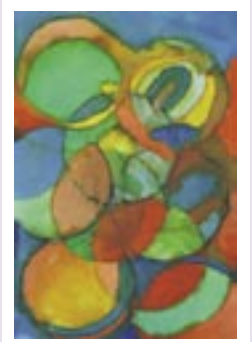


Clarissa Rentz and Paula Kollstedt

## Art of Making Memories Drawing Support

The Alzheimer's Association Art of Making Memories Benefit returns to the Taft Museum of Art in Cincinnati on Thursday, May 5.

Inspired by the Alzheimer's Association's Memories in the Making® art program, the event will feature the paintings of individuals in the early to middle stages of Alzheimer's disease or other dementing illnesses. Last year's fundraiser attracted more than 300 guests while raising \$93,000 for the Alzheimer's Association of Greater Cincinnati.



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alzheimer's association

Greater Cincinnati Chapter  
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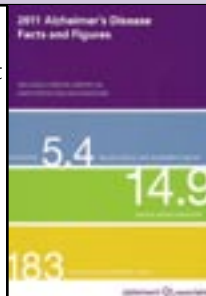
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Cornerstone is the official newsletter of the Alzheimer's Association of Greater Cincinnati. Comments or questions should be directed to Steve Olding at (513) 721-4284, ext. 121 or steve.olding@alz.org.

## A New Beginning

*Continued from page 1*

There are millions of reasons to join the fight against Alzheimer's. My reason is Steve. He's handsome, funny and smart – a career GE Aviation engineer who flew helicopters in Vietnam and then for 25 years in the Ohio National Guard. He is also my husband, best friend and the father of our four wonderful children. Steve was diagnosed with early-onset AD when he was just past 50, and has heroically battled this disease for more than a decade.

Before joining the Alzheimer's Association, I worked at GE too. During my 20-plus years there, I was privileged to have leadership opportunities in communications, public and community relations at a great global company. At GE we create leading-edge processes that result in highest-quality products, take big swings toward achieving critical goals and step up to solve some of the world's toughest problems.

No wonder I feel at home at the Alzheimer's Association. This organization is dedicated to achieving progress where others find hopelessness and will settle for nothing less than the finest processes and programs for its customers. I come to this job a very satisfied customer. The incredible staff at the Greater Cincinnati Chapter has been there for me and my family from the beginning – as they are for all families affected by Alzheimer's across the 27 tri-state counties we serve.

Steve and I, like many faced with this disease, were stunned by the diagnosis. In our case there was no family history and he was so young. But even more than that, the doctor told us, except for follow-up visits and a limited choice of drugs, there was little he could do.

"There is nothing else? Nothing?" I remember asking.

After a pause, the doctor said "Why don't you call the Alzheimer's Association."

It was good advice.

Clarissa Rentz was the first person I spoke to when I called the association several weeks later. That call opened the door to years of outstanding clinically-based education programs, critical legal and financial planning advice, and trusted friends who have been invaluable on this long, treacherous journey.

Clarissa, our chapter's retiring executive director, agreed to stay on during my first three months. Her tremendous capabilities and knowledge after 16 years at the association and as master's-level nurse, have been a gift beyond measure.

Clarissa and our chapter's incredible board, staff and volunteers, have provided a world-class orientation. It's been exciting to learn about the rigor of this organization and to know its great people and processes from the inside out, after having experienced so many of its programs as a caregiver.

During the last few weeks I've also been honored to meet a number of our chapter's long-time friends. One of my favorite learnings from those visits came from a wonderful couple who shared the following quote and timely advice attributed to poet and author, Johann Wolfgang Van Goethe. "Whatever you can do, or dream you can, begin it. Boldness has genius, power and magic in it."

New beginnings. They're always exciting...and a lot less daunting when you're standing on the shoulders of giants.

Paula

## Poetry Corner

### The History of Alzheimer's

*He picked up a fork, or tried to, but then he couldn't.  
He stared at it.  
He looked like a boxer who had been KO'd by a kid.  
He hated this.  
He hated that he should be able to but couldn't.  
He got mad. He got so mad he cried;  
and he got mad he was crying.  
He was betrayed by his mind and knew it, but not why.  
He knew it.  
He knew it, but not why and maybe that was the worst.  
He wanted...he wanted...  
He forgot...  
He wanted to be able to say how upset he was and what  
He wanted...  
He wanted to tell jokes and have people laugh with him.  
He felt, ooh...  
He hated to be pitied by that look...an awful look of pity,  
He saw it.  
He saw pity in their eyes and he hated that too.  
But what could you do?  
He didn't know.  
No one did.*

*Written by Spencer Ledyard, who currently serves his country as a member of the U.S. Air Force in Afghanistan.*

## Front Desk VOLUNTEERS NEEDED

We need volunteers for office and clerical work at our Linn Street location as well as assistants at special events. For more information, call Diana Bosse at 513-721-4284 or [diana.bosse@alz.org](mailto:diana.bosse@alz.org).

## Our Vision

To serve as the primary and authoritative source of information, education and support for those affected by Alzheimer's disease and related dementias in Greater Cincinnati.

Various programs and services are funded in part by the Ohio Department of Aging through the Council on Aging of Southwestern Ohio and the Area Agency on Aging District 7.



# TrialMatch Provides Link To Potential Treatments



By Anne Von Hoene  
Director of Programs  
and Services

The Alzheimer's Association has many goals in serving those affected by Alzheimer's disease and other forms of dementia in our community. The Greater Cincinnati Chapter provides needed education and support services to diagnosed individuals and their caregivers, and we promote advocacy efforts for legislative change that will benefit families now and in the future. Another goal that may sometimes receive less focus at the local level is the Association's commitment to research into the cause, treatment and cure of this devastating group of illnesses.

In summer 2010, the national Alzheimer's Association launched a program to help link diagnosed individuals and families to clinical research trials for potential treatments.

Alzheimer's Association TrialMatch™ is a confidential and free tool that provides comprehensive clinical trial information and an individualized service that matches people with Alzheimer's disease or another dementia to appropriate clinical trials in their geographic areas.

There are as many as 5.4 million Americans living with Alzheimer's, and there are no treatments available to slow or stop the brain cell deterioration that occurs with the disease. However, more than 100 clinical studies in Alzheimer's and dementia are currently taking place and dozens more experimental compounds are moving from the laboratory to clinical testing. Experts say that recruiting and retaining

participants for clinical studies is one of the greatest obstacles to developing the next generation of Alzheimer's treatments.

Alzheimer's Association TrialMatch is a "dementia friendlier" service than others, with web and phone support, specially trained staff, and tools developed with input from people with Alzheimer's.

The strength of this Web-based and telephone-based service is that TrialMatch contains a comprehensive, updated database of institutional review board-approved trials taking place across the U.S. These trials include Alzheimer's disease, mild cognitive impairment and other forms of dementia. Specialists at the Alzheimer's Association's national Contact Center assist in the process of matching individuals to clinical trials for which they are eligible based on study inclusion/exclusion criteria, diagnosis, treatment history and location. The technology and platform for Alzheimer's Association TrialMatch is provided by EmergingMed.

Alzheimer's Association Contact Center specialists will not recommend any particular clinical trial, but will describe all studies for which the person is eligible. They will answer questions about the trial process and connect individuals with trial sites based on their unique profile. Patients and caregivers will be encouraged to share their trial matches with their healthcare professionals to help decide whether a clinical trial is appropriate.

Alzheimer's Association TrialMatch can be accessed at [www.alz.org/TrialMatch](http://www.alz.org/TrialMatch) or by calling toll-free 1-800-272-3900 between 8:00 a.m. and 8:00 p.m.

# Multicultural Caregiver Forum Planned for October

The former African-American Family Caregiver Forum has been expanded to include more diverse topics and now has a new name: Multicultural Caregiver Forum. The Forum will be held on Saturday, Oct. 15.

This year's topic is "Dementia and Challenges" and focuses on particular dementia risk factors and care challenges for the African-American and Hispanic/Latino communities. Studies have shown that Blacks/African-Americans are two times more likely and Hispanics/Latinos are one and a half times more likely to develop Alzheimer's disease compared to Whites/Caucasians.

A variety of educational topics will be presented at the Forum and exhibitors from various community service agencies will be available to explain their services and answer questions.

#### Where:

Dayspring Church of God  
1060 Smiley Ave.  
Cincinnati, OH 45240  
(Forest Park)

#### When:

Saturday, October 15  
9:30 a.m. – 1:00 p.m.



#### Guest Speakers:

Ty Brown, MD – Neurologist  
Douglas Chicchon, MD – Over-the-Rhine Medi-Center  
Rhonda Robinson, RN, MSN – Vitas Innovative Hospice Care

For more information about this free caregiver education program, please contact Diane Williams, Multicultural Outreach Coordinator, at 513-721-4284, ext. 114.



# New RDAD Program to Assist Families at Home

The Alzheimer's Association of Greater Cincinnati has joined with the Ohio Department of Aging and the Benjamin Rose Institute to implement a program that will help both individuals with Alzheimer's disease or another dementia as well as their family members who are caring for them. This new program is called Reducing Disability in Alzheimer's Disease (RDAD).

The RDAD program is designed to help teach older adults with dementia how to do some simple exercises as a health promotion activity. The program also teaches family members about symptoms to watch for and how to care for persons with dementia. This program hopes to improve the ability of the person with dementia to carry out activities of daily living while also helping family members provide assistance to their relative.

Initial research was led by Dr. Linda Teri, University of Seattle, Washington. The program is being supported by a grant from the Administration on Aging.

Sandra Hostler and Deborah Mills were hired by the Greater Cincinnati Chapter in February to serve as RDAD clinicians.

"Both Sandy and Debbie are registered nurses with extensive work experiences," said Janet Milne, director of Family and Professional Education. "Sandy has worked



Debbie Mills and Sandra Hostler

in long-term care, home care and behavioral health settings while Debbie has worked for the American Parkinson Disease Association and in long-term care and home care settings."

One-hundred and sixty persons with dementia and their relatives will be asked to participate in this program during the first year.

To participate, the person with dementia must have written approval for participation in an exercise program provided by that individual's medical provider.

The trained professionals will come to your home, and there is no cost to participate in this program. In addition, all information will be kept completely confidential.

Participation in this program is completely voluntary. Deciding to stop participating in the program will in no way affect any services that you receive or may receive from the participating organizations.

For more information about the RDAD Program, call the Alzheimer's Association of Greater Cincinnati at (513) 721-4284.

# Facts and Figures Report Focuses on Caregivers

The Alzheimer's Association's *2011 Alzheimer's Disease Facts and Figures* provides a sobering look at the growing impact Alzheimer's disease is having on caregivers and the nation's health care system.

Released on March 14, *Facts and Figures* confirms not only that the number of people with the disease is growing but the number of friends and family who care for them is significantly more than previously thought. The new report also explores the issue of early detection and outlines the various benefits it provides families, including access to valuable support services and resources and also helping to reduce anxiety among caregivers.

#### Among the report findings:

- There are an estimated 5.4 million Americans living with Alzheimer's disease.
- Most people survive an average of four to eight years after a diagnosis, but many can live as long as 20 years with the disease. This prolonged duration often places increasingly intensive care demands on family members and friends who provide care.
- Most caregivers are family members who take on a tremendous financial, physical and emotional burden to help care for a loved one with Alzheimer's or a related dementia.



- Average per-person Medicaid payments for beneficiaries aged 65 and older with Alzheimer's and other dementias are nine times higher than Medicaid payments for those without the disease. While Medicaid costs are \$37 billion today they will climb almost 400 percent by 2050.
- At a time when a number of states are facing tremendous budget challenges, the growing Alzheimer's population will strain state budgets further.
- Alzheimer's has profound implications for future state budgets, and states must prepare now to address the multiple and complex challenges that Alzheimer's poses to individuals, families and state governments, particularly Medicaid.
- Increasing evidence suggests that early diagnosis of Alzheimer's and timely intervention is beneficial, both for people with the disease and their caregivers.
- Delays in diagnosis mean that individuals are not getting treatment in the earlier stages of the disease when they are most effective. They also miss the opportunity to make legal, financial and care plans.

The full text of the *Alzheimer's Association's 2011 Alzheimer's Disease Facts and Figures* can be viewed at [www.alz.org](http://www.alz.org).

*The Alzheimer's Association's Facts and Figures report is a comprehensive compilation of national statistics and information on Alzheimer's disease and related dementias. The report conveys the impact of Alzheimer's on individuals, families, government and the nation's health-care system. Since its 2007 inaugural release, the report has become the most cited source covering the broad spectrum of Alzheimer issues. The Alzheimer's Disease Facts and Figures report is an official publication of the Alzheimer's Association.*

## Plan Ahead for Safety This Summer Season

As warmer weather approaches, families begin to think of traveling and planning outdoor events. These activities can bring enjoyment, but they can also bring anxiety and fear if your family member with Alzheimer's disease or dementia becomes lost. When a memory-impaired individual is missing, a quick response is critical in locating, identifying and returning the person safely. The MedicAlert® + Alzheimer's Association Safe Return® program can help.

MedicAlert+Safe Return is a 24-hour nationwide emergency response service to assist individuals with dementia who become lost or have a medical emergency. The program provides a stainless steel identification bracelet or necklace, wallet card and other materials. These identification products are engraved with:

- a 24-hour emergency response phone number
- the term "memory impaired" and other critical medical condition or allergy
- an identification number specific to the individual



When someone in the community discovers a missing person and calls the emergency number, the MedicAlert operator accesses a database and immediately notifies the primary contact person that the individual has been found. The system also allows a caregiver to report a missing individual, which initiates an alert system to emergency responders and the local chapter of the Alzheimer's Association.

To enroll in the MedicAlert+Safe Return program there is an initial enrollment fee of \$54.90 (including shipping) and an annual fee of \$30. The Greater Cincinnati Chapter can help pay the initial enrollment fee for individuals residing within our service area.

If your family member is already registered in the MedicAlert+Safe Return program and you plan to travel this summer, please call the registration line at 1-888-572-8566 to inform them of where you can be reached. Contact names and phone

numbers can be temporarily changed so that you can be reached immediately in case of a wandering incident while you are traveling.

For more information about MedicAlert+Safe Return and safety issues for people with Alzheimer's, please call our 24/7 Helpline at 1-800-272-3900 or visit [www.alz.org](http://www.alz.org).

#### Some Facts about Wandering Behavior and Alzheimer's Disease:

- Wandering is aimless or purposeful movement that can cause a person with Alzheimer's Disease (AD) to become lost, leave a safe environment or intrude in inappropriate places.
- Approximately 60% of people with AD will wander or become lost at some point during the course of the disease.
- People with AD not only wander by foot, but also by car or other modes of transportation.
- People with AD are usually found within a half-mile radius from where they disappeared.
- 46% of people with AD may die if not found within 24 hours.
- People with AD do not usually cry out for help.
- People with AD do not usually respond to shouts.
- People with AD may be in search of something from their past, i.e., a former workplace or a childhood home.



## New Family Caregiver Support Groups Announced

#### HAMILTON COUNTY:

**New group starting May 10:** All Saints Episcopal Church  
6301 Parkman Place, Cincinnati, OH 45213 (*Pleasant Ridge*)  
2nd Tuesday of the month, 6:00–7:30 p.m.  
Contact: Marjorie Rentz 513-721-4284, ext. 102

#### **New African-American group starting May 17:**

Lincoln Heights Missionary Baptist Church  
9991 Wayne Avenue, Cincinnati, OH 45215 (*Woodlawn*)  
3rd Tuesday of the month, 2:00–3:30 p.m.  
Contact: Diane Williams, 513-721-4284, ext. 114

#### GALLIA COUNTY:

#### **New group started in February:**

Holzer Medical Center  
Ground Floor, Conference Rooms A, B, C  
100 Jackson Pike, Gallipolis, Ohio  
3rd Thursday 1:30 – 3 p.m.  
Contact: Melissa Dever, 740-710-1821

• Holzer Long-term Care/Home Care offers supervised care of individuals with dementia during meeting, but arrangements must be made in advance. Call Amber Johnson at 740-441-3406 to make a reservation.

*Family Support Groups are designed for family members of people with Alzheimer's disease/dementia to discuss their experiences and concerns in a safe, confidential place. Some groups may provide respite care or activities for the person with dementia during the meeting time. To find a support group near you, please call the Alzheimer's Association 24/7 Helpline at 1-800-272-3900 or visit [www.alz.org](http://www.alz.org).*

## Chapter News

# Cawley and Hinds Join Board of Directors

The Alzheimer's Association of Greater Cincinnati recently welcomed Mark Cawley, DC, and Diane Hinds, CFP, to its board of directors.

"We're very pleased to have Diane and Mark as the newest members of our board," said Executive Director Paula Kollstedt. "Both bring a wealth of professional experience and talent to our chapter as well as a personal commitment to the Association's mission."

Mr. Cawley is a licensed chiropractor with a practice in Northern Kentucky. He has served as chair of the Cincinnati / Northern Kentucky

Memory Walk planning committee for the past two years.

"My mother, Rose, passed away from Alzheimer's disease in April of 2009," he said. "It's my hope that my support of the Alzheimer's Association will one day help other families avoid the difficult struggles we experienced with my mom."

Mr. Cawley and his wife, Martina, have two sons and reside in Florence.

A native of Columbus and graduate of Ohio State University, Ms. Hinds is vice president of Horan Securities in Cincinnati. She currently serves on the Chapter's Finance Committee.

"I am honored at joining the Alzheimer's Association board because my mother-in-law was an Alzheimer patient and I know first hand how challenging this disease can be," she said. "With this chapter's assistance, we were provided needed resources to cope with her care and make her final years as comfortable and pleasant as possible."

Ms. Hinds and her husband, Bill, reside in Anderson Township.



Diane Hinds



Mark Cawley

## Celebrating Veterans

Residents of Hyde Park Health Center who participate in the Memories in the Making® program through the Alzheimer's Association of Greater Cincinnati, honored veterans with a program entitled "The Artful Spirit of Veterans Day" in November.

Residents created pieces based on the theme "America the Beautiful" as well as traditional iconic symbols such as stars and stripes.

The Memories in the Making® program has been an inspirational and enriching art program at the Center for many years. Hyde Park Health Center, a rehabilitation and skilled nursing community, hosted the reception and art show which honored the gift of the Memories program as well as the artists and veterans everywhere.

*Pictured, from left: Chapter Executive Director Clarissa Rentz, Memories Program Coordinator Joan Hock and Hyde Park Health Center resident Carson Smith, an army veteran of World War II.*



### Art of Making Memories

Continued from page 1

The benefit begins at 5:30 p.m. and will feature dinner by the bite, beer and wine, live entertainment and the opportunity to view and bid on Memories in the Making® artwork and other exciting auction items.

This year's honorary chair is Ann Bullock.

"I'm so pleased to have been selected as honorary chair," said Ms. Bullock. "My husband, Buzz, suffered from Alzheimer's disease for several years before his death. I will be forever grateful to the staff of the Greater Cincinnati Chapter for their love, support and guidance through my family's darkest hours. I know first hand how important it is to fund the needed programs so that others may receive the same quality of service that my family did."



### GE Employee Gift

Dennis Malone, a GE Phillippe Award winner, shared his GE Foundation grant with the Greater Cincinnati Chapter by designating a \$2,500 gift to fund Early Stage Family Education programs. The Phillippe Award is an honor given to GE employees in recognition of leadership in public service and outstanding social contributions. Pictured with Mr. Malone are Chapter Board President Nancy Graeter and Chapter Executive Director Paula Kollstedt.

Planning committee co-chairs are Carol Rosenthal and Beth Simminger.

The live auction will include a number of special items, including a Florida beach vacation home stay, a Gold Star Chili block party, a Colorado ski resort trip and a sterling silver diamond necklace.

Cost is \$85 per person; \$125 for host/hostess level, \$200 for patron level and \$1,500 for leadership level (including a reserved table for 10).

*For more information or to purchase tickets, please contact Diana Bosse, Development / Volunteer Coordinator, at (513) 721-4284 or email: [diana.bosse@alz.org](mailto:diana.bosse@alz.org) or visit: <http://ArtofMakingMemories.kintera.org/2011>.*

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## Sponsors:

Gallery Sponsor:

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Art Exhibition Sponsor:



## Third Party Fundraisers

### Dance Delivers \$8,200 Valentine's Gift

The "Cherish the Memories" benefit dinner and dance produced a valentine gift of \$8,200 for the Alzheimer's Association of Greater Cincinnati.

Nearly 200 guests attended the sixth annual dinner and dance at the Cincinnati Airport Marriott in Hebron, Ky. on Feb. 12. The event featured dinner, music and dancing as well as silent and live auctions.

For Cris Suesz, the loss of her father, Charles McQueen, to Alzheimer's disease six years ago prompted the idea of putting together a Valentine's Day dance to benefit the Alzheimer's Association.

"We wanted to do something to remember him and to do something to help in the fight against Alzheimer's. What better time than to do something around Valentine's Day," said Mrs. Suesz, who along with her husband, Joe, family members and friends, have organized the dinner and party in Boone County.

To date, the event has raised more than \$40,000 for the Alzheimer's Association of Greater Cincinnati.



*Cris Suesz places a diamond and gold necklace on Ann Meyer after her husband, Richard, gave the top bid for the jewelry piece during the live auction.*

### James Wesley Gilbert Benefit Raises \$1,200

The loss of a parent can be traumatic, but Terra Gausman and the Gilbert family chose to turn sadness into hope by holding a fundraiser in honor of Dad. The James Wesley Gilbert Benefit was held on Saturday, Jan. 29 at Poor Michaels Sports Bar in Mt. Healthy. Guests shared memories as well as food, music, door prizes and raffles. The charitable event was very well organized and raised \$1,200 for the Association. Dad would be proud!



### A Memorable Event

Xavier pre-med student, Christian Gausvik, has a passion for helping those suffering from Alzheimer's disease and put that passion into action. Mr. Gausvik organized a lovely benefit at the Carnegie Event Center in Newport on March 10.

While the snow fell outside, approximately 65 guests inside enjoyed the warmth of the beautifully restored venue, hot drinks, scrumptious desserts provided by The Barrington of Fort Thomas, as well as harp music.

This first-time event raised more than \$1,500 for the Alzheimer's Association Greater Cincinnati Chapter.



*From left, Christian Gausvik, Elise Sebastian, Chapter Program Manager for Northern Kentucky and Amy Horn, Chapter Development / Donor Services Coordinator.*

### High School Choirs 'Sing for the Cause'

Lakota West High School, Sycamore High School and Taylor High School Choral Departments joined forces to "Sing for a Cause" on Saturday, Feb. 26. The three choirs each sang separately and following an intermission combined to perform one final piece to a packed house at the Good Shepherd Lutheran Church in Kenwood.

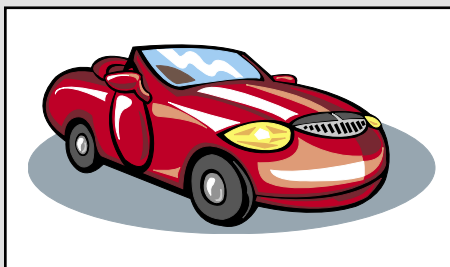
The brand new event benefited our local Chapter as well as the Breast Cancer Alliance of Greater Cincinnati through ticket sales, donations and sponsorships. Choral director and organizer Bret Albright wanted to show his students that they could make a difference just by using their talents.

In total the event raised over \$6,000 which will be split between the two charities. The choral directors are hoping to make this an annual event!

### Valentine's Car Show 'Revs' Up Support

The 2nd annual Valentine's Car Show was held the weekend of Feb. 4 at the Roberts Centre in Wilmington, Ohio. Cars, motorcycles and bicycles were on display for passersby to see while enjoying games and music by Chazziz DJ service.

Third party event organizers graciously donated \$500 to the Alzheimer's Association of Greater Cincinnati to benefit local programs and services as well as funding for Alzheimer's research.



### Ladies Donate



A dinner/dance was held in early February by the Lebanon Eagles Ladies Auxiliary to benefit the Alzheimer's Association of Greater Cincinnati Chapter. A check in the amount of \$1,500 was presented by president Lynn Childers and other Auxiliary members to Tara Estridge, far left, and Paula Kollstedt, center, at their monthly meeting on March 10.



## The END of Alzheimer's starts with US

By **Brigid Mercer**  
Development Director

What an amazing time to be involved with the Alzheimer's Association of Greater Cincinnati! During my five plus years with the Chapter I have seen the overall awareness of our mission grow and have witnessed volunteers and advocates affecting real change in our efforts to move our mission forward. I now have a deeper understanding of the tangible ways that our program staff travels this journey of Alzheimer's disease with affected individuals and their caregivers. And I have learned more about the national research efforts funded by the Alzheimer's Association to find better treatments and a cure.

What I know is this, all of this work is admirable but we need more; more programs and services, more research efforts, more volunteers, more team captains, more fundraising walkers, more donors, more advocates, more corporate partners and more champions. We need more and the families living with this disease need more. Affected individuals living with this disease need more. And with Alzheimer's disease now the sixth-leading cause of death across all ages in the United States, those who will die of this disease need more...and need it now.



Me and Marcy Hawkins

The reality of our need for more is quite simple; MORE MONEY = MORE MISSION. This makes our call to action straightforward; working together we all must find ways to leverage new financial support for the Alzheimer's Association. We have a strong opportunity to do this with the new Alzheimer's Association Walk to End Alzheimer's™.

The Alzheimer's Association Walk to End Alzheimer's is the nation's largest event to raise awareness and funds to enhance Alzheimer care and support and advance critical research. Since 1989, we've mobilized millions of Americans nationwide in the Alzheimer's Association Memory Walk. Now, we're continuing to lead the way with the Walk to End Alzheimer's.

Walk to End Alzheimer's is an event calling our nation together in the fight against Alzheimer's disease. Join us in this movement to reclaim the future for millions. Together, we can end Alzheimer's disease.

**The end of Alzheimer's disease starts here.**

**The END of Alzheimer's starts with US.**

**Start or join a team at [www.alz.org/cincinnati](http://www.alz.org/cincinnati).**

### 2011 Walk Schedule

#### Cincinnati/Northern Kentucky Walk

Saturday, Oct. 1  
Sawyer Point, Cincinnati, OH

#### Butler, Warren & Clinton Counties Walk

Saturday, Sept. 10  
Wetherington Golf & Country Club, West Chester, OH

#### Adams, Brown & Highland Counties Walk

Saturday, Aug. 27  
Adams Lake State Park, West Union, OH

#### Portsmouth Walk

Saturday, Sept. 17  
Market Square, Portsmouth, OH

#### Bracken County, Ky. Walk

Sunday, Oct. 9  
Augusta City Park, Augusta, KY

*Register today at [www.alz.org/cincinnati](http://www.alz.org/cincinnati).*

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**START A TEAM.  
WALK WITH US.**



## ALZ Stars 'Race' for the Brain Team



Are you planning to participate in the Cincinnati Flying Pig races? Challenge yourself to become an inspiration for those affected by Alzheimer's disease and other related dementias. Go the distance with ALZ Stars, a race program to benefit the care, support and research efforts of the Alzheimer's Association.

ALZ Stars team members can participate in any of the races offered by the Flying Pig (5K, 10K, half marathon, full marathon or 4-person marathon relay). Join now and help raise much needed funds and awareness for Alzheimer's disease!

Register or get more information at <http://ALZStars2011.kintera.org/Cincinnati> or contact Marcy at [marcy.hawkins@alz.org](mailto:marcy.hawkins@alz.org) or 800-272-3900.

Money raised through ALZ Stars directly benefits local programs and services provided by the Alzheimer's Association of Greater Cincinnati as well as funding for Alzheimer's research.

ALZ Stars Planning Committee members are Lisa McKale and Jim McKale (co-chairs), Dave Custer and Jamie Weaver.

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# Public Policy/Chapter News

## Advocacy In Action

Nearly 120 Alzheimer advocates from across Kentucky attended the 2011 Alzheimer's Advocacy Day and Rally in Frankfort on Feb. 3. The event included a special program in the capitol rotunda (pictured) featuring Alzheimer champion and former Miss America Phyllis George and Kentucky First Lady Jane Beshear. Advocates also met with their elected representatives to voice their concerns and needs as well as to promote the public policy initiatives of the Alzheimer's Association.



From left: Chapter Board member Ann Bryant and Northern Kentucky Program Manager Elise Sebastian meet with State Sen. Katie Stine.



From left, Phyllis George, 2011 Alzheimer Advocate of the Year Award recipient Betty Higgins and Kentucky First Lady Jane Beshear.

## NAPA Puts Alzheimer's Atop Federal Health Priorities



By Steve Olding  
Communications  
Director

With the passage of the National Alzheimer's Project Act (NAPA) in January, 2011 started on a truly bright note for Alzheimer advocates.

When President Obama signed NAPA into law on Jan. 4, it marked a political milestone for the Alzheimer's Association and a significant public policy achievement for the 300,000 advocates who voiced their support for the plan.

NAPA will launch a coordinated National Alzheimer's Disease Plan to address the federal government's efforts on research, care, institutional services and home and community-based programs. According to Health and

Human Services Secretary Kathleen Sebelius, NAPA will ensure that our nation has an "aggressive and coordinated national strategy" to confront the growing Alzheimer's health crisis.

NAPA also ensures that Alzheimer's disease will be on the same level as cancer, heart disease and obesity as it relates to future federal health priorities. The Alzheimer's Association is currently working with federal health officials, representatives of the medical, long-term care and research communities as well as aging experts in the development of a plan.

As the Alzheimer's Association prepares for its 2011 Advocacy Forum and Action Summit in Washington, D.C. (May 15-17), the focus of its federal public policy platform will be passage of the Alzheimer's Breakthrough Act. The Act would increase the government's commitment to fighting Alzheimer's disease through research, education and care. Specifically, it would authorize \$2 billion per year in research funding for Alzheimer's disease through the National Institutes of Health (NIH).

Last year, nearly 800 advocates visited members of Congress on Capitol Hill as part of the Advocacy Forum. This year, the Association hopes to top 1,000 in the number of advocates who will deliver its message to Congress. While our individual stories and experiences are different, everyone will have a similar request and call to action. You can deliver a message to Congress, even if you cannot be in Washington, D.C. for the Forum through phone call, email or letter. For more information, please visit: [www.alz.org](http://www.alz.org).

At the state level, administrations and legislatures continue to struggle with monumental budget deficits. The key question will be how these states balance the need for fiscal reforms without crippling needed social programs, especially those that serve our aging population and those affected by dementia.

Whether it's in Washington, D.C., Columbus or Frankfort, Alzheimer advocates are speaking in a loud and clear voice to their legislators. You can play a vital role in supporting our mission, with little time and effort.

For more on the Alzheimer's Association and its public policy program or to sign up as an advocate, please visit: [www.alz.org](http://www.alz.org) or contact me at [steve.olding@alz.org](mailto:steve.olding@alz.org).

## Volunteer Spotlight Wessendorf Lending An Ear

The Alzheimer's Association of Greater Cincinnati is fortunate to have hundreds of generous volunteers serving in various capacities throughout the year. Although we cannot possibly spotlight every volunteer in Cornerstone, we appreciate their valuable support and service. In this issue, we feature Phil Wessendorf.

During his 30 years as a captain with the Cincinnati Fire Department, Phil Wessendorf was accustomed to dealing with high stress and live-threatening situations.

But even his career experiences as a firefighter could not prepare him for the challenges he faced after his wife, Joanne, was diagnosed with Alzheimer's disease in 2004.

"Nothing can really prepare you for it," said Mr. Wessendorf. "You look up Alzheimer's disease in a medical reference book and the first word you see is 'terminal.' It's very difficult to deal with."

Mr. Wessendorf's first contact with the Alzheimer's Association came about after his oldest daughter, Laura, contacted the Greater Cincinnati Chapter requesting information. It proved to be a major step in the right direction for Mr. Wessendorf and his family.

"Marjorie (Rentz) was a big help to our family," he said. "She gave us direction and support when we needed it the most."

To show their gratitude to the Alzheimer's Association, the family has participated in the Cincinnati / Northern Kentucky Memory Walk for the past several years, becoming one of the top-fundraising teams at the annual event.

Following a six-year battle with Alzheimer's, Joanne Wessendorf died in August of 2009. The next spring, Mr. Wessendorf attended his first Ohio Memory Day in Columbus. He joined hundreds of volunteer advocates speaking to their legislators about Alzheimer's disease and its impact on their lives. He also volunteered to work the front desk reception area at the Linn Street office and take incoming calls.

"Phil has been a great volunteer and friend to the Chapter," said Development / Volunteer Coordinator Diana Bosse. "He is always willing to lend a hand when needed."

Mr. Wessendorf, a native and life-long resident of Cincinnati, has five children, 10 grandchildren and five great-grandchildren. He said answering phones for the office is his favorite volunteer task.

"I can really relate to some of the callers and their emotions, he said. "You hear the pain and frustration in their voice. I feel good that I'm able to forward them to someone who can help. It's satisfying to know that I can help in some way."

The Alzheimer's Association of Greater Cincinnati is always in need of volunteers for certain projects and tasks. To learn more about volunteer opportunities, please call Development / Volunteer Coordinator Diana Bosse at (513) 721-4284 or email: [diana.bosse@alz.org](mailto:diana.bosse@alz.org).



Phil Wessendorf

# Development News

## Retirement and Insurance Can Lead to Gifts



By Susan Goldman

When we think of contributing to those organizations that mean the most to us, we typically think of giving cash. We don't even realize that there are many ways to support the good work of the Alzheimer's Association without using current income or appreciated assets.

Take for example life insurance policies. We purchase life insurance as a "safety net" to provide for our families and loved ones should something happen to us. At a certain point in our lives, we realize that we no longer need that safety net because we are in a different phase of our lives. At that time, it's simple to make the Alzheimer's Association the owner and/or beneficiary of the policy. If the Association is the owner of the policy, you may be able to receive a charitable deduction for the cash surrender value and reduce the amount of your taxable estate.

Retirement plans are another valuable way to support the Alzheimer's Association.

Giving through retirement plans is simple and requires only a change of beneficiary. You may also find after consulting with your financial advisor that leaving other assets or property to family and using retirement plans to support the Association may have significant tax benefits to you and your family. Income taxes and possibly "death taxes" that may be due at death can be avoided.

Many states also allow so-called Payable On Death (POD) or Transfer on Death (TOD) accounts that let you name a beneficiary of almost any financial account: savings, checking, certificates of deposit, credit union savings, etc. You simply indicate that your deposit will be "payable on death" or "transfer on death" to the Alzheimer's Association. That way, any remainder in savings or other financial account will be left to the Association for its use in fighting Alzheimer's disease.

If you are interested in exploring any of these unique and simple ways to support the Alzheimer's Association, please contact Susan Goldman, Associate Director of Planned Giving, at (847) 433-3085 or [susan.goldman@alz.org](mailto:susan.goldman@alz.org) or Brigid Mercer, Development Director at (513) 721-4284 or [brigid.mercer@alz.org](mailto:brigid.mercer@alz.org). All inquiries are confidential.

## Donor Recognition

The Alzheimer's Association of Greater Cincinnati gratefully recognizes the following individuals, corporations and foundations who have made contributions to our Chapter received between Oct. 21, 2010 and Feb. 28, 2011. Your support and generosity are vital to the services our Chapter provides to persons in our 27-county territory in Ohio, Kentucky and Indiana.

Please note that due to space limitations, the following is a partial list of donors. For the complete donors list, please see the online edition of Cornerstone at [www.alz.org/cincinnati](http://www.alz.org/cincinnati).

We have made every effort to acknowledge contributions and spell names correctly. If we have inadvertently omitted or misspelled your name, please contact Brigid Mercer, Development director, at (513) 721-4284 or [brigid.mercer@alz.org](mailto:brigid.mercer@alz.org).

The Greater Cincinnati Chapter depends on friends in our community to help support Chapter programs and services through donations, tributes, memorials and bequests. Thank you very much for your support.

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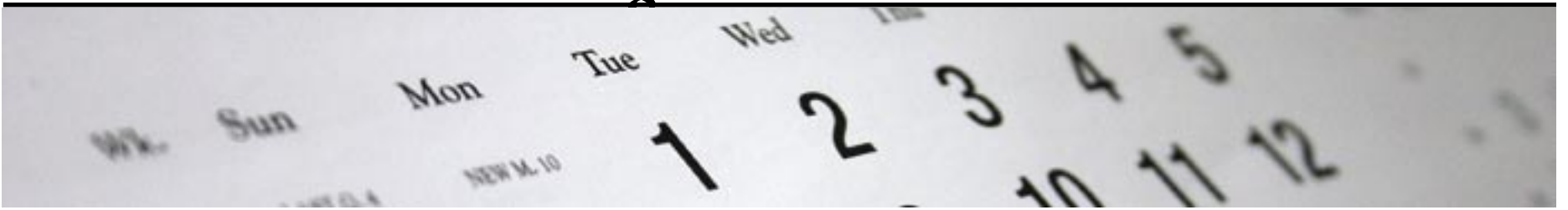
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# Program Calendar



## Family Education/Support

### Friday Family Forum – Northern Kentucky

**What:** Family caregivers of individuals with Alzheimer's disease or another dementia are invited to attend a series of free discussion forums on various subjects related to caregiving. These meetings are held on the last Friday of even-numbered months.  
**Where:** Emeritus Senior Living, 2950 Turkeyfoot Road, Edgewood, KY 41017  
**When:** Fridays, Apr. 29, Jun. 24, Aug. 26, Oct. 28 and Dec. 30 from 6:30 p.m. to 7:30 p.m.  
**Cost:** Free, but advance registration is required. Space is limited.  
**Contact:** To register or to receive more information, call the Alzheimer's Association-Northern Kentucky branch at 859-240-5016.

### What Families Need to Know... When the Diagnosis is Alzheimer's Disease or Another Dementia

**What:** An educational series for families of individuals with Alzheimer's disease or a related dementia. Separate topics are presented at each session by experts in the fields of medicine, law, nursing and social work.  
**Cost:** Free, but advance registration is required. Space is limited.  
**Contact:** Call the Cincinnati office at (513) 721-4284 or 1-800-272-3900 to register.

#### Hamilton County

**Where:** Mercy Hospital-Western Hills, 3131 Queen City Ave., Cincinnati, OH 45238  
**When:** 4-part series held on Fridays, May 6 - 27 from 1 p.m. to 3 p.m.

#### Boone County

**Where:** Northern Kentucky Area Development District, 22 Spiral Drive – Conference Room. A, Florence, KY 41042  
**When:** 4-part series held on Wednesdays, June 1 - 22 from 4 p.m. to 6 p.m.

#### Warren County

**Where:** Bethesda Medical Center-Arrow Springs, 100 Arrow Springs Blvd., Lebanon, OH 45036  
**When:** 4-part series held on Tuesdays, July 19 – Aug. 9 from 6:30 p.m. to 8:30 p.m.

### Early Stage Strategy Group - Fall Series

**What:** An 8-week series of education/support sessions for individuals diagnosed in the early stages of Alzheimer's disease or another dementia and their primary caregivers. Participants must have an awareness of their diagnosis and a willingness to discuss it.  
**Where:** The Alzheimer's Association, 644 Linn Street, Cincinnati, OH 45203  
**When:** Tuesdays, Sept. 13 through Nov. 1 from 10:30 a.m. to noon  
**Cost:** Free, but initial screening is required. Participation is limited to the person with the diagnosis and one family member.  
**Contact:** Call Anne Von Hoene in Cincinnati at (513) 721-4284 to schedule a screening interview.

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### Save the Date

#### Multicultural Caregiver Forum

Saturday, Oct. 15 • 9:30 a.m. – 1 p.m.  
Dayspring Church of God in Forest Park

*For more information, contact  
Diane Williams at (513) 721-4284.*

## Community Education

### Know the 10 Signs

**What:** The 10 Signs are a key tool in promoting recognition of common changes that may help with early detection and diagnosis of Alzheimer's disease or another dementia. Early detection is vital in providing the best opportunities for treatment, support and planning for the future.  
**Where:** Scheduled by request at community locations.  
**When:** Scheduled by request at community locations.  
**Cost:** Free, but advance registration is encouraged.  
**Contact:** Call Janet Milne at (513) 721-4284 or 1-800-272-3900 to schedule a program.

### Memory Loss, Dementia and Alzheimer's Disease: The Basics

**What:** This program provides a general overview of Alzheimer's disease and related dementias so that participants know what to expect, what they should learn and what to do next. It will also provide an understanding of the benefits of early detection and tools for seeking the right diagnostic tests, doctors and treatment options.  
**Where:** Scheduled by request at community locations.  
**When:** Scheduled by request at community locations.  
**Cost:** Free, but advance registration is encouraged.  
**Contact:** Call Janet Milne at (513) 721-4284 or 1-800-272-3900 to schedule a program.

## Professional Education

### Foundations of Dementia Care In-Service Training

**What:** A variety of educational sessions on dementia-specific care practices are available for health care providers. Modules include: understanding dementia, making connections, enhancing mealtime, reducing pain, preventing falls, understanding wandering, encouraging restraint-free care, providing end-of-life care, and learning to lead a dementia care team.  
**Where:** On-site at health care facilities or community service providers.  
**When:** Dates are subject to staff availability.  
**Cost:** \$100 per one-hour session  
**CEUs:** Call (513) 721-4284 for current information about continuing education approval.  
**Contact:** To schedule an in-service, call Janet Milne at (513) 721-4284 or 1-800-272-3900.

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The online version of Cornerstone is available at [www.alz.org/cincinnati](http://www.alz.org/cincinnati). If you would like to help us save on printing and mailing costs by receiving our newsletter online-only, please contact Communications Director Steve Olding at (513) 721-4284 or email: [steve.olding@alz.org](mailto:steve.olding@alz.org).