



From left, chapter honorees Dr. Gregg Warshaw, Connie Von Hoene and Jamie Williams.

Chapter Honors Outstanding Volunteers for Service

The Alzheimer's Association of Greater Cincinnati thanked its supporters while honoring three individuals with special awards of recognition at the 2009 Chapter Leadership Breakfast at the Hyde Park Country Club in November.

An audience of nearly 140 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 340 volunteers contributed more than 4,600 hours of service to the Greater Cincinnati Chapter during the past year.

"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 Executive Director Clarissa Rentz. "We are truly grateful for their generous support."

Dr. Gregg Warshaw received the Presidents Award - the chapter's highest honor - for his long-time support of the chapter, most notably his instrumental work in helping to create and coordinate the chapter's annual Symposium - an education forum for professional caregivers.

"From the beginning, Dr. Warshaw has been the guiding light for our symposium," said Ms. Rentz, who presented the award. "His knowledge and expertise has been a very important resource for me and the chapter."

In addition to his work on behalf of the Symposium, Dr. Warshaw has been a long-time member of the chapter's Professional Advisory Council. The Chapter also honored Jamie Williams and Connie Von Hoene for their outstanding contributions to the chapter.

Jamie Williams of Portsmouth was presented the John Horn "Roll Up Your Sleeves" Memorial Award for her fundraising efforts on behalf of the annual Memory Walk.

"Jamie's commitment to our mission and her giving spirit are the primary reason why the Portsmouth Memory Walk has grown so much over the past several years," said Special Events Coordinator Marcy Hawkins.

Connie Von Hoene of Cincinnati was presented the Elizabeth Bolles Outstanding Service Award for her long-time volunteer work in support of the chapter. For nearly 12 years, Ms. Von Hoene has been assisting the chapter with mailings, special event invitations and health fairs.

"About 12 years ago, her daughter, Anne (current Director of Programs and Services), called her from our office with an urgent request to help with a last-minute project...and Connie said 'yes.' And she's been saying yes to our requests ever since," said Communications Director Steve Olding, who presented the award to Ms. Von Hoene.

'Making Memories' Benefit Returns to Taft Museum

Art, whether it is created by a recognized master or a person affected by Alzheimer's disease, conveys a special form of self-expression that touches all who see it.

That artistic expression will be celebrated at The Art of Making Memories, a special fundraiser to benefit the Alzheimer's Association of Greater Cincinnati at the Taft Museum of Art in Cincinnati on Thursday, May 6.



Inspired by the Alzheimer's Association's Memories in the Making® art program, this event features the paintings of individuals in the early to middle stages of Alzheimer's disease or other dementing illnesses.

"The Taft Museum is a perfect backdrop for displaying the expressive work of our Memories participants to those who are coming out in support of the Alzheimer's Association and the programs and services we provide to thousands of families in Greater Cincinnati who are dealing with Alzheimer's disease," said Executive Director Clarissa Rentz.

Throughout the evening, guests will enjoy dinner by the bite, wine and beer, optional cash bar cocktails, live music and the opportunity to view and bid on Memories in the Making® artwork and other exciting silent auction items. Last year's event attracted more than 250 guests while raising \$60,500.

Honorary chairs for this year's benefit are Christine Schoonover and George Verkamp.

"The Art of Making Memories benefit will create a new memory for all that attend and help all those who cannot. Let's not forget those who cannot remember," said Carolyn Finkelmeier, planning committee co-chair.





Planning committee members include: Ann Bullock, Clare Cahill, Judy Dalambakis, Susan Dineen, Susan Foster, Nancy Graeter, Tina Kohnen, Shad Ramsey, Roger Rosenthal, Ruthann Sammarco and Liz Stiens. Carol Rosenthal and Ms. Finkelmeier are committee co-chairs.

"I am thrilled to be co-chair of the Art of Making Memories benefit," said Ms. Rosenthal. "I'm confident that this year's event will be even more successful than last year."

Registrations/donations can be made at www.alz.org/cincinnati or contacting Marcy Hawkins at (513) 721-4284 or marcy.hawkins@alz.org.

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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 Little History On Early Onset AD



By Clarissa Rentz
Executive Director

In 1906, Alois Alzheimer conducted a brain autopsy on a 57-year-old woman named Auguste D. This was to be one of the most important cases of his lifetime and as we now know, in our life time as well. When Dr. Alzheimer first saw Auguste D., she presented as a confused, disoriented, paranoid woman who progressively lost all cognitive and functional skills. She died six years later of an unnamed disease.

Dr. Alzheimer completed a brain autopsy on Auguste D. whose clinical course he followed so closely. Of course, this is the perfect scientific scenario, because Dr. Alzheimer and colleagues were able to document with clarity and objectivity the clinical picture of Auguste and provide an accurate description of the pathological lesions that we know today as the hallmark indications of Alzheimer's disease. From this point on, this clinical syndrome described in younger people was known as Alzheimer's disease.

This diagnostic label persisted until the 1970's, with the Alzheimer's disease diagnosis reserved for the person who presented at a younger age, whereas those individuals who had this dementia syndrome in late age were considered to be "senile." or have organic brain syndrome. Today, we know that Alzheimer's disease appears in persons of all ages

In 2010, the correct descriptive language states that a person who has a diagnosis of any dementing disorder, not only Alzheimer's disease, under the age of 65 years old is considered to have early onset Alzheimer's disease or simply early onset dementia. The latest facts and figures report from the Alzheimer's Association states that there are approximately 500,000 people who may have early onset Alzheimer's disease. We also now know that there are several other dementing disorders that present at an earlier age so we must factor this into those figures as well.

When I began work at the Alzheimer's Association in the early '90s, our chapter was seeing these changes in the demographic as well. In 1996, three women, unbeknownst to each other, called the Chapter Helpline and stated that their husbands had probable Alzheimer's disease, all diagnosed in their early 50's. One stated, "There are no groups for us. We have a different set of issues and concerns than people in their 70's and 80's. We are still rearing and launching our families, we have children in grade school and college, our financial and social needs are different. What can you at the Chapter do to help us grapple with this very challenging caregiving situation?"

That call, placed by Carolyn Ferris, who works for us today, and those other callers served as the impetus for the start of the Early Onset Group, which today is still functioning at our chapter. Carolyn and her friends, Skip, Thalia, Carroll, Joyce, Judy and others came together because of a shared experience. For us at the Chapter, they also clearly outlined the needs of the family who were affected at a very early age.

These concerns surrounded application for Social Security disability and receipt of benefits without a long wait and sometimes multiple declinations. They also cited that community-based respite programming must be more sensitive to the needs of the younger person. Moreover, community-based respite programming was available through a variety of waiver and levy programs; the problem was that one had to be 60 or 65

to qualify to participate in those services.

Fortunately, we have made progress since that first group started about 15 years ago. One particularly important area is the expedited benefits for individuals with early-onset Alzheimer's disease. On Feb. 11, the Social Security Administration (SSA) announced the addition of early onset Alzheimer's disease and 37 other disabling medical conditions to its list of Compassionate Allowances conditions. Compassionate allowances means that SSA can quickly identify and provide benefits to individuals whose medical conditions are so serious that they meet disability standards.

These disability benefits are critically important to those diagnosed with early onset Alzheimer's disease because by the time the person has received a diagnosis, he or she is already experiencing some functional loss that affects their ability to maintain substantial gainful employment. This is particularly difficult since many of these families are in the most expensive years of child rearing and now they are also confronted with these prolonged caregiving challenges with none or very limited income. Compassionate allowances will help this situation considerably. We know that community-based respite programs are attempting to meet the needs of the person with early onset dementia, but still there are gaps in care, programming and funding.

So, as we see more and more individuals affected earlier, we at the Chapter level must continue to advocate for programming and funding to assist with respite care needs along the way. Indeed we have come a long way since 1906 and 1996 both scientifically and in understanding of the caregiving experience. It is because of scientific advancements and the strong advocacy efforts of those at the grass roots level as well as our community-based supporters that we can say we are moving forward...thank you.

Poetry Corner

I Remember

*I'm taking a walk down memory lane
and thinking how fast the Alzheimer's for him came.*

*A man holding on to each thread of life;
Who worked hard and played hard through all of the strife.*

*His love was his family and fishing his joy;
An unspoken love for his little boy.*

*The best of brothers, the best of men;
I love him now as I loved him then.*

*Although he's gone, I'll not forget him;
His impact on me was as pure as a gem.*

*Unselfish and loving and giving to me;
A beautiful branch on my family tree.*

*Written by Nancy O'Connell Feiertag
in memory of her late brother, Dennis T. O'Connell.
Poem originally appeared in summer 2004
edition of Cornerstone*

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.



Early Stage Individuals Offer Advice To Association



By **Anne Von Hoene**
Director of Programs
and Services

Last spring, the Alzheimer's Association of Greater Cincinnati convened its first Early Stage Advisory Council. The group, which is comprised of individuals with a diagnosis of Alzheimer's disease or another dementia and their family members, were asked to share their thoughts about their educational and supportive needs and how the Alzheimer's Association can help them.

In the fall, the Council members presented the following program recommendations to the Board of Directors and the Professional Advisory Council of the Alzheimer's Association of Greater Cincinnati:

Education

- We would like our family members to have sensitivity training to help them learn what it feels like to have Alzheimer's or dementia.
- We would like more education programs for people with the diagnosis, besides the Early Stage Strategy Group.
- We and our families would like education about managing our medications, such as treatment options, proper dose, safety and storage of medications.

Support

- We would like to have separate, ongoing support groups for people with the diagnosis and their spouses after the Early Stage Strategy Group ends.
- We would like to see special programs for our grandchildren and great-grandchildren to help them understand what's happening to the diagnosed person. The programs should be specially designed for kids and teenagers, such as activities or games instead of support groups and education programs.

- We would like to have a physician available at the Alzheimer's Association to call for expert medical advice.

Volunteering

- We would like you to increase the frequency of volunteer projects available to us, such as preparing mailings, putting together packets and labeling brochures.
- We would like to speak along with the Alzheimer's Association staff at education programs for families, professionals or the general public. We want to have an opportunity to tell others what it's like to have this disease.
- We would like to have an opportunity to give support to other diagnosed people, either in a group or one-on-one.

Advocacy/Outreach

- We would like the Alzheimer's Association to advocate for the diagnosed person with the medical community, especially in regard to appropriate diagnosis and treatment of Alzheimer's or dementia.
- We would like the Alzheimer's Association to advocate for the diagnosed person in encounters with care providers and insurance companies, where clarification about the disease is needed.
- We would like to participate in outreach to faith communities. We want to help members increase their understanding of the disease and ways to help the diagnosed person and family.

The Chapter values the input given by the Early Stage Council and is now in the process of planning an expansion of services to this population in the next fiscal year.

Special Report on Race, Ethnicity and Alzheimer's

In its 2010 *Alzheimer's Disease Facts and Figures* publication, the Alzheimer's Association included a special report on the impact of dementia on certain races and ethnic groups. Findings from different studies vary, but the available research indicates that in the United States, older African-Americans are probably about two times more likely than older whites to have Alzheimer's disease and other dementias. Older Hispanics are probably at least one and one-half times more likely than older whites to have these conditions.

The studies point to the prevalence of high blood pressure and diabetes in the African-American and Hispanic populations, which are known risk factors for dementia. It is suggested that other factors such as education level and socioeconomic characteristics may also affect the higher prevalence rates.

You can visit the following Web sites to learn more about the impact of Alzheimer's disease on various groups and to find educational material in other languages:

www.alz.org/espanol

www.alz.org/africanamerican

www.alz.org/languages



Mosaic Enhances Outreach

The Mosaic Advisory Council at the Alzheimer's Association of Greater Cincinnati helps conduct outreach to raise awareness and increase understanding of Alzheimer's disease and other forms of dementia in all minority communities. The Mosaic Council is comprised of community leaders, health care providers and family caregivers from diverse groups in the Greater Cincinnati area.

Our Multicultural Outreach Coordinator, Regina McDonald, and the members of the Mosaic Council provide culturally competent literature and community education programs at churches, senior centers, health fairs and other locations.

If you are interested in hosting a community education program at your church, senior center or other organization in the Greater Cincinnati area, please contact Ms. McDonald at (513) 721-4284, ext. 102 or email: regina.mcdonald@alz.org.

Creating a Safer Environment For People With Dementia

Safety is important, but individuals with dementia and their caregivers need to take particular precautions when it comes to creating a safe environment. The person may experience changes in:

- Judgment - forgets how to use household appliances
- Sense of time and place - gets lost on her own street or is unable to recognize or find areas in the home
- Behavior - becomes easily confused, suspicious or fearful
- Physical ability - has trouble with balance, or depends on a walker or wheelchair for mobility
- Senses - experiences changes in vision, hearing, sensitivity to temperatures and depth perception

Taking measures to ensure safety at all times can help prevent injuries, and it can help people with dementia feel relaxed and overwhelmed. Evaluate your surroundings for any particular dangers and change them to meet individual needs.

Safety at Home

• Evaluate your environment

Pay special attention to garages, work rooms, basements and outside areas. Be sure to always have working fire extinguishers, smoke alarms and carbon monoxide detectors in the house.

• Beware of dangerous objects and substances

Use appliances that have an auto shut-off feature. Discard toxic plants and decorative fruits that may be mistaken for real food.

• Avoid injury during daily activities

Watch the temperature of water and food. Install walk-in showers and grab bars. Add textured stickers to slippery surfaces.

• Adapt to vision limitations

Changes in levels of light can be disorienting. Use night light in hallways, bedrooms and bathrooms.

• Firearm safety

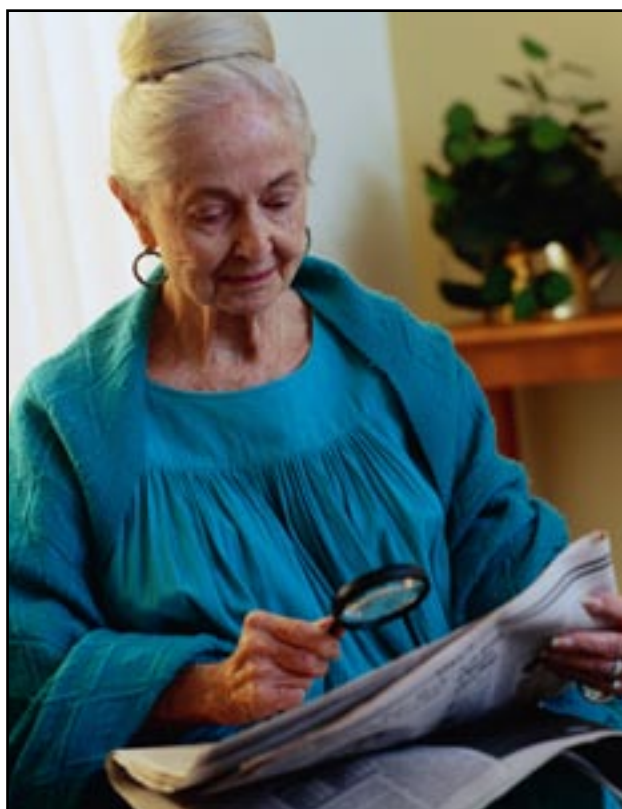
Keep firearms in a locked cabinet, firearm vault, safe or storage case. Lock ammunition in a place separate from firearms. Exercise full control and supervision over firearms at all times. Firearms should be unloaded when not in use. Remove the firearm from the living space.

Wandering and Getting Lost

A person with dementia is at risk for wandering or becoming lost. In fact, more than 60 percent of those with dementia will wander, and if not found within 24 hours, up to half of them will suffer serious injury or death. Be aware of the risk factors and tips to reduce the risk of wandering.

Signs of Wandering Behavior

- Comes back from a regular walk or drive later than usual
- Tries to fulfill former obligations, such as going to work
- Tries or wants to "go home," even when at home
- Is restless, paces or makes repetitive movements
- Has a hard time locating familiar places like the bathroom or bedroom
- Acts as if doing a hobby or chore, but nothing gets done
- Acts nervous or anxious in crowded public areas



Tips to Reduce Wandering

- Place deadbolts either high or low on doors
- Move around and exercise to reduce anxiety, agitation and restlessness
- Ensure all basic needs are met (toileting, nutrition or thirst)
- Keep busy with daily activities, such as folding laundry
- Reassure the person if he or she feels lost, abandoned or disoriented
- Do not leave someone with dementia unsupervised in new surroundings

Driving

Driving demands good judgment, quick reaction time and split-second decision making. Because of the nature of Alzheimer's, a person with the disease will eventually become unable to drive. It's often difficult to decide when to stop or limit driving. To help make this decision, get a driving evaluation from a certified professional. Call the Helpline at (513) 721-4284 or 1-800-272-3900 to locate driver evaluation programs.

The following behaviors may be signs that it is time to stop driving:

- Forgetting how to locate familiar places
- Failing to observe traffic signals
- Making slow or poor decisions
- Driving at inappropriate speeds
- Becoming angry and confused while driving
- Hitting curbs
- Using poor lane control
- Making errors at intersections
- Confusing the brake and gas pedals
- Returning from a routine drive later than usual

Losing the independence that driving provides can be upsetting, and it may be hard to give up the car keys. If the person with dementia insists on driving, caregivers and family members may need to take extra steps, including:

- Ask a doctor to write the person a "do not drive" prescription.
- Control access to the car keys.
- Disable the car in some way, such as removing the distributor cap or disconnecting the battery.
- Keep the car out of sight. Seeing the car may act as a visual cue to drive.
- Have the person tested by a driver evaluation program or the local Department of Motor Vehicles.
- Encourage law enforcement to issue a citation for unsafe driving.

It's important to learn about other modes of transportation before it is time to stop driving. Make plans for transportation, such as rides from family members, friends or community services.

Staying safe becomes increasingly important as Alzheimer's progresses. With appropriate planning and accommodation, you can ensure that everyone is as safe as possible. Call the Helpline at (513) 721-4284 or 1-800-272-3900 to discuss your safety concerns.

--Excerpts from the brochure "Staying Safe," by the Alzheimer's Association


comfort zone[™]

alzheimer's  association[®]

www.alz.org/comfortzone 1.877.259.4850

 MedicAlert[®]

+ safe alzheimer's  association[®]
return

www.medicalert.org/safereturn 1.888.572.8566

Caregiver News

Symposium and A Day for Caregivers Set for Nov. 12-13

The Alzheimer's Association of Greater Cincinnati will be reaching out to area caregivers with two major education events in November.

With the theme "Strength for Today...Hope for Tomorrow," the Greater Cincinnati Chapter will conduct its 21st Symposium on Friday, Nov. 12 at the METS Center of Northern Kentucky University in Erlanger, Ky.

The day-long educational forum, designed for healthcare professionals, will feature a variety of workshops focusing on Alzheimer's disease and related dementias. Dr. Gregory Jicha and Dr. Richard Sears will be the keynote speakers.

Cost for the symposium is \$115 and includes lunch, materials and CEUs. The METS Center



is located at 3861 Olympic Blvd., Erlanger, just minutes from the Greater Cincinnati / Northern Kentucky International Airport.

In addition to the symposium, a "Day for Caregivers" will be held at the METS Center on Saturday, Nov. 13 (from 8:30 a.m. to noon). The event is free to the public and will feature educational workshops. Although free, advance registration is required.

Dr. Brendan Kelley will serve as keynote speaker.

For more information or to register for the Symposium or A Day for Caregivers, please contact Janet Milne, director of Family and Professional Education at (513) 721-4284 or email: janet.milne@alz.org.

Legal Matters

Medicaid and Gifts – What Is Allowed?



By **Mark S. Reckman, Esq.**
Contributor

Any personal asset transferred within 60 months before filing a Medicaid application must be reported to the caseworker. The Department for Job and Family Services will presume that the asset was transferred for the purpose of qualifying for Medicaid. The applicant DOES have the right to try to prove that the transfer was for non-Medicaid reasons, but this is usually difficult.

Certain transfers are permissible and will not be penalized:

- The transfer of a home to a spouse or minor dependent child
- The transfer of real estate to a sibling with an equity interest who resided in the home for one year immediately preceding institutionalization
- The transfer of a home to a child who resided in the home for two years immediately before the institutionalization in the case where the child provided care which kept the parent out of a nursing home (this exception requires supporting documentation)
- The transfer of any resource to or for the benefit of a spouse or a blind or disabled child
- Case of undue hardship. All other transfers should be reviewed by a Medicaid attorney before applying the benefits.

For a free copy of Mr. Reckman's Estate and Medicaid Handbook, visit www.WoodLamping.com or call (513) 852-6000.

(Editor's Note: Mark Reckman is an attorney with Wood & Lamping LLP who specializes in elder law. He is a long-time supporter of the Alzheimer's Association and regular presenter at Association programs.)

Support Groups

Family Support Group Begins in Wilmington

There is a new group starting in April at:

Cape May Retirement Village, in the Campus Center

175 Cape May Drive

Wilmington, OH

2nd Thursday of the month, 2:00–3:30 p.m.

Contact: Jackie Wolgamott, 937-382-1621

The group that previously met at the Williamstown Christian Church in Williamstown, KY (Grant County) has moved to:

Williamstown Baptist Church

214 North Main Street

Williamstown, KY

1st Thursday of the month, 7:00–8:30 p.m.

Contact: Susan Ellison, 859-240-5016

Family Support Groups are designed for family caregivers of people with Alzheimer's disease or another 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 of Greater Cincinnati at 513-721-4284 or 1-800-272-3900.

Thatcher and Custer Join Board of Directors

The Alzheimer's Association of Greater Cincinnati recently welcomed Marquita Thatcher and David Custer to its board of directors.

"We're very pleased to have Marquita and David as the newest members of our board," said Executive Director Clarissa Rentz. "Both bring a wealth of professional experience and talent as well as a personal commitment to our mission."

Ms. Thatcher is director of Human Resources for TriHealth Physician Enterprise Corp. Mr. Custer is executive director with Keating, Muething & Klekamp PLL. Both have family members affected by Alzheimer's disease or a related dementia.

A graduate of the University of Cincinnati, Ms. Thatcher has a master's degree and doctorate in Labor and Employment relations and employment law. She and her husband, Eric, reside in Loveland with a son, Eric Jr.

A graduate of Xavier University, Mr. Custer is a certified public accountant. Both of his parents have Alzheimer's disease. He and his wife, Ann, reside in Anderson Township with their three children, Rachel, Sarah and Luke.



David Custer



Marquita Thatcher

Volunteers Needed To Clean Up and Collect

Interested in getting more involved with the Alzheimer's Association? We are currently in need of volunteers for the following upcoming special events:

Flying Pig Marathon "Green Team"

Raise funds and awareness for our mission by joining the Flying Pig Green Team. The Green Team will be responsible for trash collection with an emphasis on recycling at the finish line area of the Flying Pig Marathon on Sunday, May 2. The Green Team will consist of two shifts (7:30 a.m. – 11:30 a.m. and 11:30 a.m. – 3:30 p.m.). Volunteers will receive a free Flying Pig "Grunt" shirt and access to Post-race party at the finish line.

Forget Me Not Days

Forget Me Not Days® is a fundraising event benefiting the Alzheimer's Association. Forget Me Not Days® is scheduled this year for May 13 - 15. Volunteers will collect donations to benefit the chapter and distribute specially marked packages of Forget-Me-Not flower seeds to raise public awareness of the disease. Contact Paula Alexander by April 30 to volunteer and receive a t-shirt.

If you are interested in volunteering at the Flying Pig Marathon or Forget Me Not Days, please contact Ms. Alexander at 513-721-4284 or paula.alexander@alz.org.

You can also apply online to be an Alzheimer's Association volunteer. Please visit <http://volunteer.kintera.org/alz> to fill out our online application.

5K Fun Run Steps Up With \$10,500

More than 150 runners enjoyed nice weather and a scenic route at the second March Madness 5K and Fun Run in Old Milford on Saturday, March 20.

The event raised \$10,500 for the Alzheimer's Association.

The top three fundraisers for the event were Andrea Torbeck (top fundraiser), Kathleen Brinn and Gil Hamilton.

Top Overall Female Runner Dianne Griesser

Top Overall Male Runner Dan Kremp

Top Overall Female Walker Lisa Clark

Top Overall Male Walker Joe Kautz

To see entire race results please visit http://www.runningtime.net/Races/March_Madness/main.htm

Planning committee members included Andrea Torbek, Kathy Brinn, Heather Willis and Tyler Hoffman

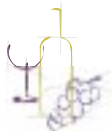
A SPECIAL THANKS TO OUR SPONSORS

Silver



Post Party

20 Brix
wine bar • wine seller • restaurant



Alexander Joins Staff

The Alzheimer's Association of Greater Cincinnati recently welcomed Paula Alexander as its new Development / Volunteer Coordinator.

Ms. Alexander, who joined the chapter staff in December, is responsible for the recruitment, training and activity coordination of volunteers as well as overseeing various special fundraising events.

"We are very pleased to have Paula join our Development team," said Development Director Brigid Mercer. "Her professional experience and enthusiasm for the Association's mission will help our team cultivate an even higher level of donor and corporate support within our community."

A graduate of Shawnee State University, Ms. Alexander earned a master's degree in Labor Employment Relations from the University of Cincinnati. Before joining the Alzheimer's Association, she worked as a human resources specialist.

A native of Adams County, she and her husband, Matthew, reside in Union Township.



Paula Alexander

Transportation



TWO MEN AND A TRUCK
"Movers Who Care."

Promotion



Bronze

- National Bank and Trust
- The Lodge Retirement Community

Banner

- Carolyn Bingaman of Accounting Plus
- Catherine M. Moseley, CPA
- Gary Lamond DDS LLC
- LTD Landscape
- Milford Pharmacy & Wellness Center
- Speedpro Imaging
- Strategic Financial Leadership, Inc.

Promoting Hope

- Evans Funeral Home
- Health First Physicians – Dr. Harvey
- Rustic Comforts
- Toomey Natural Foods
- The McLaughlin Financial Advisory Group of Raymond James & Associates, Inc.

Memories Benefit Sponsors

Art Exhibition Sponsor:



Corporate Table Sponsor:

Deaconess Hospital

Corporate Sponsors:

Crossroads Hospice
Spring Grove Cemetery
Fifth Third Bank
Indiana Alzheimer
Disease Center

Chapter Friends:

Ritter & Randolph, LLC
Attorneys at Law
First State Bank
Graeters
Metcut Research Inc.

Promoting Hope Sponsors:

Family Bridges Home Care
Hyde Park Health Center

Entertainment Sponsor:

Carol & Roger Rosenthal

Memory Walk Continues to MOVE Forward

The Alzheimer's Association is on the MOVE to end Alzheimer's – will you join us? Money raised through Memory Walk directly benefits local programs and services provided by the Alzheimer's Association as well as support of Alzheimer research.

For more information on how to participate or organize a team, contact Special Events Coordinator Marcy Hawkins at (513) 721-4284 or marcy.hawkins@alz.org.

Register your team today at www.alz.org/cincinnati. Fundraising is fun and easy when you utilize the online fundraising tools. Email everyone you know and ask them for a donation. Large or small, all donations are greatly appreciated.



2010 Memory Walk Schedule

Cincinnati/Northern Kentucky
Saturday, Oct. 2
Sawyer Point, Cincinnati, OH

Adams, Brown & Highland Counties
Saturday, Aug. 28
Adams Lake State Park, West Union, OH

Bracken County, Ky.
Sunday, Oct. 10
Augusta City Park,
Augusta, KY

Butler & Warren Counties
Saturday, Sept. 11
Wetherington Golf & Country Club,
West Chester, OH

Portsmouth
Saturday, Sept. 18
Market Square, Portsmouth, OH



Ladies Auxiliary
VFW Post #2734



VFW Post #2734



Fundraising Made Fun

Flying Pig Marathon May 2

ALZ Stars Team to Take on Flying Pig Marathon - The Alzheimer's Association ALZ Stars Team will be participating in the Flying Pig Marathon on Sunday, May 2. For more information, visit: <http://ALZStars.kintera.org/Cincinnati>.



Forget Me Not Days May 13-15

The Alzheimer's Association is looking for 200 volunteers to participate in the Forget Me Not Days – Plant a Seed of Hope, May 13-15. Volunteers will be handing our specially marked packages of Forget Me Not seeds in exchange for a donation of any amount. If you are interested in volunteering, please contact Paula Alexander at paula.alexander@alz.org or register online at <http://volunteer.kintera.org/alz>.

Cutting Out Alzheimer's Scrapbooking In June

Mark your calendars for the next Cutting Out Alzheimer's scrapbooking event to be held in June. Plan to join us for a full day of uninterrupted scrapbooking fun while supporting a great cause. Details on the event will be available in the coming weeks. Visit www.cuttingoutalzheimers.org or contact Tina Rouse at (859) 250-8866 or tina@cuttingoutalzheimers.org for more information.

Proceeds from Cutting Out Alzheimer's events benefit the Alzheimer's Association of Greater Cincinnati.



Dance Delivers \$7,300 Valentine's Gift

The fifth annual "Cherish the Memories" benefit dinner and dance created a \$7,300 valentine for the Alzheimer's Association of Greater Cincinnati.

For Cris Suesz, the loss of her father, Charles McQueen, to Alzheimer's disease five 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 nearly \$32,000 for the Alzheimer's Association of Greater Cincinnati.

This year's "Cherish the Memories" at the Briarwood Banquet Hall in Hebron, Ky. on Feb. 13 attracted nearly 230 guests. The event featured dinner, music and dancing as well as a large silent auction.





Invest in a world without Alzheimer's. And discover the financial benefits you'll get in return.

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Every significant discovery in the fight against Alzheimer's disease has occurred within the last 20 years. Which means, with continued support, we will one day achieve our goal of a world without Alzheimer's. You can make a difference in our mission through planned giving. Planned gifts allow you to make charitable contributions toward Alzheimer's research, care, and support programs, while benefiting from tax savings

and steady income opportunities. Whether it's through a bequest through your will, retirement plan assets, life insurance, a charitable trust, charitable gift annuity or real estate, these types of planned gifts will leave a legacy of support for millions of families living with Alzheimer's disease, and can help provide future economic security for yourself, your family and others.

To learn more, contact Brigid Mercer, Development director, at (513) 721-4284 or email: brigid.mercer@alz.org.



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Advocates Keeping Alzheimer's On Political Agenda



By Steve Olding
Communications
Director

Although the economy and health care reform have dominated the political agenda over the past year, the Alzheimer's Association continues to make sure that Alzheimer's disease remains an issue of importance for legislators.

When I attended the Alzheimer's Association's National Advocacy Forum and Action Summit in Washington, D.C. in March, I was struck not only by the size of the forum, but the enthusiasm and optimism of those in attendance. A record 620 advocates, including more than 200 "first-timers," attended the three-day event.

When we traveled to Capitol Hill to visit with members of Congress on the final day of the forum, it was impossible to

miss our nearly 800 advocates and their purple sashes. While our individual stories were different, everyone had the same request of their respective members of Congress – support for the following Association public policy proposals:

- The Alzheimer's Breakthrough Act (S. 1492 / H.R. 3286) 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). There are currently more than 130 members of Congress who have signed on as co-sponsors of the bill.
- The Alzheimer's Detection, Diagnosis, Care and Planning Act (ADD-CAP) would provide Medicare reimbursement for a bundled package of services to

increase the detection and diagnosis of Alzheimer's disease and provide access to information and support.

- The National Alzheimer's Project Act (NAPA – S. 3036 / H.R. 4689) - would 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. Indiana Sen. Evan Bayh is a lead sponsor of this bill.

In addition to supporting these important federal initiatives, the Greater Cincinnati Chapter works closely with our sister chapters in Ohio and Kentucky on a variety of state advocacy projects and activities. In Kentucky, more than 100 Alzheimer advocates from across the state came to Frankfort on Feb. 3 to meet with their legislators as part of the Kentucky Alzheimer's Advocacy Day.

In Ohio, more than 250 volunteer advocates attended the 12th Annual Memory Day at the Ohio Statehouse in Columbus in April. Memory Day is an annual event that provides Alzheimer advocates an opportunity to meet with state legislators to discuss their concerns regarding Alzheimer's disease and its impact on Ohio.

Whether it's in Washington, D.C., Columbus or Frankfort, Alzheimer advocates are speaking in a loud and clear voice to their legislators.

As an Association we continue to build a stronger and better informed network of advocates - both locally and nationally. But if we are to truly succeed in our mission of advocacy on behalf of the millions of families touched by this disease today and the many more to follow, our base of advocates must continue to grow. Today, more than ever, your voice needs to be heard.

For more on the Alzheimer's Association and its public policy efforts, visit: www.alz.org or contact me at steve.olding@alz.org.

Volunteer Spotlight

Wardlow Puts Chapter Message 'On the Air'



Lesley Wardlow

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 Lesley Wardlow.

For Lesley Wardlow, it took the prodding of a fellow churchgoer to get her involved as a volunteer for the Alzheimer's Association. But it didn't take her long to realize that her work was going toward a truly worthy cause.

"I really didn't have any experience with loved ones living with dementia but after spending time

at the Mosaic meetings, I realized how important this organization is to the minority community and the community at-large so I decided to stay and help," she said.

Ms. Wardlow, Public Service Director and Special Projects Producer for WKRC-TV, serves on the chapter's Mosaic Council. The council's primary focus is to enhance outreach to the minority populations in the chapter's 27-county service area.

In January, Ms. Wardlow produced a 30-second public service announcement promoting the Alzheimer's Association. The spot is currently being aired on WKRC-TV and its sister station CW25.

"The use of a fragmented background to denote the many difficulties affected individuals and families face in dealing with Alzheimer's disease was really inspired," said Communications Director Steve Olding. "Thanks to Lesley, we have a commercial that very effectively promotes our chapter."

A 1990 graduate of Michigan State University with a degree in Telecommunications, Ms. Wardlow developed a love for producing while working at a campus cable station. Over the years she has received numerous awards for her work, including four local Emmy awards from the Ohio Valley Chapter of the National Academy of Television Arts and Sciences. She is also a YMCA Black Achiever.

Lesley's hobbies include collecting lions, reading, traveling and listening to music - especially anything by Prince. She and her husband, Mark, have a bright-eyed baby girl named Marley.

(Editor's note: The television PSA can be viewed on the chapter's Web site at: www.alz.org/cincinnati and click on - About Our Chapter).

Advocates in Action



Chris Nieman and Jim Lusby (pictured in the Kentucky Statehouse Rotunda) were among 100 Alzheimer advocates who participated in the 2010 Kentucky Alzheimer's Advocacy Day in Frankfort on Feb. 3



Communications Director Steve Olding (back row right) and his fellow advocates from Ohio take time for a group picture during the 2010 Alzheimer's Association Action Summit in Washington, D.C. in March. Nearly 600 advocates attended the three-day event.

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 Nov. 14, 2009 and March 3, 2010. Your support and generosity are vital to the services our Chapter provides to persons in our 27-county territory in Ohio, Kentucky and Indiana.

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.

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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Program Calendar

Family Education/Support

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.

Scioto County

Where: Porter Township Senior-Civic Center, 11725 Gallia Pike, Wheelersburg, OH

When: Two-part series held on Saturdays, May 8 & 15 from 9 a.m. to Noon

Campbell County

Where: First Christian Church, 1031 Alexandria Pike, Ft. Thomas, KY

When: Four-part series held on Tuesdays, June 1, 8, 15 & 22 from 6:30 p.m. to 8:30 p.m.

Cincinnati

Where: Alzheimer's Association, 644 Linn Street, Cincinnati, OH

When: Two-part series held on Saturdays, July 17 & 24 from 9 a.m. to 1 p.m.

Early Stage Strategy Group

What: An eight-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.

Cost: Free, but initial screening is required. Participation is limited to the person with the diagnosis and one family member.

Cincinnati

Where: The Alzheimer's Association, 644 Linn Street, Cincinnati, OH 45203

When: Tuesdays, Sept. 14 through Nov. 2 from 10:30 a.m. to Noon

Contact: Call Anne Von Hoene in Cincinnati at (513) 721-4284 to schedule a screening interview.

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 the Cincinnati office at (513) 721-4284 or 1-800-272-3900.

The 21st Symposium

What: The symposium is an interdisciplinary seminar exploring current topics in dementia research and clinical practice, featuring national speakers and local experts. Keynote addresses and a variety of workshops are offered.

When: Friday, Nov. 12 from 8:30 a.m. to 4 p.m. Registration begins at 7:45 a.m.

Where: The METS Center, 3861 Olympic Boulevard, Erlanger, KY 41018. Located off I-275/Mineola Pike, near the Cincinnati/Northern Kentucky International Airport. Free parking on site.

Cost: \$115 (includes CEUs, breaks, lunch and materials)

CEUs: Nurses, social workers, counselors, nursing home administrators, activities professionals, recreational therapists in Ohio, Kentucky and Indiana.

Community Education

The 10 Signs are a key tool in promoting recognition of common changes that may facilitate 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.

To schedule a community education program about the 10 warning signs, early detection and diagnosis, call the Alzheimer's Association at 513-721-4284 or 1-800-272-3900.

