

Alzheimer's Association News

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Checkoff Colorado 2010

Special points of interest:

- *Baby Boomers reach age of highest risk in 2011*
- *72,000 people in Colorado live with Alzheimer's*
- *National Project Act would coordinate services and funding for Alzheimer's research*

This Issue:

Checkoff Colo	1
Walk to End Alzheimer's	1
Holiday Tips	2
Café Connect	2
Pending Legislation	2

The Colorado Alzheimer's Association is one of 15 local non profit organizations listed in the shaded section of your Colorado State Tax form.

Whether you are getting a refund or having to make a payment, you can also choose the Alzheimer's Association Fund and write in an amount as your donation.

For the past eight years, the Alzheimer's Association has received more than \$250,000 from generous Coloradans in this easy, anonymous method of giving.

This year we are going

“viral” with our campaign to spread the word about supporting our service to thousands of Colorado families living with Alzheimer's through Checkoff Colorado.

The campaign theme suggests that as you consider how you might spend your refund you also consider giving a Buck or \$10 or \$20 bucks to the Alzheimer's Association.

In the past, each three years we have had go back to the legislature, having raised a minimum of \$75,000 per year, with a new bill sponsored by supportive members of the House and Senate and

then have identified families to testify on our behalf so that our Fund continues as one of the non-profits on the Colorado State Tax Form.

This legislative session we will ask to be included on the state tax form for another 10 years. Please donate to the Alzheimer's Association on your 2010 Colorado Tax form.

Sign up today to receive our monthly online Enewsletter. Go to alz.org/co or send your email address to info@alzco.org

Colorado Launches Walk to End Alzheimer's 2011



The Alzheimer's Association has announced the new name for its annual Memory Walk, the largest fundraising event held

nationally by the organization.

Now known as the Walk to End Alzheimer's, the event will take place in 10 communities across Colorado in 2011. Thousands will come together to support the work of the Association raising critical funds for

education, counseling, support groups, the 24-hour Helpline and research to find a cure. Each event offers a unique environment of inspiration and comfort as loved ones and friends living with Alzheimer's are honored and remembered.

National Alzheimer's Project Act Update

Congress took a critical step toward addressing Alzheimer's disease the first week of December as the Senate Health, Education, Labor, and Pensions (HELP) committee considered the National Alzheimer's Project Act (NAPA). NAPA provides a path to the solution of the Alzheimer



epidemic by creating a coordinated strategic plan to confront the crisis. With your help, we can secure a vote on NAPA during the next two days. Take action now — call your senators and urge them to pass NAPA. By 2050 nearly 16 million Americans will have Alzheimer's, yet there is no national plan to deal with this looming crisis. The **National Alzheimer's Project Act (NAPA)** would establish an inter-agency advisory council to address the government's efforts on Alzheimer's research, care, institu-

tional services, and home- and community-based programs. State Government Alzheimer's Disease Plans create the infrastructure and accountability necessary to build dementia-capable programs for the growing number of people with the disease.

Holiday Tips

“BREAK TASKS INTO FEWER STEPS TO KEEP YOUR LOVED ONE INVOLVED IN HOLIDAY ACTIVITIES”

The holidays can be filled with stress, disappointment and sadness. Because of the changes caused by Alzheimer's, families as

well as the person with the disease may feel a special sense of loss during the holidays. Caregivers

may also feel overwhelmed by trying to maintain holiday traditions while providing care. Here are a few tips for keeping a loved one engaged and anxiety low:

- Have a quiet place where the person with dementia can relax.
- Consider multiple small holiday meals with fewer people.
- Make nametags for **everyone** attending a party or family get together

- Ask adult children to rotate “buddying” up with the person struggling with memory loss. They can help monitor anxiety, overstimulation and tiredness as well as triggers for wandering, a risk if no one has been specifically tasked with staying close to the person with the disease.

For a copy of our Holiday Caregiver's Guide call 800-272-3900.

Café Connect and other programs

Café Connect is a social gathering for people with Early Stage dementia and their friends and family. During the holidays special parties are held throughout the state and hosted by regional offices of the Alzheimer's Association.

For dates, times and locations

please contact your local office. For other educational programs including classes for those in the Early Stages of the disease, please call our Helpline to receive a calendar.

For information and a list of the meeting dates and locations of our Support Groups in your community, you may call us or go online

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