

# memory matters

for Families & Professionals

Alzheimer's Association  
Central Illinois Chapter



Kentucky Derby **15**



Pro-Am Golf **16**



Joe & Kim Girardi **22**

**25<sup>TH</sup>** Anniversary  
1987 – 2012  
Central Illinois Chapter

## New Program Provides Stimulating, Intimate Atmosphere for Individuals with Mild Cognitive Decline



*Jerry Hunt*

Living with early stage Alzheimer's disease is not easy. But for retired history teacher Jerry Hunt, Peoria, a new brain fitness program especially designed for individuals with mild cognitive impairment has made life a little easier.

Hunt, 63, taught history to 6th, 7th, and 8th grade students for thirty years at Peoria Heights Middle School. He has a good attitude about Alzheimer's disease and says he was not surprised to receive the diagnosis as his mother and several of his siblings suffered from it.

Developed by the Central Illinois Chapter Program staff in partnership with IPMR, Slices of the Pie is a new six week program created to provide a supportive atmosphere where individuals can engage in social and stimulating activities.

"You have a better chance to express yourself in a small group," says Jerry. "And I like to use my humor."

The next session will be held Mondays, April 2–May 7, from 1:00–2:30 p.m., at the Central IL Chapter, 606 W. Glen Avenue, Peoria. Cost is \$30 per person.

Outreach Specialist Melissa "Missy" Kolowski facilitated the first session which began in October, 2011. Each week participants engaged in activities that represented eight slices of the pie. Slices

## ADVOCACY

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Our Mission is to eliminate Alzheimer's disease through the advancement of research, to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

## Advancing Advocacy in Central Illinois

The Central Illinois Chapter speaks up for the needs of people with Alzheimer's disease and their families. Join us in late January as we share our 2012 Illinois State Priorities and information about the National Alzheimer's Project Act (NAPA) with members of our district's state representatives at Legislative events in three locations.

### Guest Speakers:

- John Funderburk, Director of Advocacy, Alzheimer's Assoc., Washington, D.C.
- Judy Buchanan, Public Policy Coordinator, Alzheimer's Association, Illinois Chapter Network



*John Funderburk*



*Judy Buchanan*

### Wed., Jan. 25th

Central Illinois Chapter  
 606 W. Glen Avenue  
 Peoria, IL 61614  
 9:00 a.m.  
 309.681.1100

### Wed., Jan. 25th

Princeton Public Library  
 698 E. Peru Street  
 Princeton, IL 61356  
 3:00 p.m.  
 815.285.1100

### Thursday, Jan. 26th

Quincy Senior Center  
 639 York Street  
 Quincy, IL 62301  
 Noon  
 217.228.1111

*Please call your local office for reservations.*

### About Illinois Public Policy & Advocacy Efforts

With the help of thousands of Illinois Alzheimer Advocates and the Illinois Alzheimer Legislators Alliance, efforts in public policy and advocacy by the Alzheimer's Association work to ensure that the needs of all those affected by Alzheimer's disease are addressed where possible through legislative or regulatory change in partnership with state agencies, the Illinois Legislature and the Governor of the State of Illinois.

**From the Executive Director:  
Nikki Vulgaris-Rodriguez**



Dear Friends,

Another year has come and gone and as we look back at the accomplishments for 2011 we find significant progress was made by the Association and the Chapter to support individuals with Alzheimer's disease and their families.

The National Alzheimer's Project Act (NAPA) was signed into legislation by President Obama on January 4. This past year chapters across the country hosted input sessions to enable caregivers to provide feedback on what the first federal Alzheimer's plan should look like. Ten key challenges emerged that participants believe the U.S. Secretary of Health and Human Services must address in the National Plan now being created through the implementation of NAPA. For more information visit our website at [www.alz.org](http://www.alz.org).

As we continue to increase concern and awareness for Alzheimer's disease, we are shining the spotlight on TrialMatch and clinical trials. As a chapter we have experienced a significant interest from our constituents to learn more about the trials that are conducted across the country. As a result, many of you have registered to participate in a trial, where you may have access to cutting-edge treatments and expert medical care. Chapter staff is available to answer questions you may have about the TrialMatch program.

Walk To End Alzheimer's was well attended this year with over 2500 walkers participating in one of the nine walks. With more team captains taking on a leadership role than ever before, as well as an increase of third party events, revenue

increased by 14% despite these challenging economic times. These additional funds allow the chapter to continue to support research and education programs along with advocacy and clinical trials. Thanks to each one of you and to our corporate sponsors for supporting the Association through fundraising events and increasing concern and awareness in your community. You are the key to the future!

As some of you may know, there are some new faces in the Peoria and Quincy offices.

At the end of the year we gave a fond farewell to Alisha Dault, Terri Campion and Marsha Ray. Each of these extraordinary individuals made significant contributions to the Association during their tenure and we wish them the best in their future endeavors. Please welcome our new staff members and join us in welcoming them to the Chapter and the Association: Sherry Sherman, Program Director; Tim Klobe and Aubrie McShane, Education Specialists, and Herminia Christy, Helpline Coordinator. To learn more about our newest staff members please turn to page 14.

We wish you all a Happy and Prosperous 2012.

Bestest,  
Nikki



*continued from Page 1*

included activity ice breakers, creativity, current events, communication, physical exercise, cognition and sensory, brain health and foods, and staying productive in the community.

Current events was a popular theme, and the Cardinals won the World Series during the program's duration. "We had two Cardinals fans!" laughs Missy.

Missy says that although the participants were at different levels of memory loss, she witnessed a real bonding between them and they were very supportive of one another. They were willing to try new foods, new physical activities and brain games too. But she says, the most joyful outcome of this new endeavor was that they were all sad when the program concluded.

Bonnie Rakestraw of Roanoke, whose husband, Smitty, attended the program, agrees wholeheartedly. "My husband is not a person who usually enjoys attending programs but he really looked forward to each weekly session," she says. "It just really amazed me that he was always ready and enthusiastic to go back."

The couple also attends the Early Stage Support Group and would recommend it to anyone. Bonnie says she likes the group's format in which both caregivers and their loved ones attend the meeting and then separate into two groups: one for caregivers and one for individuals with the disease. "I like having the support and knowing other people have the same problems," says Bonnie.

### Criteria for participating in Slices of the Pie:

- A complete screening
- Diagnosis of mild cognitive impairment (MCI) or early stage Alzheimer's disease with an MMSE greater than 24
- Ability to participate in six consecutive weekly sessions
- Socially appropriate
- Supportive Caregiver(s)

For more information about Slices of the Pie, contact Missy at **309.681.1100** or via email: [Melissa.Kolowski@alz.org](mailto:Melissa.Kolowski@alz.org).

A poem written by participants of Slices of the Pie Creativity Session:

### If I Were....

If I were a decoration hanging on a tree,  
This is the ornament I would like to be:

I would be a coffee cup  
So everyone could fill me up...

An angel with angel hair  
Handled with care...

A poinsettia in bloom  
So my bright red petals would fill the room...

A snowball is nice  
Especially when it's well packed...

A bird that stands and looks all day  
To watch everything going on...  
To see what I can see  
A bird as pretty as me!

*Missy, Letha, Lori, Jerry, and Smitty  
October 24, 2011*

*Help is Just a Phone Call Away*

## **24/7 Helpline: 800-272-3900**

The Alzheimer's Association 24/7 Helpline provides reliable support and information to people with Alzheimer's disease, family members, caregivers, healthcare professionals and the general public.

Confidential care consultation is provided by master's level clinicians who can help with decision-making support, crisis assistance and education on issues families face every day. Referrals are made to local community programs, services and ongoing support.

### **Our highly trained and knowledgeable staff can help you with:**

- Understanding memory loss, dementia and Alzheimer's
- Medications and other treatment options
- General information about aging and brain health
- Skills to provide quality care and to find the best care from professionals
- Strategies to reduce stress and manage lifestyle changes
- Decisions about legal and financial issues, and living arrangements

### **Early Stage Support Group (ESSG)**

The Early Stage Support Group is a support group for individuals with Early-Stage Alzheimer's disease and a concurrent group for family members. The support group provides:

- Education to enhance understanding of coping with illness
- Answers to questions and concerns specific to Alzheimer's disease
- Families who provide reassurance, comfort, and social support
- Sessions for individuals with Alzheimer's disease
- Friends who are good listeners and care

For more information, contact Herminia Christy at **309.681.1100** or [Herminia.Christy@alz.org](mailto:Herminia.Christy@alz.org).



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## FAMILY EDUCATION

The Central Illinois Chapter offers many caregiver programs throughout its 20-county service area that focus on issues families face during the disease process. Our programs are underwritten through grants, signature events, and in-kind donations.

### Alzheimer's 101

Alzheimer's 101 explores the common causes of memory loss, including Alzheimer's disease and other related dementias, the stages and symptoms of Alzheimer's, the importance of a good medical examination, current research and treatments.

### Beyond Bingo: Creating Meaningful Activities

Beyond Bingo explores creative ways to maintain meaningful activities for people with Alzheimer's disease. It is designed to give family caregivers the tools to prevent or minimize disease specific behaviors caused by inactivity.

### Legal & Financial Series

This program features local attorneys and financial planners who discuss legal and financial issues caregivers face and steps they can take to plan for the future.

### Personal Care & Safety

Providing personal care and creating a safe and supportive environment for the individual with Alzheimer's disease are important concerns. Participants will learn tips and strategies for assisting with routine personal care activities and simple steps to make the home safe and supportive.

### Reconnect: Interacting with Dementia

This program provides strategies on improving overall communication skills in connecting with memory-impaired individuals. It also helps prepare caregivers for behavioral changes and ways to respond should they occur.

### Train Your Brain

Are you 40+ or a healthy senior? Want to stay at the top of your game? We've designed a FUN healthy aging program. Our six week program features guest speakers with different brain healthy topics each meeting.

### The Savvy Caregiver

Based on research by experts in caregiving techniques, this 6-week course provides a unique approach to family education. The central concept is the notion of strategy; throughout the program caregivers are urged to learn, develop and modify strategies that will be used to accomplish the goal for their particular caregiving situation.

### Perspectives on Caregiver Stress

This program addresses coping with stress related to caring for individuals with Alzheimer's disease. We will examine the symptoms of caregiver stress and offer strategies towards becoming a healthier caregiver and setting realistic expectations for the individual and for the person he or she cares for.

**Reach the  
Alzheimer's Community**

Please contact Janet Veach for newsletter advertising rates and information at **217.228.1111** or email: [Janet.Veach@alz.org](mailto:Janet.Veach@alz.org)

**What the Heck Do We do Now?  
Exploring Care Options**

This program emphasizes the importance of planning for the future. It explains the warning signs of when it is time to get outside help, respite and long term care and community options.

**Now What Was I Saying?**

A public health and education program to help participants understand steps they can take now to make brain health one of the overall goals of the healthy aging process.

**Facing New Challenges**

Participants learn the basics of Alzheimer's disease, new communication approaches and ways to plan for the future.

**Protecting what Matters: Adapting to the Personal Care and Safety Needs of Persons with Alzheimer's Disease**

Providing personal care and creating a safe and supportive environment for the individual with Alzheimer's disease are important concerns. Participants will learn tips and strategies for assisting with routine personal care activities and simple steps to make the home safe and supportive.

PAID ADVERTISING

**Volunteers needed**

...to participate in a clinical research study to evaluate the safety and effectiveness of an investigational drug aimed at slowing the progression of Alzheimer's disease.

During the 20 month study, participants may receive the investigational drug, study related physical exams, MRI's and laboratory tests at no charge and will be monitored by a study team of nurses and physicians.

**YOU MAY BE ELIGIBLE IF YOU ARE:**

- 50 to 88 years of age
- Live at home or assisted living
- Have a diagnosis of probable Alzheimer's disease

*If interested, call Methodist Research Department at 309-672-3156*



## PEORIA AREA PROGRAMS

### Counties:

**Fulton, Marshall, Peoria, Stark, Tazewell**

#### Train Your Brain

Wednesdays  
Jan. 18 – Feb. 22  
6:00 – 7:30 p.m.  
Central Illinois Chapter  
606 W. Glen Avenue  
**Peoria**  
\$30 per person  
Register by: Jan. 16

#### Alzheimer's 101

Thursday, Jan. 26  
5:30 – 7:30 p.m.  
Central Illinois Chapter  
606 W. Glen Avenue  
**Peoria**  
Register by: Jan. 25

#### Perspectives on Caregiving

Thursday, Feb. 23  
5:30 – 7:30 p.m.  
Washington Public  
Library at Five Points  
380 N. Wilmore Road  
**Washington**  
Register by: Feb. 22

#### Slices of the Pie

For persons with mild  
cognitive impairment  
Mondays,  
April 2 – May 7  
1:00 – 2:30 p.m.  
Central Illinois Chapter  
606 W. Glen Avenue  
**Peoria**  
Participants must be  
registered & screened by  
March 26

#### Reconnect: Interacting with Dementia

Wednesday, April 4  
5:30 – 7:00 p.m.  
Henry Public Library  
702 Front Street  
**Henry**  
Register by: April 3

#### Family Night

Tuesday, April 24  
6:00 – 8:30 p.m.  
Par-A-Dice Hotel  
21 Blackjack Boulevard,  
**East Peoria**  
Register by: April 23

#### Education Conference

Wednesday, April 25  
8:00 a.m. – 4:30 p.m.  
Par-A-Dice Hotel  
21 Blackjack Boulevard  
**East Peoria**

#### Beyond Bingo: Creating Meaningful Connections

Wednesday, May 4  
5:30 – 7:00 p.m.  
Central Illinois Chapter  
606 W. Glen Avenue,  
**Peoria**  
Register by: May 3

#### Facing New Challenges

4:30 – 6:30 p.m.  
OSF Institute on Aging  
8600 N. Route 91  
Suite 110, **Peoria**

#### Monday, Feb. 20

Register by: Feb 17

#### Monday, March 19

Register by: March 16

#### Monday, April 16

Register by: April 13

#### Monday, May 21

Register by: May 18

#### Monday, June 18

Register by: June 15

# Memory Care at Lutheran Hillside Village

*Individuality. Friendship. Life Enrichment.*



Activity-focused, person-centered care for those with early-to mid-stage Alzheimer's disease and other related memory impairment.

- 24-hour person-centered care
- All private studio living quarters
- Individualized activity programs
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- Medication administration
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**Call 309.692.4600 to arrange a personal visit.**



## QUINCY AREA PROGRAMS

### Counties:

**Adams, Brown, Hancock, Pike and Schuyler**

#### First Fridays Lunch & Lecture Series

11:45 a.m. – 1:00 p.m.  
Quincy Senior Center  
639 York, **Quincy**  
*Co-funded by WCIAAAA*

#### Feet Don't Fail Me Now

Shwetal Patel, DPM  
*Quincy Medical Group*  
Friday, February 3

#### Facing New Challenges

Tuesday, January 10  
1:00 p.m. – 3:00 p.m.  
Pike County Senior Ctr.  
220 W. Adams, **Pittsfield**  
*Co-funded by WCIAAAA*  
Register by: January 9

#### Brown Bag Lunch & Learn

Tuesday, January 17  
12:00 p.m. – 1:00 p.m.  
Pike County Housing  
Comm. Building,  
838 Mason, **Barry**  
*Co-funded by WCIAAAA*

#### Polypharmacy: Too Many Drugs?

Melissa Harbin, PharmD  
Ric Crider, RPH  
*Hy-Vee Pharmacies*  
Friday, March 2

#### Dementia, Behaviors and Psychiatry

Valentina Vrtikapa, MD  
*Blessing Hospital*  
Friday, April 6

#### Alzheimer's 101

Tuesday, February 7  
1:30 p.m. – 4:00 p.m.  
First Christian Church  
390 N. Liberty St.,  
**Rushville**  
*Co-funded by WCIAAAA*  
Register by: February 6

#### Protecting What Matters

Thursday, February 9  
1:30 p.m. – 4:00 p.m.  
Quincy Senior Center  
639 York, **Quincy**  
*Co-funded by WCIAAAA*  
Register by: February 8

#### Miles to Go Before I Sleep

Nanjappa Somanna, MD  
Pulmonology, Critical  
Care & Sleep Medicine  
*Blessing Physician Services*  
Friday, May 4

#### R & R: Staycation

Joe Bordewick  
Community Relations  
Director  
*Bickford of Quincy*  
Friday, June 1

#### Now What Was I Saying?

Tuesday, February 21  
1:00 p.m. – 3:00 p.m.  
Quincy Senior Center  
639 York, **Quincy**  
*Co-funded by WCIAAAA*  
Register by: February 17

#### Caregiver Stress

Thursday, March 29  
1:30 p.m. – 4:00 p.m.  
Mt. Sterling Community  
Center YMCA, Rt. 99  
**Mt. Sterling**  
*Co-funded by WCIAAAA*  
Register by: March 28

**Facing New Challenges**

Thursday, April 12  
 1:00 p.m. – 3:00 p.m.  
 First Christian Church  
 390 N. Liberty St.  
**Rushville**  
*Co-funded by WCIAAA*  
 Register by: April 11

**Train Your Brain**

Tuesdays  
 April 17 – May 22  
 6:00 p.m. – 7:30 p.m.  
 Quincy Public Library  
 526 Jersey, **Quincy**  
 Fee: \$30 per person  
 Register by: April 13

**Protecting What Matters**

Thursday, April 26  
 1:30 p.m. – 4:00 p.m.  
 Marion Corner  
 Community Center  
 320 Walnut St.  
**Carthage**  
*Funded by WCIAAA*  
 Register by: April 25

**Alzheimer's 101**

Thursday, May 10  
 1:30 p.m. – 4:00 p.m.  
 Quincy Senior Center  
 639 York, **Quincy**  
*Funded by WCIAAA*  
 Register by: May 9

**Reconnect: Interacting with Dementia**

Tuesday, June 5  
 1:30 p.m. – 4:00 p.m.  
 Mt. Sterling Community  
 Center YMCA, Rt. 99  
**Mt. Sterling**  
*Co-funded by WCIAAA*  
 Register by: June 4

**Brown Bag Lunch & Learn**

Tuesday, June 26  
 12:00 p.m. – 1:00 p.m.  
 Pike County Senior Ctr  
 220 W. Adams, **Pittsfield**  
*Co-funded by WCIAAA*

**THANK YOU!**

A special thanks to Peoria area businesses who contributed to our First Annual Bake Sale. Funds raised will be used to convert a former office area into a Family Room for care consultations.

*Hats off to:*

- Area Kroger Stores
- Hanssen's Le Bakery
- Schnucks
- Cookie Shack
- Sam's Club
- The Confectionery
- Volunteers & Office Staff

PAID ADVERTISING

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## ROCK RIVER & ILLINOIS VALLEY AREAS

### Counties:

**Lee, Whiteside, Ogle, Bureau & LaSalle**

#### ALZ 101

Tuesday, January 31  
1:30 – 3:30 p.m.  
Rock River Branch  
93 S. Hennepin, **Dixon**  
*Co-funded by United Way of Lee County*

#### Savvy Caregiver

Tuesdays  
February 7 – March 6  
1:30 – 3:30 p.m.  
Rock River Branch  
93 S Hennepin, **Dixon**  
CD & Resource Manual  
per person  
Registration fee:  
\$30 per person

#### Reconnect: Interacting with Dementia

Tuesday, February 21  
6:00 – 8:00 p.m.  
Rock River Branch  
93 S. Hennepin, **Dixon**  
*Co-funded by United Way of Lee County*

#### Train Your Brain

Wednesdays  
March 14 – April 18  
6:00 – 7:30 p.m.  
Rock River Branch  
93 S. Hennepin, **Dixon**  
Material charge:  
\$30 per person

#### Protecting What Matters

Personal Care & Safety  
Wednesday, March 21  
3:00 – 5:00 p.m.  
Rock River Branch  
93 S. Hennepin, **Dixon**  
*Co-funded by United Way of Lee County*

#### Savvy Caregiver

Wednesdays  
April 25 – May 30  
6:00 – 8:00 p.m.  
Rock River Branch  
93 S. Hennepin, **Dixon**  
CD & Resource Manual  
per person  
Registration fee:  
\$30 per person

#### 10 Warning Signs: Early Detection Matters

Saturday, April 28  
9:00 – 11:00 a.m.  
Rock River Branch  
93 S. Hennepin, **Dixon**  
*Co-funded by United Way of Lee County*

#### Facing New Challenges

Tuesday, May 8  
6:00 – 8:00 p.m.  
Rock River Branch  
93 S. Hennepin, **Dixon**  
*Co-funded by United Way of Lee County*

#### 15th Annual Professional Education Conference

Topics Related to  
Caring for individuals  
with Alzheimer's  
Wednesday, June 13  
8:30 a.m. – 2:15 p.m.  
Sauk Valley College  
**Dixon**

#### Exploring Care Options

Wednesday, June 20  
1:00 – 3:00 p.m.  
Rock River Branch  
93 S. Hennepin, **Dixon**

Our education and training programs are intended for professionals working in home and community-based settings, as well as residential care facilities such as nursing homes and assisted living facilities.

We help professionals to expand their dementia care knowledge and help to shape care strategies based on recent research and best practices.

### Advanced Topics in Alzheimer's Care

Wednesday, Feb. 15  
8 a.m. – 4:30 p.m.  
Central Illinois Chapter  
606 W Glen Avenue  
**Peoria**

### Topics

- Providing personal centered care
- Reducing resistive behaviors
- Gentle approaches to bathing
- Preventing falls
- Music therapy
- Intimacy and sexuality
- Spirituality and religion
- Compassionate end of life care

\$75 Registration Fee by Feb. 8th  
\$85 Registration Fee after Feb. 8th  
CEUs additional \$15.00

Download application:  
[alz.org/illinoiscentral/in\\_my\\_community\\_professionals.asp](http://alz.org/illinoiscentral/in_my_community_professionals.asp)

Or call **309.681.1100** or email  
[Sherry.Sherman@alz.org](mailto:Sherry.Sherman@alz.org)

### 2012 Lee L. Morgan Education Conference

Traveling the  
Caregivers Journey  
Wednesday, April 25  
8:00 a.m. – 4:30 p.m.  
Par-A-Dice Hotel  
21 Blackjack Boulevard  
**East Peoria**



Featuring David Troxel, M.P.H., who is nationally recognized for his groundbreaking and innovative work helping people with Alzheimer's disease and their families.

See page 8 for Family Caregiver Night information.

### Activity Based Alzheimer's Care

Wednesday, May 16  
8:00 a.m. – 12:00 p.m.  
Central Illinois Chapter  
606 W Glen Avenue  
**Peoria, IL 61614**

### WANTED: New Volunteers

Would you like to help us make a difference? We need individuals to donate time, energy and experience in a variety of areas throughout our 20 county service area.

### Volunteer Opportunities

- Receptionist to answer phones
- Board of Directors
- Volunteer coordinator
- Walk To End Alzheimer's committee members
- Advocates
- Party planners and special events committee members
- Bulk mail stuffers

Meet new people at the Central Illinois Chapter! Please call your local office for more information.

## ENHANCING CARE & SUPPORT

### New Program Staff Join Alzheimer's Association

The Alzheimer's Association-Central Illinois Chapter announces the addition of four new staff to its Education Services Department.



Aubrie McShane has accepted the position of Education Specialist and will educate family and professional caregivers on Alzheimer's disease and its impact on their lives in the Peoria and Rock River regions. A Peoria native, she holds a Bachelor of Science in Communication Studies and a Bachelor of Science in Community Health Education from Illinois State University, Bloomington-Normal. She most recently worked with dementia patients as an activities assistant with Riverview Healthcare Center.

Tim Kobe is located in the Quincy office and will be responsible for education, programming and outreach in the Quincy region. Prior to joining the Alzheimer's Association, he worked with the University of Illinois-Extension in Adams and Brown counties, focusing on wellness programs, and for KHQA-TV both in-front and behind the camera. Klobe holds a Bachelor of Arts in Communications and a Master of Science in Education from Quincy University. Originally from St. Louis, Mo., he lives in Quincy with his wife and three dogs.



Herminia Christy is located in the Peoria office in the position of Helpline Coordinator and will serve as the main contact for the Chapter's Helpline services including information and referral, care

consultation, and Medic Alert + Safe Return. Christy currently holds her Illinois License in Social Work and has extensive experience in the behavioral health field, most recently as a behavioral health therapist for children and adolescents and their families at Children's Home Association of Illinois. She holds a Bachelor of Science in Family Social Services from Northern Illinois University, DeKalb, and a Master of Social Work from Illinois State University, Bloomington-Normal.



Sherry Sherman, located in the Peoria office, has accepted the position of Program Director and will be responsible for the development, implementation and evaluation of the agency's programs and services in its 20 county Chapter area. Prior to this position, she volunteered and trained as a family advocate and peer visitor at the Rehabilitation Institute of Chicago (RIC). She was also a member of the 2006 Illinois Adequate Health Care Task Force and was Director of Special Projects and Community Education with the Illinois Maternal and Child Health Coalition. Sherman has 15 years experience in sales, marketing, and program management in the field of education. She holds a Bachelor of Science in Business from the University of Illinois, Champaign, and a Master of Public Policy (MPP) in Health and Disability Policy at the University of Minnesota, Minneapolis.



## Host an Event to Benefit the Cause

Get your friends, family and co-workers together to fight Alzheimer's disease by hosting a fundraising and awareness event. Hosting an event allows you to express your creativity and passion for the cause in a way that relates to your personal interests. Some ideas to consider:

**A progressive dinner.** Ask your neighbors to participate in a dining experience that takes them from home to home to enjoy a different course at each location. Sell tickets to benefit the cause.

**A tennis or golf tournament.** Ask a local athletic club to donate space and resources. Charge an entry fee for participants and fans. Turn it into a team event to raise additional funds.

**A party or celebration.** If you host an annual event around a holiday or occasion, consider giving your gathering a charitable twist. You already have the guests – now turn it into a fundraiser for the fight against Alzheimer's

**A wedding or anniversary.** A donation to the Association is a great way to recognize an important milestone. Instead of gifts, ask for donations. Instead of favors, make a gift in your guests' honor.

### Third Party Event Raises 10 Times A Perfect Game!

A special thanks to Dean Custom Builders for hosting a third party event, "Striking Out Alzheimer's" on Nov. 12th. This second annual event raised over \$3,000 for our cause!



SAVE THE DATE

# Kentucky Derby PARTY



May 5th

PEORIA  
COUNTRY CLUB

- Hors d'oeuvres, betting & bidding begin at 4:30 p.m.
- Race begins at 5:15 p.m.
- Silent & Live Auction
- \$75 Individual Ticket Price
- \$25 Derby Bar
- Reserve your table of 8 or 10 now for an additional \$50!

### BYOB-B-E: Bring Your Own Brain-Booze & Eats

to our 4th Annual Trivia Night, Saturday, Feb. 25. Doors open at 6:00 p.m., questions begin at 7:00 p.m. Central IL Chapter, 606 W. Glen Ave., Peoria.

For information on all events, please contact the Development Director at **309.681.1100**

## DEVELOPMENT: ROCK RIVER, ILLINOIS VALLEY & QUINCY AREAS

### Rock River Area

#### Texas Hold'Em Poker Fundraiser

Saturday, January 28, 4:00 p.m. Start  
VFW Post 540,  
1560 Franklin Grove Road, Dixon

Call the Rock River Branch for more details! **815.285.1100**

#### 4th Annual TRIVIA Fundraiser

Saturday, March 10, 7:00 – 9:00 p.m.  
The Last Stop  
1914 Lowell Park Road, Dixon

- Test your knowledge in 8 subject areas!
- Team size can be 2 - 7 friends – entry fee is \$20 per person.
- Register and pay by March 7 and get one free question!
- Prizes will be awarded to top three teams.

#### Kick off the Summer with the RRB Memorial Weekend Cook-Out

Friday, May 25 & Saturday, May 26  
10:00 a.m. – 1:00 p.m.  
Dixon Food Center  
500 Chicago Avenue, Dixon

- Serving Hotdogs, Hamburgers, Brats and Pork Chop Sandwiches or Meal Deals (chips and a drink)
- Dixon in town carry outs will be available.

#### SPONSOR THANK YOUS!

The Rock River Branch would like to thank Walgreen's for their generous donation of bottled water at the September 24th Walk To End Alzheimer's at Lowell Park in Dixon. This is the first year that our area Walgreen's stores participated with a generous donation and a walk team! Way to go Walgreen's!

### Quincy Branch

*Save the Date:*

#### 11th Annual Pro-Am Golf Tournament

July 19 – 20

Special thanks to our  
Corporate Sponsors:

- Mississippi Belle/Miller Lite
- Mark Twain Casino
- Noxin Trucking, LLC
- The Business Centre
- Gully Transportation
- KHQA-TV



Join us for dinner and auction  
at Mark Twain Casino July 19th!

PAID ADVERTISING

# Facing New Challenges

A basic introduction to Alzheimer's Disease

**Every Third Monday of the Month,  
4:30pm, Institute on Aging at  
OSF Center for Health - Route 91**  
8600 State Route 91 North, Peoria  
(Medical Office Building Conference Room)

**You will be provided with  
information on the following topics:**

- Healthy aging vs. aging with dementia
- Alzheimer's disease
- Communication and Alzheimer's disease
- Community resources
- Safety concerns, including driving and wandering
- Agency services

**To register please call  
(309) 681-1100 or 1-800-272-3900.**



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## HELP FIGHT ALZHEIMER'S

Your tax-deductible donation will support vital research, care services and support programs.

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### DONATION FORM

**I will make a gift today to support the Alzheimer's Association Central Illinois Chapter**

Please accept my gift today of \$ \_\_\_\_\_

My gift is in memory or in honor of: \_\_\_\_\_

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Address: \_\_\_\_\_

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Credit Card Number: \_\_\_\_\_

Daytime Phone: (\_\_\_\_) \_\_\_\_\_

Exp. Date: \_\_\_\_\_ CVC# on back: \_\_\_\_\_

Check enclosed: \_\_\_\_\_

Cardholder's Signature: \_\_\_\_\_

**Mail payment to: Alzheimer's Association, 606 W. Glen Avenue, Peoria, IL 61614**

## RAISING CONCERN & AWARENESS

### Lead The Way

Walk To End Alzheimer's is the nation's largest event to raise awareness and funds for Alzheimer's care, support and research. You can make a difference by:

- Starting a team
- Joining a team
- Walking as an individual
- Recruiting your neighbors, friends, family and coworkers
- Hosting events to raise awareness and funds for the cause



### Walk To End Alzheimer's 2012

Illinois Valley	Sunday, August 19	1:00 p.m.	Baker Lake, Peru
Canton	Saturday, August 25	9:00 a.m.	Wallace Park, Canton
Quincy	Thursday, Sept. 6	6:00 p.m.	Clat Adams Park, Quincy
River Valley	Saturday, Sept. 8	10:00 a.m.	Henry
McDonough	Saturday, Sept. 15	10:00 a.m.	Citizens Bank Plaza, Macomb
Knox-Warren	Saturday, Sept. 22	9:00 a.m.	Hawthorne Centre, Galesburg
Rock River	Saturday, Sept. 22	9:00 a.m.	Lowell Park, Dixon
Tazewell	Saturday, Sept. 22	9:00 a.m.	Mineral Springs Lagoon, Pekin
Peoria	Sunday, Oct. 7	2:00 p.m.	Peoria Riverfront

# THANK YOU!

2011 Walkers, Teams, Corporate Sponsors, Committees & Volunteers –

Together We Raised **\$307,135.00!**

## Find a Match & Help Us Find a Cure

You can make a difference by volunteering for clinical trials through TrialMatch.

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- Crucial to advancing research
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**800.272.3900**

[alz.org/trialmatch](http://alz.org/trialmatch)

## Blog with Us

The Alzheimer's Association created a blog to provide insights from the frontlines of Alzheimer research, to allow caregivers and those with Alzheimer's to share their story, and to keep the Alzheimer community up-to-date on efforts to increase awareness and federal funding of research.

Our hope is that [alz.org/blog](http://alz.org/blog) provides a place for all of those affected by Alzheimer's—whether a person with the disease, a caregiver, a researcher, a doctor or an advocate—to continue the conversation. We encourage you to share your voice.

Visit us on the web: [alz.org/illinoiscentral](http://alz.org/illinoiscentral)

- Support Group Listings
- 10 Warning Signs of Alzheimer's
- Upcoming Programs & Special Events
- Caregiver Stress
- Understanding Alzheimer's Disease
- Legal & Financial Information
- Research & Clinical Trials

The next time you visit your doctor, ask if a clinical trial might be right for you. Your doctor knows both you and your health history, which makes him or her a good resource to talk over whether participating in an Alzheimer's clinical trial might be beneficial.

In order to locate clinical trials that you may be eligible for, you'll need to know several things about your health. Go over the following questions with your doctor:

### 1. What is my clinical diagnosis?

- Mild Alzheimer's
- Moderate Alzheimer's
- Severe Alzheimer's
- Mild cognitive impairment
- Dementia not otherwise specified
- Other dementia (Vascular/Lewy Body)

### 2. What tests were used to diagnose my Alzheimer's or to assess what stage I am in?

- Brain scan
- Measurement of memory/brain skills
- Stroke scale
- No tests have been performed

### 3. What Alzheimer's medications do I currently take?

- Aricept® (Donepezil)/Razadyne® (Galantamine)/Exelon® (Rivastigmine)
- Namenda® (Memantine)
- Other

### 4. Do I have other health conditions in addition to Alzheimer's disease?

- Mood disorder (depression/bipolar disorder)
- Significant Neurological disease other than Alzheimer's
- Other

To learn more, please visit:

[http://www.alz.org/research/clinical\\_trials](http://www.alz.org/research/clinical_trials)

## MEMORIALS

*We appreciate*

the generosity  
of family and friends  
who donated in honor  
or in memory of the  
individuals listed  
below, received from  
3-1-11 to 11-30-11.

**IN HONOR OF**

Lila Atwater  
Mr. & Mrs. Dave Brady's 40th  
Wedding Anniversary  
Carrie Chiaravalle  
Wilma Gallagher  
Tony & Jana Gunther's  
Wedding  
Bob Huber  
Rosie Manning's Birthday  
Homer Poston's Birthday  
John & Marty Purdy  
Kim Sanders  
Carolyn Schaefer  
Pamela Schoedel  
Vicki Shields  
Brett Tilly  
Kathy Turner  
Champ Walker's East  
Coast Ride  
Catherine Zanarini

**IN MEMORY OF**

Betty Adrian  
John Ahrens  
Perry Akins  
Florence Anders  
Elizabeth Anderson  
Madeleine "Chappie"  
Armstrong  
John Badamo  
Wilma Bailey  
Marjorie Baird  
Wanda Balzell

Beatrice Bearce  
Paula Becker  
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Norma Blessington  
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Kathy Bohlbrink's Mother  
Harriett Booth  
Victor Borst Iii  
Norma Boyer  
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Keith & Eula Bunch  
Helen Campanella  
Ruby Campbell  
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## STEVENSON SOCIETY



*Joe & Kim Girardi*

## Joe Girardi Steps Up to the Plate for Alzheimer's Disease

In late October the Central Illinois Chapter received a \$25,000 donation from Joe and Kim Girardi through their Catch 25 Foundation. With a compassionate approach toward raising awareness and helping to find treatment and cures, The Catch 25 Foundation assists those affected by ALS, Alzheimers and Cancer. Dedicated to serving both children and adults, Catch 25 gives financial and emotional support to those who may not otherwise have it.

The Central Illinois Chapter will use this gift for the care and support of area families affected by Alzheimer's disease. We appreciate the generosity and concern of the Girardi family.

*Stevenson*  
SOCIETY

### STEVENSON SOCIETY DONORS OF \$1,000 PLUS

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 Community Foundation of the Quincy Area  
 from Joe & Jill Tracy Family Fund  
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 Friends and Family of Margaret McDonald  
 Northwestern IL Area Agency on Aging  
 Quincy Service League  
 Tracy Family Foundation  
 United Way of Lee County, Inc.  
 Western Illinois Area Agency on Aging  
 West Central Illinois Agency on Aging

# memory matters

for Families & Professionals

## Peoria Office

606 W. Glen Avenue  
Peoria, IL 61614  
Phone: 309.681.1100 Fax: 309.681.1101

## Quincy Area Office

639 York St., Room 200  
Quincy, IL 62301  
Phone: 217.228.1111 Fax: 217.592.3690

## Rock River Office

93 S. Hennepin Avenue  
Dixon, IL 61021  
Phone: 815.285.1100 Fax: 815.285.1116

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