

Published monthly for our donors, volunteers,
advocates and friends in the Alzheimer's community

A Time To Celebrate

For most people, Christmas is a joyous time of year. Sometimes we have to look harder to find things to celebrate! Often it is the small daily happenings that make life spectacular.

We spend everyday making memories. Childhood memories of Christmas past and family memories of Christmas present. Memories of the past enrich our lives. Dementia people can often remember things from their past. Help them reminisce about their Christmases. Were there puppies, or trains or ponies? Was there bread pudding, sweet potatoes or raisin bread? Celebrate their value as a person by appreciating their past.

If possible visit regularly, when they are in a nursing home. Staff often gives better care when families are actively involved. The person with Alzheimer's disease may not remember your name but they know you are someone important in their life that cares for them. Under everyone's hard shell is someone who needs to be loved and appreciated.

Sometimes just holding their hand and listening to Christmas music speaks volumes. This can be your own "Quiet" celebration. People with the disease often have "windows" of clarity when they can complete sentences, laugh and participate. But we must be present to celebrate those moments.

They can't remember what a difference they have made to others, but the caregiver can remind them. So let us celebrate each and every day, for those are the true GIFTS of life, that is why we call it the present!

MERRY CHRISTMAS

Calendar Of Events

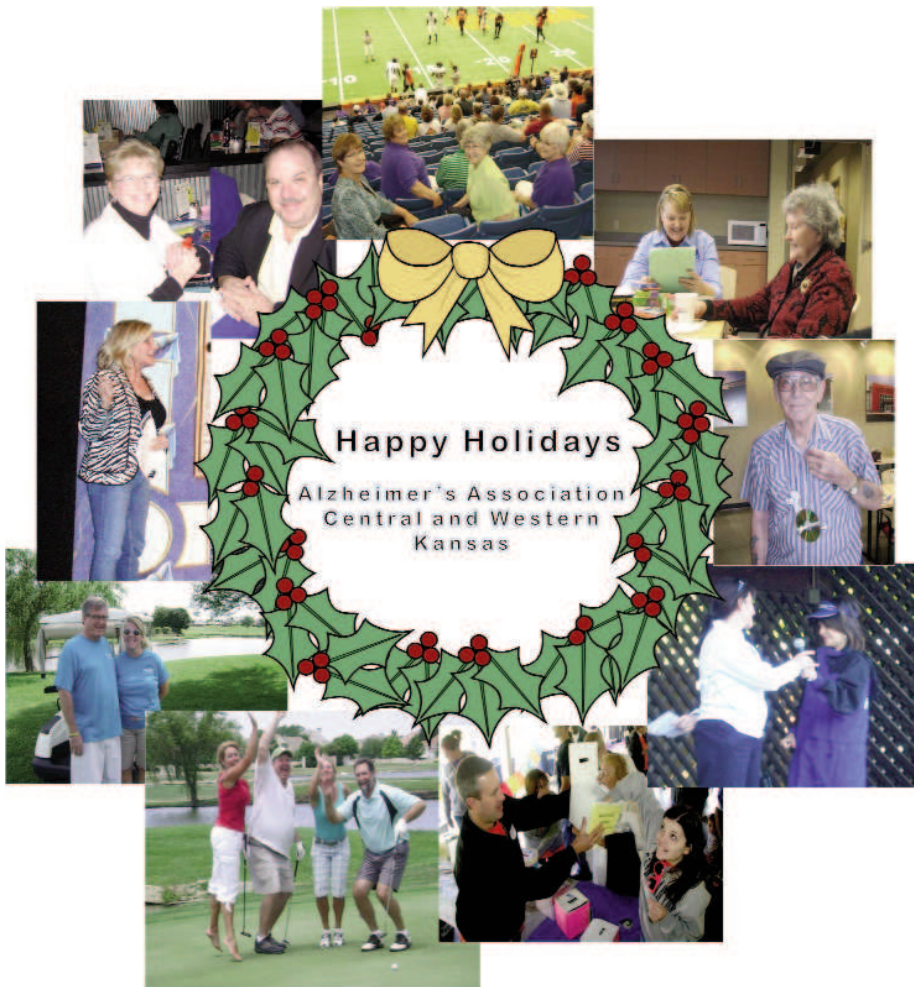
December 4,
8:30 am – 3:30 pm
Medicare Part C & Part D
Education & Enrollment
Sedgwick Co. Extension,
7001 W. 21st St. N., Wichita

December 10,
9:30 am – 2:30 pm
J. W. & Reola Stark Arts &
Inspiration Program
Kansas Food Bank, 1919 E.
Douglas, Wichita

Happy Holidays!



Mark your Calendars for
Sweet Memories.
It will be held on Sunday,
February 21, 2010.
Watch for more
information to come.



Happy Holidays To Our Families And Friends

As the year comes to a close we at the Alzheimer's Association have so many reasons to be thankful. We have made many new acquaintances and we have heard from and hopefully helped some of our friends who have been calling for a longer period of time. We want to remind our friends of the services that we provide; 24/7 helpline, information and referral, programs, Lean and Learn (our monthly educational program offered here at the office), support groups, organizational partnerships, trainings, respite care scholarships, Arts and Inspiration Center and the lending Library to name a few. We hope you have a wonderful Holiday with family and friends. We can celebrate our accomplishments while planning for the future. Our vision of "A World without Alzheimer's" is always upmost in our hearts. Please know that we are here to help anyone who is caring for a person with Alzheimer's disease as well as those who want to be more informed about Alzheimer's disease. A call to our office will result in reaching a person that can help with most issues you may be facing. May your blessings be many in the coming year.

The Staff of the Alzheimer's Association Central and Western Kansas

Attica Event

Residents of Barber and Harper County gathered at the Attica Senior Center Oct. 29 to learn more about the issues surrounding Alzheimer's and caregiving. The three hour workshop began with a welcome from our host, Holly Schwein of Attica Long Term Care, and Marsha Hills, Executive Director of the Alzheimer's Association Central and Western Kansas.

Kathy Sikes, program director for the Association, led with a discussion of the disease, followed by an excellent presentation about medications from Hannah Glass, pharmacist with Irwin-Potter in Harper. Robert Anderson, an attorney with Morris Laing in Wichita helped us gain a perspective of the legal issues faced as we age and specifically with Alzheimer's and related dementias. Celia Koudele, Helpline specialist, closed the program with good points about care and the resources available.

Special thanks to Holly Schwein and Attica Long Term Care for hosting the event and providing the excellent gourmet cookies from their 5-Star rated kitchen. Thanks also to the Attica Senior Center for opening their doors to us. The event was made possible through a grant from the Kansas Health Foundation and the following sponsors: Attica Long Term Care; Alzheimer's Association Central and Western Kansas; Hannah Glass, Irwin-Potter; and Robert Anderson, Morris Laing. Watch for more events next spring in Fredonia, Scott City, Winfield, and Southwest Kansas.

Maria Keil New Helpline Assistant

The Alzheimer's Association Central and Western Kansas Office is pleased to welcome Maria Keil as the new Helpline assistant on Tuesdays and Wednesdays.

Maria brings more than 20 years of experience in long-term care to her new position. She has worked as an activity assistant at St. Joe Adult Day Health Care Center, the activity director for the health care center at Wichita Presbyterian Manor, and the activity director for ComfortCare Homes. She has also been active as a volunteer with the local office.



"I enjoy working with people with Alzheimer's Disease and helping families find the information they need to deal with this disease," Maria says.

Maria and her husband of over four years, Mark, have a four-legged "child," Patches the cat. She also serves as the legal guardian for her mentally handicapped aunt. She is also a student at National American University working on her bachelor's degree in health care management. In her spare time she enjoys reading, exercising, spending time with Mark, and traveling. Maria is originally from Washington, DC where her parents still reside.

"I am very excited to be a part of this association!" she says.

What a great idea for a Christmas Gift!

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Executive Director

Kathy Sikes,
Program Director

Dyana Schaefer,
Finance Director

Julie Songer,
Development Director

Celia Koudele,
Helpline Specialist

Maria Keil,
Helpline Assistant

Denise Knudtsen,
Program Assistant

Ginny Blouin,
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Published monthly for donors, volunteers, advocates and friends in the community.

347 Laura, Wichita, KS 67211
316-267-7333


www.alz.org/centralandwesternkansas

alzheimer's association

In Honor of National Alzheimer's Month
ALZHEIMER'S CAREGIVERS CRUISE NOV 4-8 2010
Carnival Ecstasy 4 - Night Sailing from Galveston

Carnival
FUN FOR ALL. ALL FOR FUN.

Alzheimer's Association Central and Western Kansas
347 S Laura Wichita KS 67211-1518
800-272-3900 267-7333 267-6369
alz.org/centralandwesternkansas



cargiversatsea.com
Check web site for event updates

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www.Luv2Cruise.com

Family Support Groups

Contact the facilitator before attending the meeting to check for last minute changes. Sponsored by the Alzheimer's Association Central and Western Kansas Office.

WICHITA/CATHOLIC CARE...2nd Wed, 10:30 Catholic Care Memory Care Residence 6550 E. 45th St North. This support group is for caregivers, there is a separate Support Group for the Alzheimer's patients meeting at the same time.

WICHITA...3rd Tuesday at 6:00 pm, Clare Bridge, 9191 E. 21st St. N., contact Jessica Pecenka at 316-630-0788.

WICHITA/DOWNTOWN... 3rd Thursday of the month, 2 p.m., Downtown Senior Center, 200 S. Walnut. Contact 267-7333 *Care is provided for the Alzheimer's patient, please call for a reservation.*

WICHITA/YOUNG ONSET...3rd Thursday, 6:30 p.m., Central and Western Kansas Office, 347 S. Laura. Contact Celia Koudele or Kathy Sikes at 316-267-7333.

WICHITA/EAST... 4th Thursday, 2:00 p.m., Larksfeld Place - Board Room, 7373 E. 29th St. North, 67226. Call Cynthia Lopez at 636-1111.

WICHITA/EAST...3rd Wednesday 11:00a.m. Life Care Center, 622 N. Edgemoor. 67208. Contact Dessie Thompson. 686-5100. *Care is provided for the Alzheimer's patient, please call for a reservation.*

WICHITA/WEST... 4th Thursday, 7:00 p.m., St. Francis of Assisi Ministry House, 866 N. Socora. Contact Doris Winchester at 721-5328 or Bob Kessler at 944-0658

WICHITA/WEST...2nd Tuesday at 5:30 pm, Park West Plaza, 505 N. Maize Road, contact Jane Smythe at 316-729-4114

ATTICA... 2nd Thursday of the month, 5 p.m., Attica Library, 123 N. Main. Call Nancy Rogers or Sheila McGuire at 620-254-7894.

AUGUSTA... 4th Monday, 6 pm, The Fairways of Augusta, 1611 Fairway Drive, Contact Katie 316-776-1000.

BELOIT...3rd Tuesday of the month, 2:00 PM. Mitchell County Hospital and Health Systems Library, 400 W. 8th, Matt Otte 785-738-9526 or Joyce Warrick 785-428-3518 or 785-738-5227

CLEARWATER...1st Tuesday of the month, 5:00 p.m. At Clearwater Retirement Community, The Village Wellness Room, 440 N 4th St, Clearwater, Kansas 67026. Contact Darrel Morris at 620-584-2271

DERBY...2nd Monday, 7:00 p.m. Derby Senior Center, 611 N Mulberry. Contact Dori Smith at 316-765-3376. *Respite care provided call for reservations 316-788-0223.*

DODGE CITY... 3rd Thursday, 12 noon brown bag lunch at 1509 Ave P. Contact Judy Fraley 620-225-4309

DODGE CITY... 3rd Thursday at 3:30 pm, Good Samaritan Center, 501 W. Beeson Road, contact Annette Whitaker 620-227-7512

EL DORADO... Every Monday, 5:00 p.m., Spangle's, 2005 W. Central, Dutch Supper, contact Oleta Huston (316) 321-0339

EUREKA... Last Thursday, 2:00 p.m., Medicalodge - Fireside Room, 1020 N. School. Contact Troy Myers or Shirley Scarbough, 620-583-7418.

FREDONIA. . .2nd Thursday, 2:00 pm Fredonia Hospital, 1527 Madison. Contact Loretta O'Dell 620-378-2121 x267.

GARDEN CITY...3rd Monday, 2:00 p.m. at First United Methodist Church, 1106 N Main, Garden City. Contact Mary Seibert at 620-276-8933 and Barbara McKenna at 620-275-6382.

HAYS... 1st Monday, 7:00 p.m., Sterling House, 1801 E. 27th. Contact Jude Scheck (785) 625-9006

HESSTON... 3rd Tuesday, 3:00 p.m., Schowalter Villa, 200 W. Cedar. Contact Amy Wedel 620-327-3414

HILLSBORO ... 3rd Tuesday, 7 pm, Salem Home, 701 S. Ash, contact Marsha Setzkorn-Meyer, 620-947-3114.

HUTCHINSON...3rd Thursday, 3:30 p.m., Sunflower Room, Wesley Towers, 700 Monterey. Contact Hope Trower, 620-664-6219 ext 245 and Janet McNett at 620-663-9175 ext. 260

HUTCHINSON... 1st Thursday of the month, 2:30 p.m., Elm Grove Estates, 2416 Brentwood. Contact Pam Brooks 620-663-9195 *Care is provided for the Alzheimer's patient, please call for a reservation.*

INMAN... 3rd Monday, 7:00 p.m. Pleasant View Home, 108 N. Walnut. Contact Kim Brumley 620-585-6411

KECHI...1st Monday at 7:00 pm, Kechi UMC 4533 E. 61st. Contact Gayle Fisher 316-260-8882

LARNED... 4th Monday at 7:00 p.m. Courthouse meeting room. Call Angela Wilhite at 620-285-6914

LIBERAL...1st Friday of the month, at Good Samaritan 2160 Zinnia Lane 4:00 p.m. Contact Brenda Regir, 620-624-3832

McPHERSON... 2nd Tuesday of the month, 7:00 p.m., The Cedars, 1021 Cedars Dr., McPherson, Ks., 67460 Contact Janell Clary 620- 245-5000

MULVANE...4th Friday of the month, 12:00 noon Mulvane Senior Center, 632 E. Mulvane, Mulvane, KS 67110. Call John Good at 316-777-0125.

NEWTON... FOCUS (Families or Caregivers Under Stress). 7:00 p.m. 1st Thursday of the month, Presbyterian Manor Library, 1200 E. 7th St. Call LaDeen Frey at 284-6431. *Care is provided for the Alzheimer's patient, please call for a reservation.*

PRATT...3rd Tuesday, 7 p.m., Parkwood Village Library, 401 Rochester. Call Kathy Miller at 620-672-5541.

SEDGWICK... last Wednesday of the month at 6:00 pm, Sedgwick Healthcare, 712 N. Monroe, Contact Kylie 316-772-5185.

WINFIELD... 3rd Sunday, 3:00 pm, First United Methodist Church, 1000 Millington Street. Contact Beth Wilke 620-221-2700

Donations And Memorials

Gifts received in memory or in honor of loved ones at the Alzheimer's Association Central and Western Kansas Office stay in our region to finance our goals of family support, education, outreach and advocacy. Our thanks to these benefactors for their support of our mission.

In memory of:

DORIS BORNOWSKI

Sylvia Manley

BETTY LOUISE CIKANEK

Earl & Lois Baker

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David Smith

Margaret Welkner

Notebook Can Help Caregivers Manage Challenges

The Alzheimer's Association Caregiver Notebook, published by Meredith Corporation, can help a caregiver manage the challenges of caring for someone with Alzheimer's. The notebook's easy-to-follow format contains tips for care and planning for the future, as well as a list of resources to use when additional information is needed. Each of its eight chapters has a section to write notes or thoughts, making this book a personal record that can be referenced again and again. Convenient inside pockets and magnetic flap closure allow someone to store additional documents and keep information secure.

Chapters include:

- Taking good care of yourself
- Understanding an Alzheimer diagnosis

- Basics of Alzheimer's disease
- Legal and financial planning
- Caring for a person with Alzheimer's

Pilot testing of the notebook has shown that readers find it a valuable resource for their caregiving needs. Ninety-three percent said the notebook helped lessens their worries or concerns about being a caregiver, while 92 percent indicated they would continue to reference it.

The notebook will be available through Shop for the Cause at www.alz.org/shop for \$17.95 plus shipping beginning Nov. 1. To learn more about the Caregiver Notebook, visit www.alz.org/caregiver-notebook.
