

## Education Series Gets Make-Over for 2010

The diagnosis of Alzheimer's disease or a related dementia brings with it an array of reactions, feelings and questions. Getting the answers to your questions can be a daunting task. The Lean and Learn Series has been providing education as part of the Alzheimer's Association in Wichita for many years. The program will take a break in January to return in February with a new format. Our new series will focus on 5 key elements of caregiving for one with dementia.

"Caregiver Essentials: Your Journey with Alzheimer's" will begin with its first step on Feb. 17. at 11:30 – 1:00. You can plan to take each step with us, or pick specific topics that interest you.

### **Feb 17th Step 1: Safety First!**

When caring for the person with dementia, having a safe and supportive home is an important concern. Since the disease is progressive, the abilities of a person will change. You, as the caregiver, can learn to adapt the home to support these changes with some creativity, flexibility, and problem solving. Participants will learn of community resources to help.

### **March 17th Step 2: Planning Ahead**

While it's important for everyone to plan for the future, legal plans are especially vital for the person with dementia and his/her family. Once a person is diagnosed, family and friends should help the person make sure that their affairs are in order. Competency, durable power of attorneys for both health and finances, as well as estate planning are all topics to be discussed.

### **April 21st Step 3: What About All These Medications?**

The current goal of drug therapy with Alzheimer's and related dementias is to provide comfort, dignity and independence for a longer period of time. This discussion will cover the concerns and appropriate benefits of commonly prescribed medications for Alzheimer's as well as common drugs that are not indicated for use with dementia.

### **May 19th Step 4: He Just Sits Around All Day**

Activities can celebrate the best of a person's abilities. They can reduce agitation and improve a person's mood. We will discuss the role of activities and structure for a person with Alzheimer's.

### **June 16th Step 5: I Just Don't Have Time to Take Care of Myself!**

Are you so overwhelmed by taking care of someone else that you have neglected your well-being? If you find yourself without time to take care of your own needs, you may be putting yourself and your health at risk. Learn the signs of caregiver stress and how to be a healthy caregiver.

## Calendar Of Events

Jan. 14, 9:30 am – 2:30 pm  
J. W. & Reola Stark Arts and  
Inspiration Program  
Kansas Food Bank, 1919 E.  
Douglas, Wichita

Jan. 21, 11:45 am  
"Know the 10 Signs"  
Temple Immanuel, 7011 E.  
Central, Wichita

Jan. 23, 7:00 – 11:00 am  
Wallace Co. Health Fair  
Wallace Co. High School  
Commons, Sharon Springs

Jan. 30, 8:00 am – noon  
Sherman Co. Health Fair  
NW Kansas Technical College  
Student Union, Goodland

## Advocates Head to Washington, D.C. to Urge Legislators to ACT on Alzheimer's Issues

Hundreds of Alzheimer advocates from across the country will head to the nation's capitol for the Alzheimer's Association Action Summit Advocacy Forum from March 7-9. Today there are as many as 5.3 million Americans living with Alzheimer's and that number expected to soar to as many as 16 million by 2050.

An exploding epidemic, Alzheimer's has the power to undermine all of our best efforts to control health care costs because of its very real potential to bankrupt Medicare and Medicaid and the retirement security of generations to come. Kansans will join with other Alzheimer advocates to tell members of Congress that now is the time to address this threat.

Millions of people in the United States are affected by Alzheimer's disease. This disease doesn't just happen to individuals; its ripple effects are felt throughout entire families and communities. We need to tell the people who represent us in Congress that it is essential to families and the nation's health care system that the Alzheimer epidemic be meaningfully addressed by government - before it is too late."

Alzheimer advocates nationwide will converge on Washington, D.C. to participate in the Advocacy Forum themed, "My Experience, My Voice," the signature opportunity for attendees to ensure elected officials hear about the unrelenting reality and impact of Alzheimer's directly from their constituents. The Forum will include a candlelight tribute and rally, and several sessions that offer an opportunity for those most affected by the disease to share their experience as well as learn about the latest in research and legislative efforts. The event culminates as advocates from across the nation to meet directly with legislators on Capitol Hill.

At the completion of the Summit, advocates will be encouraged to take the tools and information they learn to educate their local communities and advocate for Alzheimer issues all year around at the local, state and Federal levels. For more about the Alzheimer's Association's Alzheimer Action Summit, visit <http://www.alz.org/summit/overview.asp>. If you are interested in joining the Kansas delegation, please call Kathy Sikes at 316-267-7333 or 800-272-3900.



## Leave A Lasting Legacy

Families and individuals who have benefited from the Alzheimer's Association's programs and services often ask what they can do to give back. Concerns about personal and family financial security may limit what individuals can do through outright gifts during their lifetime. Yet, through strategic estate planning, individuals can protect the future financial welfare of their loved ones, minimize estate taxes, receive income for their lifetime, and fulfill their charitable wishes.

Here are just a few options to consider:

- Amend an existing insurance policy to add the Alzheimer's Association Central and Western Kansas office as a beneficiary.
- Amend your retirement plan or 401K to add the Alzheimer's Association Central and Western Kansas office as a beneficiary.
- Instruct your lawyer to prepare a simple, inexpensive codicil to your existing will, creating a bequest for the Alzheimer's Association Central and Western Kansas office.

For more information on designating the Alzheimer's Association as a beneficiary in your will or on planned giving vehicles available through the Alzheimer's Association, please contact Marsha Hills, Executive Director/Development Coordinator at 316-267-7333 or [marsha.hills@alz.org](mailto:marsha.hills@alz.org).

## In Memoriam

It is with great sadness that the Alzheimer's Association Central and Western Kansas announces the passing of Robert Foster, founder of the Alzheimer's Association Sunflower Chapter.

Bob, as we so fondly referred to him, was the caregiver for his wife who suffered from Alzheimer's disease. In the early 80's, finding no resources or services available to himself or others going through the same scenario in the Sedgwick County area, Bob, not to be deterred, formed a coalition of volunteers who came together and developed those resources. Bob loaded his station wagon with this new found information and started doing presentations, speaking engagements and providing information to various families and organizations.

Bob started what was the first Support Group. He started the group at Century II. It is reported that when the group reached 200 in attendance the decision was made to break off into smaller groups.

We are grateful to Bob for having a vision that lives on today. Bob's passion was to be able to provide programs and services to families of persons with Alzheimers. This office became a formal organization in the early 90's. Now, our name has changed but not our mission. Not only do we serve Sedgwick County, but also 68 counties in central and western Kansas.

Bob was 91 years old and his family has so graciously remembered his passion and honored his service and dedication to this organization by naming the Alzheimer's Association Central and Western Kansas as a recipient of donations in his memory.

Bob you started it all and we are forever grateful as we are sure many families are also.

God Speed great servant.

## Research Study Opportunities

Clinical Research Institute (CRI) in Wichita continues to be active in clinical trials testing of potential treatments for Alzheimer's. All of the studies provide tests and study medications at no charge and you can earn up to \$6,100 for participating depending on the study.

CRI currently has two studies in which investigational treatments are being tested to see if they can prevent the progression of the disease rather than just treat the symptoms. A third study is paid volunteer study of individuals on Aricept (donepezil) to test the effects of adding an investigational treatment.

To find out more about the studies and whether you qualify, call 316 293.3838. You can also log-on to CRI's website and register your interest in participating. The address is:  
<http://www.cri-research.net/particip/volunteer>

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[www.alz.org/centralandwesternkansas](http://www.alz.org/centralandwesternkansas)

## 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., Larksfield 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, at Good Samaritan, 2160 Zinnia Lane 4:00 p.m. Contact Brenda Regir, 620-624-3832.

McPHERSON... 2nd Tuesday, 7:00 p.m., The Cedars, 1021 Cedars Dr., Contact Janell Clary 620- 245-5000

MULVANE...4th Friday, 12:00 noon Senior Center, 632 E. Mulvane. 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.

ROSE HILL...1st Tuesday, 2 p.m., Senior Center, 217 E. Silknitter, Contact Judy Sullivan at 316-776-0452.

SEDGWICK... last Wednesday of the month at 6:00 pm, Sedgwick Healthcare, 712 N. Monroe, Contact Kylie Agnew at 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 honor of:

#### **Mr. & Mrs. ALBERT DEERING**

David & Karen Street  
**VIRGINIA MURPHY**  
 "The Crew" at Worship  
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### In memory of:

#### **VIRGIL ARENSMAN**

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## Sweet Memories 2010

**Sunday, February 21st  
Mosley Street Melodrama  
Dinner, Melodrama Show, Silent & Live Auction**

You are invited to an evening of song and laughter, celebrating the importance of the Alzheimer's Association and those we touch every day!

Watch for more information in next month's newsletter!

## 2nd Annual Nonprofit Chamber of Service Food Drive Nets 767 Pounds Of Food

Thanks to all the participants who helped the Alzheimer's Association collect and turn in to the Kansas Food Bank 767 pounds of food.

We are especially blessed with the participation of all of our friends and families. We have something really special to be thankful for. Doug Stark, owner/operator of Comfort Care Homes and Comfort Keepers, came to us with a challenge. He would donate \$1.00 to the Alzheimer's Association for every pound of food collected and turned into the Food Bank. This is how nonprofits work - we help the food bank who has been very gracious in providing a place for our Arts and Inspiration Center to meet and Doug Stark helps to support the Association. Is this a great city or what?

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