Hi, just a reminder that you're receiving this email because you have expressed an interest in Alzheimer's Association Midlands Chapter. Don't forget to add bonnie.lingard@midlandsalz.org to your address book so we'll be sure to land in your inbox!

You may unsubscribe if you no longer wish to receive our emails.

February 2012 Issue    Serving Northeast Nebraska & Southwest Iowa

24/7 Helpline 800.272.3900 * www.alz.org/midlands

In This Issue

Federal Funding
Chapter turns 30!!!!
Celebrating Black History

Share Our e-Newsletter
Join us on Facebook

Quick Links

Midlands Chapter Web Page

A Benefit for the

Midlands Chapter

OSCAR NIGHT® AMERICA
Sunday, February 26th
DC Centre - Omaha, NE - 5:00 p.m.

2012 Chairs:
Viv and John Ewing
Robin and Joe Donovan

Go to www.alz.org/midlands for more information or to purchase tickets

©AMPAS®
is a forum for caregivers of individuals with younger onset Alzheimer's and other dementias.

Old Jokes Get Laughs
is a blog that helps to show caregivers that life goes on after the diagnosis.

Please be sure to check out these NEW caregiver blogs soon!

These blogs are maintained by volunteers of the Alzheimer's Association® Midlands Chapter.

Congratulations and THANK YOU to the following community facilities who have recently completed modules within our Foundations of Dementia Care training program:

SilverRidge Assisted Living and Memory Support
Gretna, NE

VODEC
Council Bluffs, IA

If you are interested in finding out more about our Foundations of Dementia Care training program for healthcare professionals and careworkers, please contact Clayton Freeman by e-mail or call 800.272.3900 for more information TODAY!

Alzheimer's Can't Wait
by Dr. Duane Gross, President and CEO, Midlands Chapter

Every day since January 1, 2011, more than 10,000 baby boomers turned 65. Sixty-five years of age happens to be the threshold for increased risk for developing Alzheimer's disease. Alzheimer's slowly steals memories, independence, autonomy and so much more. Age remains the greatest risk factor for developing Alzheimer's disease.

Today, there are more than 5.2 million Americans with Alzheimer's including 106,000 persons in Nebraska and Iowa. It is widely believed that over 16 million Americans will have Alzheimer's by 2050. Alzheimer's costs the nation $183 billion each year and will soar to the $1 trillion by mid-century. From now through 2050, Medicare costs are expected to increase nearly 600 percent and Medicaid nearly 400 percent, that is, if we do nothing.

Currently there are nearly 15 million friends and family providing unpaid care for a loved one with Alzheimer's and dementia in the U.S. It is estimated that 210,000 unpaid caregivers in Iowa and Nebraska-the dollar value of their sacrifice is estimated to exceed $2.7 billion, annually. As families each and every day shoulder the tremendous emotional, physical and financial toll of caring for a loved one with Alzheimer's day after day, year after year, they need action today.

It has been one year since the National Alzheimer's Project Act (NAPA) was passed unanimously in both houses of Congress and signed into law. On behalf of the millions living with Alzheimer's disease today and the millions at risk for developing it in the future, it's time to fulfill the law's potential and deliver a national strategic plan. The time for a national strategic plan on Alzheimer's disease that is urgent, achievable and accountable to change the trajectory of this disease, is now! We are at a critical juncture in time where the creation of a national strategic plan to address the escalating Alzheimer's crisis is within our grasp but we need the nation's leaders fulfill their commitment for the millions today living with this disease today and the millions more who may face Alzheimer's in the future. For more information contact the Alzheimer's Association® Midlands Chapter at www.alz.org/midlands

The time is now because, Alzheimer's can't wait.

Please click on this link or on the banner above to sign the NAPA Petition.

Back to Top

Support the Midlands Chapter

Annual Dementia Care Conference 2012

Friday, March 23rd
Exhibit Set Up 7:00 AM - 8:00 AM
Registration 7:30 AM - 8:30 AM
Exhibits Open 8:00 AM - 3:00 PM
Conference 8:00 AM - 4:00 PM

LaVista Conference Center
12520 Westport Parkway
LaVista, NE  68128

Go to http://dcc12.kintera.org to register TODAY!
The Midlands Chapter turns 30 years old this year--please help us celebrate! Take a stroll down Memory Lane with us as you read the tidbits of information below on how and when the Chapter was formed. Watch for more memories next month!

- **July 30, 1982** the Chapter became incorporated and named Alzheimer's Disease and Related Disorders Association of Omaha
- **1984** Helpline established in partnership with UNMC and the Eastern NE Office on Aging (ENOA)
- **1986** Connie Kudlacek was hired part-time as Executive Director
- **1988** Chapter joined CHAD and received a grant for in-home respite services in partnership with the Senior Companion Program of ENOA

Celebrating Black History Month

Many Americans dismiss the warning signs of Alzheimer's, believing that these symptoms are a part of normal aging. They are diagnosed too late and miss the opportunity to get the best care possible. This is of even greater concern for African-Americans, who are more likely to develop Alzheimer's disease than other populations.

African-Americans have a higher rate of vascular disease (diseases...
involving blood vessels, including heart attack and stroke) - one of the suspected risk factors of Alzheimer's disease. By working together, we hope to reduce these risk factors and reverse the growing trend of Alzheimer's disease among African-Americans.

For more information >>

Back to Top

Support the Midlands Chapter

African-Americans Leading the Way

Dr. Solomon Carter Fuller (1872-1953) was a pioneering African-American psychiatrist who made significant contributions to the study of Alzheimer's disease. He was born in Liberia, the son of a previously enslaved African who had purchased his freedom and emigrated there. He graduated from Boston University School of Medicine, which as a homeopathic institution, was open to both African-American and women students.

He spent the majority of his career practicing at Westborough State Mental Hospital in Westborough, Massachusetts. While there, he performed his ground-breaking research on the physical changes to the brains of Alzheimer's patients. Solomon Carter Fuller, M.D., was one of the first known black psychiatrists and worked alongside Dr. Alois Alzheimer, who first discovered the traits of Alzheimer's disease in 1901.

Back to Top

Support the Chapter

Did You Know That William Shakespeare Had a Will?

by Connie Keck, Development Director, Midlands Chapter

In 1616 he left his land to one daughter, 300 pounds sterling to another, his clothes to his sister and his second-best bed to his wife....makes me wonder what he did with his best bed. However, the famed Globe Theatre was not found in his will. Could it be that no one made the request for his financial support.

Many of you may have already written a will and have determined how your assets will be distributed. However, some may not have taken care of this aspect of your life. Why is writing a will important? If you pass away without having executed a valid will, intestate, the state will decide who gets your property, without any regard as to family members, friends or charitable organizations you may have wanted to receive gifts from your estate.

For many of us one of the hardest things to do is to write a will. Many of us know we should do it but we prefer to wait until "tomorrow." I have written my will. Even though it was hard for me to come to terms that yes, one day I will pass away, I did write a will. I have made provisions for my children and I have named an executor, a financial power of attorney and a health care power of attorney in my will. I have also made provisions for a couple of charitable organizations that are near and dear to my heart. I am at peace for having taken care of this important part of my life.

Unlike those in Shakespeare's time who did not ask for a charitable contribution for The Globe Theatre, the Alzheimer's Association® Midlands Chapter is not so reticent-we confidently ask that you provide a charitable donation to the Alzheimer's Association® Midlands Chapter in your will or estate plan. We can provide you with information regarding how your charitable gift will be used, we can provide you information regarding our specific needs to continue our educational programs and services and we can provide to you specific bequest language naming the Midlands Chapter in your will.

If you have already named the Alzheimer's Association® Midlands Chapter in your will or estate plan, please let us know. And as always, thank you for your support and generosity. For assistance regarding giving to the Alzheimer's Association® Midlands Chapter, please contact me at ckeck@midlandsalz.org or at 402.502.4301.
Sundowning - It's For Real

A condition called sundowning is a very real problem for caregivers who need their rest at night, but are dealing with a loved one with Alzheimer's disease (AD) who becomes more anxious and confused as the day wears on.

When it starts to get dark, persons with sundowning want to get up and go. They become confused and restless and their pacing may increase noticeably. They may well be awake and active into the night. Typically, they will wander, try to leave the home, rummage or move articles around the house, or persist in turning on lights throughout the house. The cause of sundowning is unknown.

In the past it was thought that sundowning was caused by the lowering of light and shorter days. Recent studies, however, indicate that other factors may come into play. There is evidence that AD damages or disrupts the parts of the brain that control the circadian rhythms, the body clock and the sleep-wake cycle.

Other causes may be that darkness brings about disorientation or a fear of danger that keeps the person awake. Darkness may also create sensory changes such as shadows or obscured objects inside and outside the window. When Mom experienced sundowning, we learned to pull the shades and turn on the lights before the sun went down. That way, the waving branches tapping the windows or the scary shadows in the corners were not there to frighten her.

Keep in mind that your family member does not have control over his/her behavior. The annoying behavior is the inability of the brain to sort out confusion in the environment. The dementia person cannot tell you why they are acting as they are because they don't know.
<table>
<thead>
<tr>
<th>Following are some tips that may help in dealing with sundowning:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Make sure the person with Alzheimer’s is well rested</strong></td>
</tr>
<tr>
<td>It is thought that fatigue may play a part. Have the loved one take a nap or an hour of quiet time before their normal period of sundowning.</td>
</tr>
<tr>
<td><strong>Limit activities to the morning hours</strong></td>
</tr>
<tr>
<td>Plan trips to the supermarket, or visits with family members, to occur early in the day. Activities in the evening may be too stimulating for the individual with dementia.</td>
</tr>
<tr>
<td><strong>Simplify the environment</strong></td>
</tr>
<tr>
<td>Create a comforting environment by playing familiar or restful music. Keep the environment as calm as possible by minimizing loud conversations or TV. Over stimulation can not only result in sundowning but in other behavior issues as well. Learn to identify physical discomfort. All behavior issues are unmet needs. Be sure their physical needs are being met. Being hungry or too hot or cold can play a part in sundowning.</td>
</tr>
<tr>
<td><strong>Get the doctor involved.</strong></td>
</tr>
<tr>
<td>The loved one should be examined by a physician to ensure there are no other ailments present. Arthritis, urinary tract infection, flu/colds and asthma can contribute to sundowning. Pain may become more prevalent late in the day, and they cannot always communicate that pain. You may need extra help with prescription medicine, but medication should be considered only as a last resort.</td>
</tr>
<tr>
<td><strong>You are the detective--be observant to possible causes</strong></td>
</tr>
<tr>
<td>Observe the behavior for several days in a row to spot any triggers that may be causing sundowning. A trigger to agitation could be something as simple as a certain noise produced by a video game or television or the commotion of family members coming home from work or school.</td>
</tr>
<tr>
<td><strong>Provide private time-out space for the loved one.</strong></td>
</tr>
<tr>
<td>There needs to be a safe, calm, private area for the person with AD when the activities of the household become too much to bear.</td>
</tr>
<tr>
<td><strong>Clear the house</strong></td>
</tr>
<tr>
<td>During really aggressive sundowning episodes, it’s a good idea to send family members out of the house on an outing. Never restrain any dementia individual unless absolutely necessary. Turn off the TV and radios and unneeded lights. After assuring house safety, caregiver should move away to a quiet spot as well.</td>
</tr>
<tr>
<td><strong>Take care of yourself</strong></td>
</tr>
<tr>
<td>Above all, caregiver, take care of yourself. Try to use in-home respite, either other family members or paid caregiver, to assure that you get sufficient sleep. Yes, sundowning is real, and you must have enough sleep to allow you to function with the added responsibilities of caring for an individual with a dementia disorder.</td>
</tr>
</tbody>
</table>

For more information on sundowning and other conditions related to Alzheimer’s and other dementias, visit our website [www.alz.org/midlands](http://www.alz.org/midlands) or call 712.322.8840 or 800.272.3900.

---

**Support the Midlands Chapter**

**Join the Young Alzheimer's Advocates**

As young people wanting to make a difference in the quest to end Alzheimer's, we are organizing a brand new "under 40" committee. Whether you know someone with Alzheimer's or just want to be an advocate, this is an opportunity to get involved with the group from the ground level. Our focus is on awareness, education, and public service. Find us on [FaceBook](https://www.facebook.com) or for more information e-mail us at yalza.midlands@gmail.com

![Yalza](https://ui.constantcontact.com/visualeditor/visual_editor_preview.jsp?age...)

You may also find us on the blogs listed on the left-hand column of this e-newsletter.

---

[Back to Top](#)
Midlands Chapter Wish List

The Alzheimer's Association® Midlands Chapter welcomes donations of gifts in-kind from our donors. Your generosity helps fulfill our Mission and can provide a valuable tax deduction for you. Currently, the Chapter has need of the following items:

- Flat screen television for educational programs and presentations
- Board room chairs
- Brochure rack for the Family Resource Room
- Folding machine
- Portable flip chart and stand
- Digital camera
- Frequent Flyer Miles for staff
- A vehicle for staff travel
- Financial Support for the Respite Care Reimbursement Program
- Financial Support for the Community Education Fund

Support the Midlands Chapter

Please Share Our e-Newsletter

Please forward or share our monthly e-newsletter Perspectives. Click on the "Forward e-mail" link at the very bottom of this e-mail to share Perspectives with friends and families and invite them to receive our newsletter each month or to get involved. They can click the "Join Our Mailing List" link in the left column and receive Perspectives each month, along with helpful tips, advice, and updates on Chapter events and programs.

Please Support the Midlands Chapter

Join Us On

Stay up-to-date with the latest events and activities at the Midlands Chapter! Follow us on Facebook TODAY!!

Stop by our brain gym

Exercise your brain and test your skills.

Solve today's puzzle ➤➤