

Pro-Am 2009 date announced

After the Alzheimer's Association's successful first year involvement with Elmcrest Country Club's Tennis Pro-Am Tournament, the date has been set for continued involvement in 2009. Save the weekend of Friday, August 21st to Sunday, August 23rd, 2009 on your calendars now. The tournament will take place at Elmcrest Country Club's tennis courts.

You won't want to miss out on a fun weekend filled with great tennis, food, live and silent auctions and much more! All of the proceeds from the weekend will benefit the Alzheimer's Association East Central Iowa Chapter. Look for more information in the coming months!



Two caregiver wellness days offered

Hawkeye Valley Area Agency on Aging and Heritage Area Agency on Aging are both offering separate caregiver wellness days this fall.

Aging, takes place Friday, November 21st at the Kirkwood Training and Outreach Services Center (KTOS), 3375 Armar Dr., Marion from 9:00 a.m. to 3:00 p.m. Both wellness days are FREE for informal caregivers of older adults and FREE respite will be available at both locations, upon request.

Continental breakfast and lunch will be provided, along with free health screenings, massage and reflexology therapy sessions.

The first, sponsored by Hawkeye Valley Area Agency on Aging, Valley Services and Home Instead Senior Care, takes place October 24th in Toledo at the Reming Civic Center. Registration begins at 8 a.m. and the day concludes at 3:30 p.m. The second wellness day, sponsored by Heritage Area Agency on

At the caregiver wellness day in Marion there will be a keynote presentation by motivational speaker, Carol Harder. A con-

For further information on the Toledo wellness day and to register, contact the HVAAA Senior Help Line at 1.877.538.0508 or 319.272.1767. For further information on the Marion wellness day and to register, contact the Heritage Area Agency on Aging at 319.398.5550 or 1.800.332.5934.

Caregiver Tips for Holidays

If your gathering includes a large number of people, reserve a "quiet room" in the home for the person with dementia.

If the person gets over-stimulated and shows signs of agitation, have a family member or friend take them to the "quiet room" to talk one-on-one to help.

Memory Walk

(continued from page 1)

Also, Cedar Rapids had the pleasure of welcoming Dr. Ralph Plagman and Dr. Mary Wilczynski to its opening ceremony. Dr. Ralph Plagman, principal at Washington High School and Dr. Mary Wilczynski, principal at Kennedy High School are both Champions for the Alzheimer's Association. As Champions they share our vision of a world without Alzheimer's to others they encounter in their lives, and also raise concern and awareness for the disease. They both thanked the crowd for the tremendous support to end Alzheimer's and kicked off the beginning of the walk.

Congratulations and special thanks goes out to our top fundraising teams and individuals to date.

Cedar Valley Regional Memory Walk in Waterloo:

Top Team: Memory Milers of Friendship Village - \$15,100
Top Individual: Bev McCadam - \$2,816

Cedar Rapids Regional Memory Walk:

Top Team: Team Good - \$19,503
Top Individual: Bev Linman - \$1,690

Coralville/Iowa City Regional Memory Walk:

Top Team: Bickford of Iowa City - \$3,174
Top Individual: Candy Domyiny - \$875

Northeast Iowa Regional Memory Walk in West Union:

Top Team: Team Shaffer - \$1,475
Top Individual: Roger Shaffer - \$1,100



To view day to day updates for each walk site visit www.alz.org/eci. Donations are still encouraged to help the chapter reach its event goal of \$250,000.

The Alzheimer's Association Memory Walk, nationally presented by Genworth Financial, is the nation's largest event to raise awareness and funds for Alzheimer care, support and research programs.

Nationally presented by Genworth Financial

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Western Home Communities
Windmill Manor

IT'S NOT TOO LATE

It's not too late to donate to Memory Walk 2008. Donations are still encouraged to help the chapter reach its goal of \$250,000. To learn how to donate visit www.alz.org/eci or call 800.272.3900.

Save the date for Memory Walk 2009
Sept. 26, 2009

Alzheimer's Association teams up to offer dementia care program

Iowa City Hospice, co-sponsored by the Alzheimer's Association, will offer Dementia Care: Beyond the Basics on Wednesday, November 5, 2008 from 1:00-4:00 p.m. at the Iowa City Public Library, Room A.

The free workshop is designed to help professional and personal caregivers deal with the challenges of caring for someone with dementia. Speakers throughout the work-

shop will present on characteristics of atypical forms of dementia and Alzheimer's disease, information about spirituality and dementia, and tips, resources, and suggestions for caring for a loved one. Other co-sponsors include Pathways, Elder Services, and the Iowa City Public Library.

To register contact Iowa City Hospice at 319.351.5665.



Younkers Community Day

The Alzheimer's Association is taking part in Younkers Community Day by selling coupon booklets that can be used at any Younkers location on Saturday, November 15. Each coupon booklet is \$5 and you will receive one \$10 coupon good on almost any purchase at Younkers!

You will also receive eight additional coupons, each good for up to 20% off your merchandise purchase at Younkers. The Alzheimer's Association will keep all of the proceeds from the sale of the coupon books. This is a great opportunity to easily give back to the Alzheimer's Association!

If you would like to purchase a coupon booklet or are interested in selling booklets in your area, please contact Elizabeth Schlehuber at 319.294.9699 or by email at elizabeth.schlehuber@alz.org

Volunteer opportunities

We are currently looking for volunteers of all ages to help us with a variety of activities. Read over the opportunities and contact Michele Cooper at 319.294.9699 or by email at michele.cooper@alz.org if you have any questions or want to get involved!

- Event Committee: help coordinate any of the Alzheimer's Association's events from start to finish.
- Program Affairs Committee: identify Alzheimer's disease and dementia service needs in the community; and plan programs and activities specific to our focused outreach.
- Support Group Leaders: coordinate and lead a support group for family, friends, etc. of those affected by the disease.
- Speakers Bureau: professionals in the field, as well as caregivers who would share their knowledge of Alzheimer's for community presentations.
- Day of event and general office volunteers



VOICE the VISION Rally

Save the date for VOICE the VISION Rally

Mark your calendars now to participate in the Alzheimer's Association VOICE the VISION Rally at the end of January 2009. VOICE the VISION Rally is a seven-hour call-a-thon event. Participants are asked to contact their friends, family, peers and colleagues for donations to support the 16,000 Eastern Iowans and 68,000 total Iowans suffering from Alzheimer's disease.

Each participant will have a one hour time slot on the phone banks. Proceeds raised from the event will be used to advance the full mission of the Alzheimer's Association through vital research, education, support, and advocacy. Contact our offices today to learn more about volunteering the day of the Rally.

Mark calendars for Education Conference 2009

The 2009 Alzheimer's Disease and Dementia Education Conference will be held Thursday, August 13, 2009 at the Cedar Rapids Marriott, 1200 Collins Rd. NE.

This will be the 15th year the conference will be held and provides care professionals with the opportunity to connect with peers from around Easter Iowa; learn from renowned aging experts; and participate in educational programs tailored to address the

unique needs and demands of the profession. Top experts in the field will be on hand the day of the conference to report on the latest with the disease. A separate session will also be offered for caregivers the same evening.

For more information on sponsorship opportunities or to get involved with the 2009 Conference, contact Tracey Robertson at 319.294.9699 or 1.800.272.3900.

Check out our website: www.alz.org/eci for updates on our upcoming events

Caregiver Tip for Holidays

Maintain the person's normal routine so that holiday preparations don't become disruptive or confusing. Remember: Taking on too many tasks at one time can wear on you and the person.