

Alzheimer's Association East Central Iowa Chapter sponsored support groups

Allamakee County
Postville
4th Thursday, 4:00 p.m.
Postville Public Library
235 West Tilden Street
Facilitator: Trish Elsbernd
*Meetings will be held during the months of Feb., April, June, Aug., Oct., Dec.

Waukon
4th Thursday, 4:00 p.m.
Veteran's Memorial Hospital
40 1st Street SE
Facilitator: Lisa Ewing
*Meetings will be held during the months of Jan., March, May, July, Sept., Nov.

Benton County
Belle Plaine
2nd Tuesday, 10:00 a.m.
Christ United Methodist Church
708 15th St.
Facilitator: Ruth Stratton

Vinton
3rd Wednesday, 3:00 p.m.
Windsor Manor Assisted Living
1807 W 5th St
Facilitators: Erin Monaghan & Abby Adolphs

Black Hawk County
Cedar Falls
3rd Thursday, 7:00 p.m.
Windhaven Assisted Living
5500 S. Main Street
Facilitators: Laura Kann and Christy Kessens

Cedar Falls
4th Monday, 5:30 p.m.
Windsor Nursing and Rehab
2305 Crescent Dr.
Facilitator: Kathy Jensen

Waterloo (*Respite Provided)
3rd Monday, 1:30 p.m.
Friendship Village Chapel
600 Park Lane
Facilitators: Bev McCadam & Julie Thomas
*Respite Provided

Bremer County
Waverly
4th Tuesday, 2:30 p.m.
Bartels Lutheran Home (Evergreen Conference Room)
1922 Fifth Ave. NW
Facilitator: Kim Butler

Waverly
3rd Tuesday, 2:00 p.m.
Trinity United Methodist Church
1400 W. Bremer Ave.
Facilitator: Margaret Phelps

Buchanan County
Independence
3rd Thursday, 4:00 p.m.
Independence Senior Center
400 Fifth Ave. NE
Facilitator: Amy Peyton

Butler County
Shell Rock
Last Wednesday, 7:00 p.m.
Meadows Assisted Living
528 N. Kelly St.
Facilitators: Sue Kromminga

Cedar County
Tipton
2nd Wednesday, 10:00 a.m.
Prairie Hills Assisted Living
219 S Cedar St.
Facilitators: Sarah VanDusen & Julie Lovell

Chickasaw County
New Hampton
1st Monday, 7:00 p.m.
New Hampton Nursing and Rehabilitation Center
703 S. Fourth Ave.
Facilitators: Mary Ayers & Nancy Thackter

Clayton County
Strawberry Point
2nd Wednesday, 12:30 p.m.
Strawberry Point Lutheran Home
313 Elkader St.
Facilitators: Cathy Mills

Grundy County
Grundy Center
2nd Thursday, 7:00 p.m.
Grundy County Memorial Hospital
201 E. J Ave.
Facilitator: Cathi Burnette
*Meetings will be held during the months of Feb., April, June, Aug., Oct. and Dec.

Iowa County
Williamsburg
3rd Wednesday, 3:00 p.m.
Highland Ridge
100 Village View Circle
Facilitators: Julie Thompson

Johnson County
Iowa City
1st and 3rd Thursday, 1:00 p.m.
Pathways Adult Day Health Center
817 Pepperwood Lane
Facilitators: Kelly Lamb & Lavon Yeggy

Iowa City
1st Wednesday, 4:00 p.m.
Legacy Gardens Special Memory Care
1020 S. Scott Blvd
Facilitators: Karen Davis & Lavon Yeggy

Linn County
Cedar Rapids
3rd Monday, 6:30 p.m.
St. Luke's Hospital (Room 163)
Facilitator: Carol Winetroub

Cedar Rapids
2nd Thursday, 10:30 a.m.
Alzheimer's Association East Central Iowa Chapter
1570 42nd St. NE
Facilitator: Kim Beals

Cedar Rapids (*Respite provided)
3rd Thursday, 6:00 p.m.
MeadowView Memory Care Village
3005 F Ave. N.W.
Facilitators: Amber Hintermeister & Melissa Jurgensen

Marion (*Respite provided)
1st Wednesday, 1:30 p.m.
Bickford Cottage
1100 Linden Dr.
Facilitator: Laura Jordan

Marion
3rd Saturday, 11:00 a.m.
Villages at Marion
265 Marion Blvd
Facilitators: Cindy Cason & Julie Becker

Marion (*Respite provided)
3rd Wednesday, 1:30 p.m.
Milestones in Marion
1080 Cardinal Dr.
Facilitator: Ingrid Wensel

Tama County
Traer
2nd Tuesday, 3:00 p.m.
Sunrise Care Center
909 Sixth St.
Facilitators: Bev Buresh & Roxie Konicek

Washington County
Washington
1st Monday, 6:30 p.m.
United Presbyterian Church
209 E. Washington St.
Facilitator: Connie Crossett

Washington
4th Thursday, 2:00 p.m.
Lending Hands Adult Day Center
302 Hwy 1 & 92 North
Facilitator: Bonnie Boshart & Lavon Yeggy

Winneshiek County
Ossian
*Meetings held as needed. Contact Laura Kann at 319.272.2300 for more information
Ossian Senior Hospice
114 Fisher Avenue
Facilitator: Dianne Schultz

Excellence in Caregiving Awards for outstanding achievement in caregiving

The Alzheimer's Association East Central Iowa Chapter is accepting nominations for the Excellence in Caregiving Awards that honor outstanding achievement in Caregiving. The Excellence in Caregiving Awards recognizes family caregivers, organizations, and professionals who serve individuals with Alzheimer's disease and related dementias. Winners will be announced at the Chapter's 14th Annual Alzheimer's Association Alzheimer's Disease and Dementia Education Conference on Thursday, August 14, 2008 at the Cedar Rapids Marriott. You may nominate an individual, a program, an agency, or an organization for one of the following categories:

Professional Award- Recognizes an individual who has brought to his/her employment dedication that serves as a model to others who choose this field. These include direct care staff, home-care workers, nurses, therapists, administrators, activities staff, clergy, social workers, and other related disciplines.

Organizational Award- Recognizes an

organization, agency, or institution that has chosen the development of exceptional programs and/or services, which benefit the Alzheimer's community.

Family Care Partner Award- Recognizes an individual or family who embodies the courage to face the challenges of being a care partner, the compassion to ensure dignity for their loved one, and the wisdom to reach out for support.

Special Service Award- Recognizes the individual or group that has made a unique contribution.

Selection Criteria:

Honorees are selected on the criteria below and not on the number of nominations received.
- Nominee must be familiar with the mission of the Alzheimer's Association.
- Nominee must make an exceptional contribution related to service innovation, caregiving, or advocacy to improve the lives

of individuals with Alzheimer's and/or their families.

- Nominations may require follow-up information to verify service.
- An individual or couple may be submitted for consideration.
- Must use Excellence in Caregiving Award application provided by the Alzheimer's Association East Central Iowa Chapter.
- Self-nominations will not be accepted.

Nominations will be solicited throughout East Central Iowa. There will be only one winner per award category. Nominations must be postmarked by July 25, 2008. Late entries will not be considered. Winners will be notified by August 1, 2008. Each winner, along with a guest, will be invited to attend the awards luncheon on August 14th.

To request an Alzheimer's Association's Excellence in Caregiving Nomination Form please contact the Alzheimer's Association East Central Iowa Chapter at 319.294.9699 or visit www.alz.org/eci.

Facts & Figures

The disease is poised to strike one out of eight baby boomers.

By 2010, there will be almost a half million new cases of Alzheimer's disease a year.

SPECIALIZED Alzheimer's Support Groups

To participate in any of our specialized caregiver support groups, you must register first. Call the Alzheimer's Association at 1-800-272-3900

Telephone Talk

DATE: 4th Wednesday
Time: 12 p.m

Available in ALL of East Central Iowa Chapter's 19 counties.

Early Stage Support Groups

available in Cedar Rapids and Waterloo to persons in early stages of dementia and their care partners. Call the chapter for dates and times.

Quick Fact:

Changes in memory loss that are affecting your daily activities may be Alzheimer's or a related dementia. They may also be due to other conditions, some of them treatable or reversible. Give yourself the best care possible. See your doctor and call us at 1.800.272.3900.

Early detection offers benefits

If you or someone you know is concerned about memory changes, you can take steps to find out if it's Alzheimer's or a related dementia or if the changes are due to conditions that may be treatable or reversed.

When changes in memory and thinking are having an impact on your daily life, it's time to see your doctor. By learning more, you will be able to get the best help possible.

Other benefits of knowing what's causing memory loss include:

- Determine if it's Alzheimer's or another kind of dementia.
- Learn more about the disease in order to make better decisions about living with Alzheimer's.

- Participate in decisions about care, transportation, living options, and financial and legal matters.
- Develop a relationship with doctors and care partners.
- Explore treatments that may slow the progression or improve symptoms of some types of dementia and help maintain a level of independence longer.
- Schedule an appointment with your doctor. There are a number of other conditions that could be causing your memory loss. Some of these may be treatable or reversed if caught early.

If you are diagnosed with Alzheimer's, we can help you learn how to best communicate

your needs and make the most out of each visit to your doctor. We also provide care consultation, information and referral, and support groups where you can meet others with similar experience.

Visit our Web site for more information about:

10 warning signs of Alzheimer's
www.alz.org/alzheimers_disease_symptoms_of_alzheimers.asp

Visiting your doctor
www.alz.org/alzheimers_disease_visiting_with_your_physician.asp

Book and film shed light on Alzheimer's

The novel Diminished Capacity, by Sherwood Kiraly, is a humorous, thoughtful and entertaining story that sheds light on Alzheimer's disease.

It is the tale of Rollie Zerbs, an elderly man living with Alzheimer's. He has a rare 1909 Chicago Cubs tobacco baseball card, one of the most valuable cards in existence. While he can't remember where he put it, he's on

his way to Chicago to see what the card will bring.

Now available in stores and online, the book is also the basis for the feature film of the same title starring Matthew Broderick, Alan Alda and Virginia Madsen. The film opens July 4.

St. Martin's Press, publisher of the book, is

directing readers to the Alzheimer's Association by including one of the Association's Champions advertisements on the last page.

For a sneak preview of the book, visit www.alz.org/diminishedcapacity. You may also obtain a copy of the book through the Chapter's Memory Loss Lending Library.