

Greater Iowa Chapter Newsletter

Published quarterly for our donors, volunteers, advocates and friends in the Alzheimer community

Summer 2004

www.alz.org/greateriowa
1 800 272 3900

About Agitation and Alzheimer's Disease

The term agitation is used to describe a large group of behaviors associated with Alzheimer's disease. As the disease progresses, most people with Alzheimer's experience agitation in addition to memory loss and other thinking symptoms.

In the early stages of the disease, people with Alzheimer's may experience personality changes such as irritability, anxiety, or depression. As the disease progresses, other symptoms may occur, including sleep disturbances, delusions (firmly held belief in things that are not real), pacing, constant movement or restlessness, checking and rechecking door locks or appliances, tearing tissues, general emotional distress, and uncharacteristic cursing or threatening language.

Agitation may be caused by a number of different medical conditions and drug interactions or by any circumstances that worsen the person's ability to think. Situations that may lead to agitated behavior include moving to a new residence or nursing home, other changes in the environment or caregiver arrangements, misperceived threats, or fear and fatigue resulting from trying to make sense out of a confusing world.

Medical evaluation for agitation

A person exhibiting agitated behavior should receive a thorough medical evaluation, especially when agitation comes on suddenly. The treatment of agitation depends on a careful diagnosis, determination of the possible causes, and the types of agitated behavior the person is experiencing. With proper treatment and intervention, significant reduction or stabilization of the symptoms can often be achieved.

The symptoms of agitation often reflect an underlying infection or medical illness. The pain or discomfort caused by pneumonia or a urinary tract infection can result in agitation. An untreated ear or sinus infection can cause dizziness and pain that affects behaviors. In some cases, prescription medication can cause agitation. This is most likely to occur when multiple medications are used, and the medications interact. Uncorrected visual or hearing loss may also lead to agitated behavior.

Helpful hints during an episode of agitation

Do: Back off and ask permission, use calm positive statements, reassure, slow down, use visual or verbal cues, add light, offer guided choices between options, focus on pleasant events, offer simple exercise options, or limit stimulation.

Do Not: raise voice, take offense, corner, crowd, restrain, rush, criticize, ignore, confront, argue, reason, shame, demand, condescend, force, explain, teach, show alarm, or make sudden movements out of the person's view.

Do Say: May I help you? Do you have time to help me? You're safe here. Everything is under control. I apologize. I'm sorry that you are upset. I know it's hard. I will stay until you feel better.

Helpful hints to prevent agitation

Create a calm environment: remove stressors, triggers, or danger; move person to a safer or quieter place; change expectations; offer security object, rest of privacy; limit caffeine use; provide opportunity for exercise; develop soothing rituals; and use gentle reminders.

Monitor personal comfort: check for

Helpline Awareness Grows

Iowa Governor Tom Vilsack proclaimed the month of May to be "Alzheimer's Association 24/7 Helpline Month", in recognition of the nearly 70,000 Iowans currently living with Alzheimer's disease or related disorders. In conjunction with Older Americans Month, also in May, the Alzheimer's Association and the Iowa Department of Elder Affairs collaborated on a campaign to raise awareness of the Association's Helpline, which provides toll-free access to information about the disease, as well as emotional support and service referrals—24 hours a day, 7 days a week.

The first part of this campaign was a partnership with Iowa's Hy-Vees, Drugtowns and Medicap Pharmacies to distribute brochures and magnets with the Helpline number to anyone filling a prescription for one of four approved Alzheimer's medications. The next step is distribution of materials to hospitals, social workers, Area Agencies on Aging, homecare associations, and other groups and individuals who come in contact with caregivers, family members and people living with Alzheimer's.

pain, hunger, thirst, constipation, full bladder, fatigue, infections, and skin irritation; ensure a comfortable temperature; be sensitive to fears, misperceived threats, and frustration with expressing what is wanted.

This information was compiled from the Alzheimer's Association fact sheet "Agitation." For a more complete sheet and other information on caregiving, please contact the Alzheimer's Association at 800-272-3900.

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Newton

Connie Lucas, Program Specialist

From our President ...

One of the goals of the Board is to re-establish a stronger relationship between our Chapter and the National Organization. This is consistent with National's goal of building stronger relationships with each Chapter. One way this is being accomplished is through the new Chapter Assembly. This Assembly is made up of representatives from each of the Chapters' Boards and will provide direct feedback to the National Board of Directors.

Not only will our Chapter participate in the new Assembly, I was selected to become a member of the Assembly Steering Committee to help plan the meeting and determine the agenda.

I look forward to our Chapter having a leadership role in the Assembly. It is recognition of the strength of our Chapter!

Tom Cross

From our Director ...

Dear Friends and Supporters,

As the nation continues to mourn the death of President Ronald Reagan, we pause to remember all he and Mrs. Reagan have done to support the mission of the Alzheimer's Association.

Twenty years ago, long before President Reagan was diagnosed with Alzheimer's, he designated November as National Alzheimer's Disease Month. The public announcement of his diagnosis in 1994 was a turning point in raising awareness that Alzheimer's disease knows no social, economic or political boundaries. President and Mrs. Reagan also established the Alzheimer's Association's Ronald and Nancy Reagan Research Institute. Through her long good-bye, Mrs. Reagan has helped to make Americans more aware of the toll of this disease on caregivers and families.

The Reagans are just two of thousands who share their time talent and resources with the Alzheimer's Association. In Iowa, we have also benefited from the generosity of many concerned individuals. I'd like to take a moment to recognize just a few of those individuals.

Des Moines photographer Sean O'Leary donated his time to take pictures of people with dementia and create a "Faces of Alzheimer's" photo display in our Des Moines office. The photos are proof of the adage that is picture is worth a thousand words.

They are a sobering reminder of the serious work of our organization.

A senior Public Relations class at Loras College in Dubuque spent the last semester creating promotional campaigns for the Alzheimer's Association. These talented students, under the leadership of Dubuque volunteer Todd Link, shared their creativity, youthful energy and skills to increase awareness about our mission.

Former ISU basketball coach Johnny Orr and his wife Romie traveled to Washington DC to advocate for increased funding for Alzheimer's research. Since Mrs. Orr's Alzheimer's diagnosis last year, both have pledged to do whatever they can to help the chapter educate Iowans and caregivers about this disease.

If you have the desire to give back and support the mission of the Alzheimer's Association, we encourage you to do so. Ask your legislators to support increased funding for Alzheimer's research. Start a support group for caregivers. Make a donation to the Alzheimer's Association. Provide a break for a friend who is challenged with caring for a person with dementia. Participate in one of our Memory Walks this fall.

Please join in the fight against Alzheimer's disease. With your support, we can make this disease a thing of the past.

Carol Sipfle

Take Steps to End Alzheimer's It's time for Memory Walks!

“Fun with a purpose” is one way to describe Memory Walks. This year, the Greater Iowa Chapter is holding 11 Memory Walks. From Davenport to Fort Madison, Des Moines to Mason City, there will be a chance for everyone to come with friends, family, neighbors and co-workers and show support for people with Alzheimer's disease as well as the services provided by the Alzheimer's Association.

This year, the chapter is incredibly lucky to welcome former ISU basketball coach Johnny Orr and his lovely wife Romie as the honorary walk co-chairs for the Dubuque and Des Moines Walks. Ever since Romie's

Alzheimer's diagnosis two years ago, the Orrs have tirelessly supported the Alzheimer's Association through speaking engagements, public service announcements and interviews. Memory Walk will be an opportunity for teams to have a photo taken with Coach Orr, and even join Team Orr! In the Quad Cities, former Family Services Coordinator Denise Heinrichs will act as Honorary co-Chair, celebrating the 20th anniversary of the Quad Cities branch of the Alzheimer's Association. For more information on a nearby Memory Walk, please refer to the phone numbers below, or call the 24-hour Helpline at 1-800-272-3900.

Kintera Comes to Memory Walk

Think of everything available on-line, from shopping, paying bills to researching any topic under the sun. Now through a grant from Creative Memories, a national Memory Walk sponsor, add registering and raising money for Memory Walk to that list.

Kintera is a web site and system that allows individuals to register for Memory Walk, create their own awesome web page, complete with photos and story, and send emails and updates to friends, family and co-workers, explaining why the process. Businesses and individuals can contribute to fundraising efforts on, and walkers will see an honor roll of who donated, as well as a running total of which walker and team has raised the most money!

To find a Memory Walk, go to www.Kintera.com, look under “Events Central” and search events. Put in “Memory Walk” and “Iowa”, and identify the nearest Walk.



City	Date	Location	For More Info:
Clinton	Sept. 11	Riverfront Park	(563) 324-1022
Humboldt	Sept. 11	North Care Center	(515) 440-2722
Dubuque	Sept. 18	Louis-Murphy Park	(563) 589-0030
Fort Dodge	Sept. 18	Downtown Ft. Dodge	(515) 440-2722
Bellevue	Sept. 25	Cole Park	(563) 589-0030
Des Moines	Sept. 25	Water Works Park	(515) 440-2722
Ames	Oct. 2	Brookside Park	(515) 440-2722
Savanna, IL	Oct. 2	Old Mill Park	(563) 589-0030
Fort Madison	Oct. 2	Riverview Park	(515) 440-2722
Quad Cities	Oct. 9	The Mark	(563) 324-1022
Mason City	Oct. 30	Southbridge Mall	(641) 421-8085

Our Open House!

Thursday, May 20 was a proud day for the Des Moines office. We gathered together volunteers, board members, and the wonderful people who have been our loyal supporters and friends for so many years now to officially dedicate our new office at 1730 28th Street in West Des Moines, as well as our donor recognition display.

“Beautiful”, “Welcoming”, “Friendly” were some of the compliments we heard about our new office space. Our Hy-Vee/Pioneer conference room is the centerpiece,

with ample room for support group meetings, board meetings and trainings. The Joseph Epstein Memorial Library has room to sit and peruse materials, and we even have space for families or professionals to view videos from the library in private. There is now adequate parking right at our front door, and storage room for our supplies. Our sincere thanks to everyone who donated time, materials and work, and we encourage everyone to come see us during regular office hours, Monday-Friday, 8am-4:30pm.

Early Stage Group Offered

The Early Stage Information and Conversation group is being offered quarterly for anyone who has recently been diagnosed with Alzheimer's and is interested in finding out more and talking to others who have the disease. Often people with this new diagnosis have questions that arise and this will be a time to discuss those questions and concerns.

The first meeting will be Thursday,

August 5th, from 10:30-11:30am at the Newton Library, 100 North 3rd Avenue. This gathering will be followed by a presentation about Alzheimer's disease from noon-1pm. This second session will be open to anyone who wants to more know about the disease, including family caregivers, ministers, friends and professionals. For more information, please call Connie Lucas at (641) 792-8402.

Research Update

Diabetes Increases Risk

Older adults with diabetes have a significantly increased risk of developing Alzheimer's disease, according to a study in the May 2004 Archives of Neurology.

As part of the ongoing Religious Orders Study, researchers at Chicago's Rush University Medical Center observed 824 retired clergy over a period of over five years. They found that participants who reported a history of diabetes had a 65 percent greater chance of developing Alzheimer's over the course of the study than those with no history of diabetes.

Trial Tests Herbal Supplement

The National Institute on Aging (NIA) has launched a clinical trial of huperzine A as a treatment for mild to

moderate Alzheimer's disease.

Huperzine is an herbal supplement derived from the plant *Huperzia serrata*. It has been used for centuries in Chinese traditional medicine as a treatment for swelling, fever and blood disorders. Recent clinical trials in China have reported that huperzine also offers some benefit in Alzheimer's disease.

"Because huperzine A is available over the counter and promoted as a memory enhancer, manufacturers of the supplement have no real incentive to document its effectiveness, making this trial a prime example of work that needs federal funding to go forward," says William Thies, Ph.D., Alzheimer's Association vice president, Medical and Scientific Affairs.

Attendance Grows at Annual Celebrity Soup Supper in Fort Madison

The Fifth Annual Celebrity Soup Supper held on February 19, was the largest yet. With more than 120 people participating this year, the event raised \$1,165. The Kensington and the Fort Madison Community Hospital hosted the supper.

Ten community leaders including Fort Madison School Superintendent Linda Brock and outgoing Chamber of Commerce Director Ange Lee donated their time and talents to make and serve soup for the event.

"I'm here to support the Alzheimer's Association," said Sandy Holtkamp, who served broccoli and cheese chicken noodle soup. "I volunteered at the first two and am back for this one. This is an important topic."

Event organizer Heather Neville, the volunteers, and the rest of the Kensington staff were key to the success of this fun and tasty event.

It's a Parrot Head Prom!

Where can you wear flip-flops, a tuxedo and plastic lei? At the first ever parrot Head Prom, sponsored by the Des Moines Parrot Head Club! Scheduled for Saturday, September 18 at the Merle Hay Holiday Inn, promises to be an evening of fun, with lots of great music, a silent auction, Parrot Heads and friends in their best tropical

attire, as well as the crowning of the prom king and queen. All money raised through ticket sales and the silent auction will be donated to the Greater Iowa Chapter for services and programs, so it's a fantastic party with a great goal. For more information, call Pam Lemming at (515) 223-8028

coming
soon...

the new & improved
Greater Iowa website!
www.alz.org/greateriowa

alzheimer's  association

Medicare Prescription Drug Discount Cards – Beware of Scams

The Medicare program has approved certain prescription drug discount cards that may help some people reduce their drug costs starting in June. Cards cost up to \$30 and became available in May. The Attorney General's office has received reports of con artists using deception and confusion about the new program, attempting to commit identity theft and cheat people. In response, here is a list of "Do's and Don'ts" on Medicare prescription drug discount cards.

- **DO** look into it. Medicare-approved drug discount cards are completely voluntary and are for people on Medicare. Medicare officials estimate people may save 10% to 15% on their total drug costs, and it has approved 28 private "sponsors" to provide the cards. (The program also offers a credit up to \$600 per year for low-income persons—persons whose 2004 income is under \$12,569 single, or \$16,862 married. This federal subsidy waives the \$30 card enrollment fee and can pay 90%–95% of drug costs up to \$600 per year in 2005 and 2005)
- **DO** "shop" for the card that makes the most sense for you. People only can get one Medicare-approved card, so they will want to choose the one with the best process for the drugs they use and the best choice of pharmacies. Contact Iowa's "SHIIP" or Senior Health Insurance Information Program for free, one-to-one advice on what card will work best for you. (Go to www.shiip.state.ia.us, or call 1-800-351-4664.) The SHIIP Program, part of the Iowa Insurance Division, has very good information about the card pro-

gram, and there are SHIIP counselors across the state. You can also go to www.medicare.gov, or call 1-800-MEDICARE.

- **DON'T** give your Social Security, Medicare, credit card, or bank account numbers to anyone who calls or stops at your door to sell the cards. Some con artists are using confusion about the program to steal identities and cheat victims. Legitimate information will

come by mail— not by phone or door-to-door. Watch for the official logo: "Medicare-Approved." Don't pay large sums in advance (the maximum costs for a card is \$30.) Contact Iowa's SHIIP Program or Medicare to be sure a card covers the drugs you take and your pharmacist accepts the card, and your state's Attorney General with any reports of scams or improprieties.

New Donor Recognition Display

The Alzheimer's Association, Greater Iowa Chapter believes in the importance of recognizing significant and ongoing contributions from individuals, organizations and corporations. The chapter has created a donor recognition display in its West Des Moines headquarters recognizing donations to the Greater Iowa Chapter.

Annual Giving Recognition

Any donation directly to the Greater Iowa chapter, including Memory Walk and memorial donations, from individuals, businesses, foundations, and organizations are eligible for the display at the following levels:

Recognition levels:

Individual Donors:

Gold - \$1,000 and above
Silver - \$500 to \$999
Bronze - \$250 to \$499

Corporate and Organizational Donors:

Gold - \$5,000 and above
Silver - \$2,500 to \$4,999
Bronze - \$1,000 to \$2,499

Non-cash donations are eligible for recognition at the value of the donation. All cash and non-cash donations will be totaled at the end of the year to determine the appropriate level of

recognition. The display will be updated every September and will list gifts from the previous fiscal year (July 1 to June 30).

Lifetime and Planned Giving

The Greater Iowa Chapter recognizes donors who have given cumulative gifts directly to the Greater Iowa Chapter since it was formed in July 2001 at the following levels:

Individual Donors:

Gold - \$25,000 and above
Silver - \$10,000 to \$24,999
Bronze - \$5,000 to \$9,999

Corporate and Organizational Donors:

Gold - \$50,000 and above
Silver - \$25,000 to \$49,999
Bronze - \$10,000 to \$24,999

Income from a bequest, life insurance policy or other planned gift will be eligible for the display and will be recognized when the donation is received.

Matching gifts from the donor's employer will be counted toward both the donor's and the employer's annual and lifetime giving totals.

If you have any questions about the display, please contact Paul Crawford at the Greater Iowa Chapter at (800) 272-3900.

Branch Office News

Quad Cities

CCDI level 2 training will be provided July 5th and September 2nd at Scott Community College. For more information call 563-336-3454.

Saturday, August 7, in conjunction with Generations Area Agency on Aging, staff will present an overview of Alzheimer's and services available to the local Vietnamese community. For more information, please call 563-324-1022.

Tuesday, August 10, the Quad Cities branch will host the Elderly Consortium's monthly meeting. More than 40 local social service and senior providers come together to share their latest information on services and programs.

Plans are being made for two Family Education Series, one in Geneseo, IL in July and another in Aldeo, IL in August. Both are made possible through a grant from Western Illinois Area Agency on Aging. Call the Quad Cities branch office at 563-324-1022 for more details.

Dubuque

Our thanks to the Northern Illinois Area Agency on Aging for funding the following programs.

"Legal Issues for Families Impacted by Dementia" will be presented June 24th at the Galena-Stauss Hospital, 215 Summit. Complimentary lunch will be served at 11:30am, with program beginning at noon. The presenter is Terry Kurt, Attorney at Law from Galena. Pre-registration is required by calling 563-589-0030.

August 12: "Overview of Alzheimer's Disease & Related Dementias/Medication Update" noon at Big Meadows Nursing Home, 1000 Longmoore, Savanna, IL. A complimentary lunch will be provided, so please pre-register by calling 815-273-2238.

August 19: "How to Combat Caregiver Stress," presented by Lori Uppena, Southwest Health Care Center, Cuba City, WI. Noon at Big Meadows Nursing Home. A complimentary lunch will be provided, so please pre-register by calling 815-273-2238.

August 26: "Complementary Therapies with Dementia Care," presented by Diane Giddings of Big Meadows. Noon at Big Meadows Nursing Home. A complimentary lunch will be provided, so please pre-register by calling 815-273-2238.

Des Moines

Saturday, June 26, 9am-2pm: Keys for Family Caregiving, Immaculate Conception Church in Charles City

Tuesday, June 29, 6-9pm: An Overview of Alzheimer's, St. John's Episcopal Church, Mason City

Partnering With Your Physician: See times and locations below:

Thursday, July 8, 7-9pm, Mahaska County Hospital, Oskaloosa

Saturday, July 11, 2-4pm, Alzheimer's office, 1730 28th St., West Des Moines

Monday, July 26, 6:30-8:30pm, Alzheimer's office, 1730 28th St., West Des Moines

August 3, 10 & 17, 6:30-8:30pm: Tools for the Family Caregiver, 3-part series, Waukee Public Library

August 4, 11 & 18, 6:30pm-8:30pm: Tools for the Family Caregiver, 3-part series Alzheimer's office, 1730 28th St., West Des Moines

Thursday, August 5, 6:30-8pm: Especially for the Alzheimer's Caregiver, Greene Co. Medical Center in Jefferson

Newton

Singer/songwriter Bill Connet performs music for people with dementia & the general public from his new CD, "Remembering the Old Hymns" at two locations: Tuesday, July 13, Willowbrook Adult Day Services in Newton starting at 6:30pm

Tuesday, August 10, Boone County Hospital, starting at 6pm

Sunday, August 15, 6-8pm: Especially for the Alzheimer's Caregiver, Kossuth Co. Hospital in Algona.

Wednesday, August 18, 6:30-8:30: Tools for Family Caregivers, Alzheimer's office, 1730 28th St., West Des Moines

**the 24-hour helpline is
just a call away.
1-800-272-3900**

alzheimer's  association

Alzheimer's Association Unites Global Village of Alzheimer Scientists

As a key catalyst in generating new knowledge about Alzheimer's disease, the Alzheimer's Association is gathering the top dementia researchers from 80 countries in Philadelphia this July. Scientists will meet to share information about the latest breakthroughs at the 9th International Conference on Alzheimer's Disease and Related Disorders, presented by the Alzheimer's Association.

"We host this conference every two years, and the number of attendees and the pace of progress grows with each meeting," said William H. Thies, Ph.D.,

Alzheimer's Association vice president, Medical and Scientific Affairs.

The conference will feature more than 4,000 scientists and 2,000 studies.

"An increasing number of presentations will deal with strategies for preventing or postponing Alzheimer's, an emerging area of very active research," Thies said. "If we could delay the onset of the disease by just five years, we could reduce the number of cases by 50 percent over the next 50 years."

To learn more about the groundbreaking research news emerging from

the International Research Conference, visit the Alzheimer's Association Web site at www.alz.org; conference news will be released starting Thursday, July 17.

As the world leader in research and support, the Alzheimer's Association hosts the International Research Conference as part of its commitment to a future without Alzheimer's disease. To support these efforts or to find out about Association services, log on to www.alz.org or call us anytime, day or night, at 1-800-272-3900.

New Caregiver Education Grants

The Alzheimer's Association, Greater Iowa Chapter thanks the following foundations and corporations for their support of family caregiver education programs:

Allied Insurance and the Nationwide Foundation has provided \$3,000 for "Taking Good Care...Powerful Tools for Caregiving" in central Iowa. This three-part educational series will give caregivers tools to assess the needs of the individuals they are caring for as well as themselves, communicate feelings and needs to others, engage others to help provide caregiving assistance and to assist with basic care needs.

The Principal Financial Group Foundation awarded \$5,000 for the chapter's new community and caregiver education initiative, "Toward A Better Understanding." This initiative expands the topics of the Family Education series to include subjects such as An Overview of Alzheimer's Disease, Tips for Effective Communication, Pain Management for Dementia Patients, Grief and Loss in

Dementia, and Managing Difficult Symptoms. Each topic is available for one or two-hour presentations.

The Great Plains Physician Group and the John H. Sunderbruch, M.D. Public Health Fund has granted the chapter \$1,000 for the "Consumer-Physician Partnership for Persons with Memory Loss and Their Caregivers" in the Quad Cities. These workshops will provide caregivers and people with memory loss the knowledge and skills necessary to successfully partner with their physicians and other health care professionals to provide the highest-quality dementia care possible.

Wellmark Blue Cross and Blue Shield of Iowa contributed \$5,000 for the chapter's new educational program, "Activities for People with Memory Loss." In this educational program, family caregivers will be taught creative ways to adapt activities to support physical, cognitive, social and spiritual needs based on the abilities of the person with Alzheimer's.

Family Members With AD?

Does more than one member of your family have Alzheimer's disease or serious memory loss? The National Cell Repository for Alzheimer's disease (NCRAD) may be very interested in studying your family. NCRAD is a project being conducted at the Indiana University School of Medicine, and researchers are using the project to better understand conditions involving serious memory loss, like Alzheimer's disease.

If there are two or more blood-related individuals in your family who are living and have symptoms of memory loss, researchers would like to hear from you. Participation is completely voluntary. You and your family members are free to decline or discontinue participation at any time. There is no cost to you for participating.

You may be asked to complete a Family History Questionnaire, and you or your family members may be asked to donate a sample of blood. For more information, please call 1-800-526-2839 or email jastuck@iupui.edu.

Tributes

LEO ADAM

Isabelle Adam, Charlotte Downey, Barbara and Craig Foss, James Horras, Helen Parcell, Anna Belle Skaggs

CLARENCE ADAMS

Ruth Adams, Alf Adams, Carol Howard, Sharon Guerra

LLOYD ADES

Susan J Marasco

MAX ALLISON

Gail Allison, Mike Allison

GAROLD ALTES

Mary Jane Altes, Henry Geery, Mary Hampton

PATRICIA ANDERSON

Craig Anderson, Tom and Linda Cross

JACK ANDREW

Joyce Gueldenhaar, Janice Knak, Phyllis Loose

WESLEY BAKER

Brian Baker, Louise Baker, Pamela Baker, Steve Baker, Tina Baker, Dave and Shirley Blevans, Leona Brose, Bernice Burnett, Neita Derrough, Jane Evans, Janet Fillman, Sadye Fristo, Steven Gress, Chester Harvey, Evelyn Long, Miller the Driller, Ruth and David Nash, Donna Kay Nicodemus, Bob and Marilyn Rieks, Judy A Somers, Melissa Taft, Patricia Taft

VIRGINIA BARCHMAN

Tom and Linda Ludwig, Reg and Roberta Yoder

JOHN BARKLEY

Ruth Erickson, Jeanette Schreier

LILLY BAUGHMAN

Robert Cameron, Francine Satinsky

RICHARD BECK

Denise Varnum, Patricia Warren

RUTH BERNHAGEN

Jean Sieck

GENE BITNER

Beverly Abel, Joyce Andrews, Carol Beaver, Irene Krusemark, Betty Parlet

MARIE BONK

Rita-Jo Preschel

MRS. CV BOULTINGHOUSE

Judy Gantenbein

MARION BOWERS

Janice Lewis, Gene Lutz, Judy Norris

NANCY BRADLEY

Nancy Welu

PERRY CALIGUIRI

Susan Marasco

JAMES CAMPBELL

Jerry Baldwin, Lou Brooks, Madaline Coughlin, Julie Cremer, Thomas Crosley, Edward Daniel, Laura Day, Arlene Eickstaedt, Sally Elvidge, Emeis Ladies Golf Club, Shirley J Englemann, Mary Ann Francois, Valerie Freis, Dolores Gavin, Merle Gayman, Lois Grover, Ellene Harlow, Marguerite Heibing, Sharon Morrow, Maureen Mosse, Donna Nelson, Pamela Parsons, Dorothy Peters, Dorothy Plagmann, Anna Riepe, Myra Schroeder, Mary Lou Schultz, Ruth Siebke, Rosalie Thomas, Brenda Thrapp, Jacquelin Tunis, Rena VanDeGyuchte, Gladys Wendenhausen, Jeanne Wonio

JOYCE CAMPBELL

Helen Baxter, Linda Baxter, Diana Collett, Mary Davis, Fred Eid, Judith Geers, Laura Glidewell, Rosie Helling, Charles Holland, Janet Hotterbaus, Catherine Moore, Etta and Bill Owen, Roberta Pfadenhauer, Jim and Krysl Plate, Virgil & Joan Schumaker, South East Iowa Pidgeon Club

ALICE CARTER

D C McMurray

BERNICE CORREGAN

Betty Collins

EDITH CRABB

Clytie Fleetwood

LYDIA CRANTZ

Sheila Gannon

MILENKO DAKOVICH

Donna Runge

LUCILLE DAVIS

Jessie Davis, Margaret Davis, Jean Deputy, Sally Donald, Maxine Green, Royce Joiner, Joyce Lillis, Janet Poe, Burdetta Weideman, Lajune Wolter

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Marge Deleu

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Burton Johnson, Sandra Young

BARB DICHISER

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Robert Anderson, Laura Beitzel, Carol Bertsch, John Borley, Edward Bronk, Kim Burbach, James Curoe, Jeanette Dahlquist, Dorothy & James Dodds, Margaret Dodds, Julianne Fleege, Mary Fury, Eldon Herrig, Alfred Hughes, Barbara Kennedy, James Kennedy, Deb Krogman, Richard McKay, Robert Mentzer, Mary Kathryn O'Neill, Robert Roth, Lynn Siegert, R D Storck, Chris & Pam Thiesen

BETTY DYBDAHL

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EDNA DUNNAM

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GERMAINE FETES

Roger Fetes

PAULINE FITZGERALD

Nancy Aquadro, Mrs Floyd Black, Rebecca Burdess, Mary & Philip Fitzgerald, Pansy Heintz, Janice McConnell, V Allen Sloniger, Brenda Strasser, Barbara Thomas, Becky Trickey

DOROTHY FRAIKES

Vicki Biswell, Family of Dorothy Fraikes, Kathy Fargher, Marian Pletkovich, Chris Ramsey, Rhonda Rux, Elsie Sawyer

MARGARET FRASER

Lillian Lundberg, Ellie McWilliams

HELEN FRICKEL

Robert Allerozzo, Ernest Beerends, Sylvia Brandt, Eileen Dexter, Emmy Lou Dexter, Marla Dexter, Shell & Lee Dexter, Sheryl Dexter, Marie Foster, Jim Papenhausen, Evelyn Petersen, Marian Wagner, Mary Ann Wilkison, Erma Wiszmann

ARDRON FULLER

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Fran Fazio

EDNA FUTRELLE

Ann Mowery

VINCENT GALARDI

Gene & Maryann Handley

ELMA GAYDOS

Cordial Club, Lori Lonergan, Dwight & Arleen Minkler, James Moore

HELEN GEEST

Faye Ahrens, Al & Sandra Engholm, Patricia Moritz, Duane Petersen, Friends at Rock Island Arsenal

TERESA GRECO

Susan Marasco, Donna Runge, Len & Christine Sagenbrecht

MARIE HAMILTON

Deanna Ebsen, Aretha Ritz

LEONA HANSEN

Kenneth Hansen

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Volunteer Makes A Difference in D.C.

Carolyn Nicholas, volunteer for the Greater Iowa Chapter, attended the Alzheimer's Association 16th Annual Public Policy Forum, held in Washington D.C. March 20-23.

She attended several workshops during the forum that covered a wide variety of topics, including a session on framing policy messages for the media featuring Naomi Boak, producer of the PBS documentary "The Forgetting." While in Washington, Carolyn met with members of Iowa's delegation to Congress, encouraging them to support efforts to appropri-

ate \$40 million in additional funding for Alzheimer's research this year.

One of the personal highlights for Carolyn was attending the Candlelight Vigil, held at the Reflecting Pool next to the Capitol on March 22. This annual event brings hundreds of family members and friends together to honor and remember loved ones with Alzheimer's disease. Carolyn closed the vigil with a performance of "The Prayer," a song about finding strength.

Carolyn's visit concluded with a

black-tie gala which raised over one million dollars for the Alzheimer's Association and research. Laura Bush, Hillary Clinton, Rosalyn Carter and David Hyde Pierce all attended the gala and pledged their support to finding a cure.

Carolyn Nicholas is a 2nd year law student at Drake University Law School in Des Moines, and the 2004 Miss Iowa. Carolyn has chosen "Alzheimer's Research and Awareness" as her volunteer platform for the pageant.

Fall Education Conference Set

Alzheimer's rivals stroke as the third leading cause of death in the United States. While it is rarely listed as the direct cause of death, dementia and the secondary impairments caused by decreased food and fluid intake as well as immobility result in more deaths than are reported.

In recognition of those statistics, the Greater Iowa Chapter's Fall Education Conference will focus on end of life issues, including an opportunity to examine what quality of care is at the end for people with Alzheimer's. Determining when someone is in the terminal stage of the disease will be discussed as well as ways to meet physical, emotional and spiritual needs for those nearing death with dementia. Ethical issues and family/staff caregiver strain and support

strategies will also be presented.

Patricia Lane and JoAnn Panke will be presenting at this year's conference.

Both are registered nurses with specialty certifications and are employed at E.N. Rogers Veterans Administration Hospital in Bedford, Massachusetts.

"Alzheimer's - At the End of the Journey" will be held on October 13, 2004, at the HyVee Conference Center, located at 5820 Westown Parkway in West Des Moines. Information on CEU's, fees and other arrangements will be available later this summer. Please call 515-440-2722 or 1-800-272-3900 for information.

Notes & News from the Program Staff

Rabbits aren't the only things hopping all over the place this spring! The program staff have been traveling throughout the service area providing education, participating in health fairs and exhibits, and offering technical support to staff working in dementia care units in 31 Iowa nursing care facilities.

Due to a significant increase in requests for presentations to a variety of groups, eight new volunteers from the Central Iowa area attended Speaker's Bureau Training in April. All volunteers were trained with a basic Alzheimer's overview so they can present a consistent message to public audiences. Please call our office if you have a group that would like to hear about

Alzheimer's disease and chapter services.

One of the most important affiliations we have is with our wonderful support groups, and now we have 70! A support group facilitator training program has provided facilitators and new groups for Knoxville, Urbandale, Newton, Lamoni, Ottumwa, and Leon. Other plans include establishing groups that can meet in the evening for working caregivers. Grant money is being solicited to start a support group for people with early stage Alzheimer's. Facilitators will also be trained in helping support group members see some of the positive aspects of caregiving.

alzheimer's  association™

If you're finished with this issue, please take it to a friend or doctor's office, rather than throwing it away. You may provide the help someone is looking for! If you no longer wish to receive our newsletter, please call 1-800-272-3900 to be removed from our mailing list.

www.alz.org/greateriowa
1 800 272 3900

We are fighting on your behalf 24/7
to give everyone a reason to hope.

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