

Greater Iowa Chapter Newsletter

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

Spring 2005

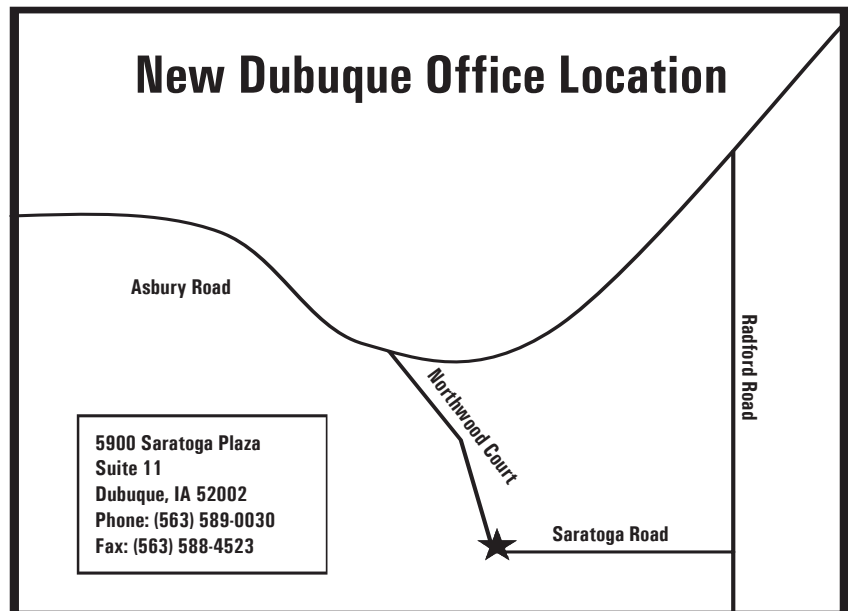
www.alz.org/greateriowa
1 800 272 3900

A New Office in Dubuque

Monday, February 28 was a big day for the staff, volunteers and board members in Dubuque, as the office moved to a brand new location! The new office, 5900 Saratoga Plaza, Suite 11, is in an easier-to-find location, plus, as Program Specialist Mary McNally points out, "in our previous location, our visitors would have to climb quite a few stairs, and parking could sometimes be an issue. We now have room for an expanded library, a conference room, and privacy for family consultations."

This improvement wouldn't have been possible without the generous support of the following businesses and individuals who have offered their financial support:

Mary Brubaker, Thomas and Linda Cross, Floor Show Interiors, John Deere & Company, Stan Liedtke, Todd and Jill Link, Betty McKay, Joni McKay, Jim and Pam Miller, Sr. Dolores Ullrich, Donna Wahlert, Kathryn Whitlow, Stonehill Franciscan Services



Dementia and Driving

One of the most difficult tasks for family members is convincing a loved one with Alzheimer's disease or related dementia to stop driving. For someone who is already feeling a loss of control over so many parts of life, driving is one of the last tangible symbols of independence. The physical and mental impairments associated with dementia can make driving hazardous. Data indicates that individuals with dementia are twice as likely to be involved in a traffic accident as other persons the same age, and that 50 percent of persons with Alzheimer's disease still drive for up to three years after they have been diagnosed. This is a safety issue not only for the person with Alzheimer's, but for anyone who will be on the road at the same time.

Some warning signs that mean it's time to limit or stop driving include:

- Unable to locate familiar places
- Makes slow or poor decisions in traffic
- Becomes angry or confused
- Scrapes or dents on car, garage or mailbox.
- Does not observe traffic signs
- Drives at an inappropriate speed
- Ticketed moving violations or warnings
- Confuses gas and brake pedals

The Alzheimer's Association, in cooperation with The Hartford, distributes "At the Crossroads: A Guide to Alzheimer's Disease, Dementia and Driving" free of charge. This publication outlines realistic goals for planning for the time when driving can no longer be an option for the person with Alzheimer's, an agreement for the person to sign and many suggestions for alternative transportation options. For a free copy of "At the Crossroads" or information on dementia and driving in Iowa or Illinois, call the Greater Iowa Chapter at 1-800-272-3900.

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From our President ...

There is a crisis on the horizon— a crisis in health care. Recently, President Bush recommended several budgetary proposals that, among other things, would cut \$60 million from the federal Medicaid budget, and put caps on available services. Why is this a crisis for the Alzheimer's community we serve?

Medicaid covers long term care for roughly 3 million people with disabilities of all ages – 57% of them are elderly and 43% younger than 65. Two-thirds of those receiving Medicaid long-term care services live at home or in the community. Those in nursing homes are among the oldest and most severely disabled in our country – both physically and cognitively. These are people who have no other way to pay for their care. These cuts and caps will directly affect thousands of people in Iowa and Illinois with Alzheimer's disease. Most of the \$60 billion in proposed Medicaid cuts would

shift costs to states and health care providers. That would lead to further cost shifts to private payers, make it harder for employers to provide coverage, and increase the need for Medicaid to serve as a safety net. In the process, it would put millions of our most vulnerable neighbors and family members at serious, avoidable risk.

I urge concerned caregivers to call or write your congressional representatives and let them know that while Medicaid is not perfect, we must find ways to increase efficiency that do not threaten access or quality.

For more on this issue, please refer to our national website at www.alz.org, for information on Medicaid, long-term care and other issues that will affect loved ones.

Tom Cross

From our Director ...

Dear Friends and Supporters,

Now that we are well into 2005, many of our New Year's Resolutions are long forgotten. Commitments made in January to lose weight, exercise more, lower blood pressure, quit smoking or reduce cholesterol have been replaced with other things or forgotten as we turn our attention elsewhere.

At the Alzheimer's Association, we are learning more every day about the importance of sticking with those commitments 365 days a year. Recently, the journal *Neurology* reported that individuals in their early 40s who smoke or have diabetes, high cholesterol or high blood pressure all have an increased risk of developing dementia as they age. This was based on a decades-long study of more than 8,000 Californians published in the January 25, 2005 issue of *Neurology*.

Simply put, we're beginning to understand that what's good for your heart is

good for your brain. Research on ways to reduce the risk of Alzheimer's disease is encouraging and offers hope and empowerment for those concerned about the disease. This new sense of hope is so significant that the national mission statement of the Alzheimer's Association is being revised to include a reference to brain health: *To eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.*

Our chapter joins in supporting this new mission statement and in conveying the important message of hope and empowerment: We encourage you to take steps today to reduce your risk of Alzheimer's disease and support the Alzheimer's Association in working toward our vision of a world without Alzheimer's disease.

Carol Sipfle
 Executive Director

Does the Nose Know?

An inability to identify 10 specific smells may help predict which individuals with mild cognitive impairment (MCI) will go on to develop Alzheimer's disease, according to a Dec. 13 presentation at the annual meeting of the American College of Neuropsychopharmacology.

Inability to detect those smells was a better predictor of progression to dementia than was shrinkage in the hippocampus, a

key part of the brain affected by Alzheimer's disease. The researchers also found that having APOE-ε4, a gene variation linked to an increased Alzheimer risk, was not a significant predictor of progression.

"There is no question that we need better ways to diagnose dementia as well as to identify who with MCI will progress to Alzheimer's disease," notes William H. Thies, Ph.D., Alzheimer's Association vice president, medical and scientific affairs. "It's conceivable that smell evaluation could one day play a role in this effort, because changes in the ability to

smell have been widely noted in Alzheimer's disease. The notion that some smells might be more severely impaired than others is plausible, given that Alzheimer's disease tends to affect certain nerve cell circuits more severely than others.

"But we are a very long way from using smell evaluation as a reliable assessment tool. This study is an interesting step in that direction, but at this point it's extremely preliminary. The data have not been peer reviewed by independent experts or published anywhere. And the test has not been standardized or validated across a large group of people. Individuals should under no circumstances make any assumptions about their cognitive health based on their ability or inability to detect any odors," Thies cautions.

The study was reported by principal investigator Davangere P. Devanand, M.D., whose work was supported by the National Institute on Aging (NIA) as well as by the Alzheimer's Association. The researchers recruited 150 older adults with MCI and 62 with no evidence of cognitive problems, then periodically tested participants' ability to identify a variety of smells over an average of four years. Results suggest that scents of lemon, lilacs, leather, strawberries, smoke, soap, menthol, clove, pineapple, and natural gas were the best predictors of who would eventually develop Alzheimer's disease. Many factors can affect the sense of smell, including upper respiratory infections, current or past smoking, and normal variations in individual sensitivity.

Top 10 smells that may indicate Alzheimer's
An inability to smell these scents may indicate a higher chance of Alzheimer's

- Strawberry
- Smoke
- Soap
- Menthol
- Clove
- Pineapple
- Natural Gas
- Lilac
- Lemon
- Leather

Alzheimer's Caregiving...not a solo performance!

Even the most talented stars of Broadway have "understudies" – persons who can step into their roles to provide quality performances and continuity when they need rest. The same is true for Alzheimer's caregivers. They require respite.

Families can find themselves struggling to balance the time and energy that care requires with other responsibilities and personal interests. Research studies involving caregivers have found a high incidence of depression and anxiety with feelings of being alone and overwhelmed. Studies also show that fulltime caregivers need to have a minimum of 8 hours each week away from caregiving to maintain the physical and emotional energy to provide care. Sadly, some individuals miss the signs indicating caregiver stress and the need for respite. Anger, social withdrawal, inability to concentrate and sleeplessness are just a few signs of caregiver stress. Respite care offers a break from the physical and emotional strains of caring for persons with Alzheimer's.

Types of respite care are diverse, from in-home care with family, friends and neighbors to community volunteers. It may be professional home care agencies, adult day centers or residential care facilities. Another option is technology such as wireless intercoms to enable the caregiver to "hear" the person with Alzheimer's from a different room in the house.

The Alzheimer's Association can help caregivers choose respite care and identify ways to finance respite. Where available, donations and grant funds may be used so that families who need assistance in paying for respite can choose, negotiate payment and coordinate the care to give themselves a break. Please contact the Program Specialist in your local chapter office to learn more about respite care.

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

alzheimer's  association

It's a Hole In One!

Calling all golfers! Would you like to have a great day playing golf at one of the Midwest's premiere courses while helping fight Alzheimer's disease at the same time? If so, sign up for the 2nd Annual Romie and Johnny Orr Alzheimer's Golf Tournament, scheduled for Thursday, September 1, at the Harvester in Rhodes, Iowa.

This year's tournament will feature all the fun, great food and fantastic prizes as the 2004 event did, with the added bonus of morning and afternoon shotgun starts. Last year, sponsors and over 120 golfers helped raise over \$130,000 for program and services dedicated to the support of people living with Alzheimer's in the Greater Iowa Chapter's territory. Some of those programs include new support groups, family education programs and outreach into rural communities.

The Romie and Johnny Orr Alzheimer's Golf Tournament is possible due to the dedication of former Iowa State University basketball coach Johnny Orr and his wife Romie, who has been diagnosed with Alzheimer's disease. "Anything we can do to help educate people and make sure every family has the support we've received, we'll do," stated Coach Orr. For information on sponsorship opportunities or to reserve a foursome, please call (515) 440-2722 or 1-800-272-3900.

JOHNNY AND ROMIE

 ALZHEIMER'S
 GOLF CLASSIC

Branch Office News

Southeast Iowa:

A Family Education Program will be held at the Fort Madison Community Hospital, Business Center Conference Room (Room 5445) on March 17 and March 24 from 6-8pm. March 17: Especially for the Alzheimer Caregiver. March 24: Legal & Financial Issues with Mr. William Napier, Attorney. Please register by calling (319) 208-0271.

A Family Education Series will be held in Keokuk. Dr. Anil Dhuna, Neurologist will present information on Alzheimer's disease April 21 from 6-8 p.m. Mr. William Napier, Attorney, will discuss Legal and Financial Issues for the Family on April 28 at 6-8 p.m. This presentation is free and open to the public, but please call (319) 208-0271 or 1-800-272-3900 to register. Program will be held at the Keokuk Hospital, Ground Floor Conference Room.

There's a new support group in Morning Sun for friends, family members and caregivers of people with Alzheimer's disease. Angie Smith will be the facilitator for the newly formed Lousia County Alzheimer's Association Support Group. For meeting times and information, please call Michelle Kelman at (319) 208-0271.

Dubuque

The Dubuque Office has moved to new offices at 5900 Saratoga Plaza Suite 11 (near Skate Country and Guinta's Restaurant in Asbury). The phone numbers will stay the same. A very big thank you to Todd Link and the other Board Members who have committed their

time and energy to help facilitate the move.

On March 22, 2005, Rosemary Cronin, a Board Member and office volunteer, was recognized as a "Hero of the Tri-State Area" for her work with the Alzheimer's Association. Staff member Diane Brondyke nominated Rosemary, saying "Rosemary is our number one volunteer- it's not unusual for her to call the office and say 'I'm available, what do you need help with?'. She is a compassionate "support system" for families always willing to talk with caregivers! She is a great listener and knows firsthand what these caregivers are going through. It is people like Rosemary who make this world a better place." Congratulations and many thanks to Rosemary!

Dubuque staff members were invited to speak to a class of sophomores at the University of Dubuque. The focus of the presentation was Alzheimer's disease and related disorders and the work of the Alzheimer's Association. This is a required class for all sophomores at the University of Dubuque that focuses on educating students about community issues and the importance of community involvement and philanthropy. Part of the grade for this class is to do two fundraising/awareness projects to benefit a local organization. This class is now planning all-campus cook-out and another smaller event to benefit the Alzheimer's Association. We are thrilled at the interest shown by these students and applaud them for their commitment to make a difference.

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.

Safe Return

“I only turned around for a moment, to iron the laundry. I left Gerald in the kitchen with a puzzle, one of his favorite things he could still do. When I came back 10 minutes later, he was gone, the car was gone, and I was terrified.”

This scene may sound made up, but it's not. In 1996, this happened to Neita Derrough. Her husband Gerald, diagnosed with Alzheimer's disease and still living at home, walked out of their Urbandale, Iowa home, and into many caregivers' worst nightmare.

Nationwide Program

Fortunately, Neita had enrolled Gerald in the Alzheimer's Association's Safe Return program. This national program provides identification and support when a person with Alzheimer's or a related dementia wanders and becomes lost locally or far away. Statistics show that 59% of people with Alzheimer's will wander, many times repeatedly. People with Alzheimer's can easily become disoriented and lost on their own street as well as far from home. Many cannot remember their own names, addresses or names of caregivers. Safe Return is a nationwide, community-based safety net. With a Safe Return enrollment, help is available 24 hours a day, from thousands of law enforcement officials, community resources, and even media outlets. Since its inception in 1993, the Alzheimer's Association Safe Return has registered over 110,000 people, and over 9,500 have been safely returned to their homes. When someone is missing, alerts with the description and photograph are sent to area law enforcement and community groups. The Alzheimer's Association works with family members to support their efforts and provide information to media sources, other Alzheimer's Association chapters and volunteers.

When someone is found with the Safe Return identification, officials are able to immediately contact caregivers and get that person home quickly and safely.

Scholarships Available

Enrollment forms are available from the Greater Iowa Chapter or support group facilitators. The caregiver fills out vital information about the person with Alzheimer's, list three contacts to call in case of an emergency, and provides a recent photograph of the enrollee. After 6-8 weeks, families receive identification jewelry, cards, information on wandering, and are included into the national database. The one-time cost of Safe Return is \$40, but the Greater Iowa Chapter is offering scholarships to cover this fee. Please call the local Greater Iowa chapter office and ask for a Safe Return application, and don't forget to fill it out and return it as soon as possible. Safe Return registration should be among the first things caregivers do after a loved one is diagnosed, and with free registration, it's easier than ever.

Gerald & Neita's Story

What happened to Gerald after he walked away from his home?

“Gerald drove the car for almost a day, and ended up running out of gas in Kansas. A concerned person saw Gerald wandering down a dirt road and after seeing his Safe Return identification jewelry, called local authorities, who contacted me. Friends from our church made the long trip to pick up Gerald, who was confused and dehydrated, but safe. Just because your loved one hasn't wandered yet doesn't mean he or she won't, and I tell everyone that the two most important things you can do is join a support group and get that Safe Return registration.”

Take Steps to End Alzheimer's

Humboldt	North Care Center	Sept. 10	(515) 440-2722
Burlington	Crapo Park	Sept. 10	(319) 208-0271
Mason City	TBD	Sept. 17	(515) 440-2722
Clinton	Riverfront Park	Sept. 17	(563) 324-1022
Dubuque	Louis Murphy Park	Sept. 17	(563) 589-0030
Des Moines	Water Works Park	Sept. 24	(515) 440-2722
Maquoketa	5th Ward Park	Sept. 24	(563) 589-0030
Savanna, IL	Old Mill Park	Sept. 24	(563) 589-0030
Fort Dodge	Snell/Crawford Park	Oct. 1	(515) 440-2722
Quad Cities	The Mark	Oct. 8	(563) 324-1022
Ames	Brookside Park	Oct. 8	(515) 440-2722

Research Update

Curry Spice May Target Alzheimer's

The curry spice curcumin (ker-CYOO-mun) appears to block buildup of prime Alzheimer suspect beta-amyloid in laboratory cell cultures and reduce amyloid plaque levels in the brains of aging genetically engineered mice. These findings are from a study by Gregory M. Cole, Ph.D., and colleagues, funded in part by the Alzheimer's Association and published in the Dec. 7 advance online edition of the *Journal of Biological Chemistry*.

Curcumin, derived from the root of the plant *Curcuma longa*, is commonly sold as a spice called turmeric (TER-mer-ik) that is one ingredient in most curry powders. It is not related to the spice cumin, which comes from the seeds of a completely different plant, *Cuminum cyminum*.

Curcumin's potential seems promising enough that the National Institute on Aging (NIA) has launched a small clinical trial testing the safety of two standard doses of the spice and evaluating its impact in individuals with mild to moderate Alzheimer's disease. The single-site trial is recruiting participants at the Alzheimer's Disease Center at the University of California at Los Angeles.

"Curcumin has long been a staple of Indian traditional medicine, and previous laboratory work by Greg Cole and other scientists has shown that it seems to have some antioxidant and anti-inflammatory properties," notes William H. Thies, Ph.D., Alzheimer's Association vice president, medical and scientific affairs. "If it also targets beta-amyloid, that could be a potent combination of effects in the Alzheimer brain."

"All of these compounds that look promising in lab studies need to make the leap from the lab to human trials, and the NIA is taking the lead in making that happen. We'll all be eager to see the results," Thies continues.

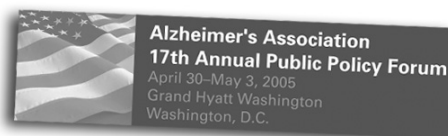
Major Alzheimer Prevention Suspended

Use of study drugs in a large, federally funded Alzheimer prevention trial has been suspended following a decision by the study's leadership on Dec. 17, 2004. The Alzheimer's Disease Anti-Inflammatory Prevention Trial (ADAPT), sponsored by the National Institutes of Health (NIH), was designed to test whether either of two nonsteroidal anti-inflammatory drugs (NSAIDs) could prevent Alzheimer's in older adults at increased risk due to a family history of the disease. Naproxen (sold under such trade names as Aleve, Naprosyn and Anaprox), and celecoxib (Celebrex) were the two NSAIDs under investigation in the trial.

Although administration of study drugs is suspended, researchers will continue to examine and monitor ADAPT's approximately 2,400 participants, who have been taking naproxen, celecoxib, or a placebo for up to three years.

The suspension came following concerns over data from a cancer prevention trial unrelated to ADAPT suggesting that celecoxib may be associated with an increased risk of heart problems. Use of study drugs in the cancer trial was also suspended on Dec. 17. Although preliminary data from ADAPT did not link celecoxib to a statistically significant increase in heart problems, preliminary ADAPT data did suggest a possible link between long-term use of naproxen and increased risk of heart attack and stroke.

Join us in Washington to lead the fight!



It is our great pleasure to invite you to the Alzheimer's Association 17th Annual Public Policy Forum, where you will help lead the fight against Alzheimer's - a fight we can win!

When: April 30-May 3, 2005
Where: Grand Hyatt Washington Hotel, Washington, D.C.

Not so long ago, Alzheimer's disease was considered by many to be a hopeless condition - a normal, inevitable part of aging. But thanks to advocates, scientists, donors and friends, we have made tremendous progress in the prevention, diagnosis and treatment of this disease.

We have truly laid the groundwork for major breakthroughs in the years ahead. But many in government, the media and our nation haven't received that message. It is urgent that they do. If we are to realize the enormous progress within our reach and work toward a cure, we must continue to raise awareness and broaden our support.

At this year's Forum, you will receive the education, training and tools you need for successful advocacy at the federal, state and community levels. In particular, our goal is to work with Congress to increase federal funding for Alzheimer research to \$1 billion annually and to improve the care and quality of life for those with Alzheimer's disease and their caregivers.

For more information about the Forum, go to <http://www.alz.org/publicpolicyforum/05>. For more information about local public policy activities, please contact gale.brubaker@alz.org.

Donors Make a Difference!

Special Thanks to Education Grant Donors

The Alzheimer's Association, Greater Iowa Chapter thanks the following foundations and organizations for their commitment to Alzheimer's education:

Bertha Stebbens Charitable Foundation has provided \$1,000 to support Alzheimer's Caregiver Education in Cerro Gordo County.

Greater Des Moines Community Foundation has contributed \$2,000 to pilot an Early Stage Support Group in Des Moines. The support groups will meet once a month for four months with two concurrent sessions, one for the person with Alzheimer's disease, and one for his or her caregiver. The topics for the early stage Alzheimer's patient will include Planning Ahead, Living with the Diagnosis, Connections to Support and Services, and Communication and Safety Issues. Topics for the caregiver will include Alzheimer's Disease and Its Progression, Treatments and Care Through The Disease Stages, Community Resources, and Caregiver Health. Each support group meeting will have an educational component and a discussion component. If you are interested in learning more about this group, please contact the Alzheimer's Association office at (800) 272-3900.

Mid-Iowa Health Foundation has provided \$10,000 for a new program, "Caregiver College." The Alzheimer's Caregiver College will be an intensive 12-hour three part educational series which will feature topics such as the disease process, communication techniques, daily homecare activities, assuring a safe environment, administering medications, and late stage Alzheimer's care.

Scott County Regional Authority has provided \$4,188 to promote the chapter's Safe Return program. Through additional promotion, the chapter plans to increase Safe Return registrations by 15% in Scott County.



Thank You!

Prairie Meadows has provided \$10,000 for the Greater Iowa Chapter's Central Iowa Education Outreach program. Funds from Prairie Meadows will be used to build awareness, provide tips and information for effective caregiving, caregiver educational luncheons and continuation of the Early Stage Support Group.

Recycle First Program

The Alzheimer's Association, Greater Iowa Chapter is proud to announce its partnership with the Recycle First Program. This program recycles both inkjet cartridges and laser printer toner. Instead of sending your cartridge back to the manufacturer, you can now drop off your old cartridges at the Alzheimer's Association offices in Davenport, Des Moines, and Dubuque. The Association will receive from \$1 to \$11 per cartridge recycled, depending on the type of cartridge. The Association also has boxes available for you to recycle your cellular phone. For more information about the program, please contact Paul Crawford at (800) 272-3900 or paul.crawford@alz.org.

New Way to Help

The Alzheimer's Association message boards and chat rooms are a new online communication forum. From questions on difficult behaviors to support from peers and professionals who are experiencing the highs and lows of caregiving, these discussion boards are a source of information, advice, support and real-life answers. Topics include:

- Caregivers Forum
- Health Professionals Forum
- Persons With Memory Loss
- Success Stories
- Questions for Care Consultants

To access this on-line community, go to www.alz.org and click on "Message Boards and Chat Rooms".

Memorials

KENNETH ALBERT

Randy and Judee Albert

WARREN & MARGARET BARBERO

Mr. & Mrs. G. Butler, Mr. & Mrs. G. Kluever,
Mr. & Mrs. K. Moorman, Mr. & Mrs. D. Petty

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Susan J Marasco

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Scarf, John & Shirley Schnedler, Jim & Jane
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Patricia Davisson and Family, Jim & Doris
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Goehring, Hearth & Home Tehnologies, Betty
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Anna V. Lupinski, Guadalupe & Pauline
Medina, Mary Medina, Mr. & Mrs. Dave
Mielke, Jan Noe, Mr. & Mrs. Ken Powell,
Mr. & Mrs. Jim Putnam, Phillip Rocker,
Roosevelt School Staff, Mr. & Mrs. Charles
Seintz, Duane & Pat Steffe, James Teros,
Mr. & Mrs. Scott Thurman, Joe & Nancy
Vyncke, Roxann & Bruce Willemarck

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Mary Funderburk-O'Connor

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DeRocker, Dick & Diane Jones, Lynn Keim-
Ardl, Moline High School, Dorothy Nelson, J.
Wayne & F. Jean Rehn, Kent & Joanne Taube,
Karon L. Titus, Connie & Marion Wilson

NEITA DERROUGH

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KATE DOWNING

Aola Henkle

SYLVIA DOWNING

Gary & Donna Runge

S.D. EASTER

Phyllis Gregory

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Marvin H Thomas

DONALD FINNEGAN

Anita L. Snyder

DONALD FINNIGAN

Robin Skinner, Monte & Christine Tjelmeland

ZELPHA FOSTER

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Bonnie Engelman, Fred Humphrey,
Robert & Rhoda Humphrey, Bob & Ruth
Kerres, Pete & Elizabeth Kerres, Barbara A.
Kessler, Leslie & Vivian Kessler, Melvin &
Lynette Marr, Donna A. Pannell, Stanley &
Donna Rynott, Harold & Mary Schaab,
Dick & Sue Steele

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Michele & Andrew Waber

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EDITH LACINA
Anne Webber

VICTORIA LETO
Susan J Marasco

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Phil & Jane Jorgensen, Karl & Alice Magnussen

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