

## Greater Iowa Chapter Newsletter

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

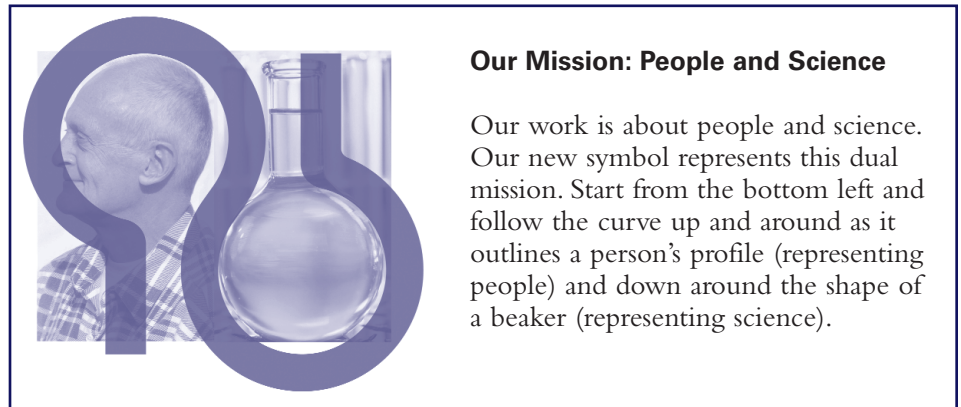
Spring 2004

www.alz.org/greateriowa  
1 800 272 3900

## Our New Brand

Open up a newspaper, magazine or Web site these days and you'll likely see an article about Alzheimer's disease. Promising research is making news. As the pace of scientific discovery quickens, the Alzheimer's Association is ready to lead the way with our new brand identity and an awareness-building campaign to make Alzheimer's a national priority.

During the coming weeks and months, you will see news and national advertising from our Association as we step up our efforts to reach more people, mobilize their support and give them ways to do something now so Alzheimer's will be



### Our Mission: People and Science

Our work is about people and science. Our new symbol represents this dual mission. Start from the bottom left and follow the curve up and around as it outlines a person's profile (representing people) and down around the shape of a beaker (representing science).

a part of our past, not our future.

During the Association's 23-year history, we have had five brand logos

reflect our evolution as an organization. The current version, adopted in

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## New Office Space is Vital

Psychologists say there are three major stresses for the majority of people—speaking in public, marriage and moving. The employees of the Des Moines office can attest to that themselves, due to our recent move to new office space!

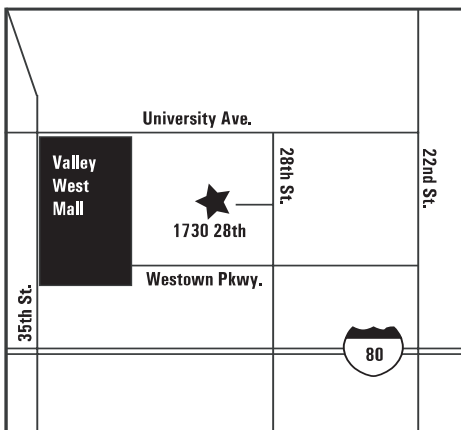
For many years, we were extremely lucky to receive donated space from

Iowa Lutheran Hospital, but as the needs of our families have grown, so has our need for more space for family counseling, staff to cover more territory, and room for meetings and an updated library. Executive Director Carol Sipfle made it her mission to find affordable, easily accessible space.

“It was becoming clear that we couldn't serve the ever-growing numbers of families the way we or they wanted, so larger space was a must-have. Luckily, we have very talented and devoted board members with experience in real estate and fundraising, and they were incredibly generous with time and talents.”

On February 20, 2004, the Des Moines office moved to 1730 28th Street in West Des Moines, a location with multiple advantages. “We have

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## Thank You!

We express our sincere appreciation to the following donors who have supported the relocation of the Des Moines office.

A+ Communications, Jack & Beth Alexander, All Makes Office Furniture, AOI of Des Moines, Bob Andrews, David Bailie, Communication Data Services, Paul Crawford, Rosemary Cronin, Tom & Linda Cross, Neita Derrough, Linda Gibbs, Sandra & James Ham, Matt & Karen Harper, Brian Hart, Hy-Vee, Inc., Richard Jacobson, Lint Van Lines, Rick McConnell, Gene McCoy, Joni McKay, Maytag Corporation, Bill & Dian Meek, MidAmerican Energy Company, Jim & Pam Miller, Pioneer Hi-Bred International, Francis & Ann Riesenberg, Chuck and Kathy Saffris, Julie Seline, Carol & James Sipfle, Tim Sharp, Sarah & Joseph Stanisz, Don Taylor, Jr., Guy & Kathleen Wernet, Don Williams, Dr. Judy Winkelpleck

## Board Members

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Tom Cross, President  
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 Julie Seline, Secretary  
 Sandra Ham, Treasurer  
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 Paul Crawford, Development Director  
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 Gale Brubaker, Special Projects/  
 Communications Coordinator  
 Robin Koger, Administrative Assistant

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 Pat Bierman,  
 Office Manager/Project Assistant  
 Phyllis Chamberlin, Office Assistant

### Dubuque Branch Office

Diane Brondyke,  
 Branch Office Coordinator  
 Mary McNally,  
 Family Services Coordinator

### Mason City

Caroline Arter, Project Director

### Newton

Connie Lucas, Outreach Specialist

## From our President ...

As we begin a new year, we have had several resignations from the Board of Directors for the Greater Iowa Chapter:

**Laurie Albert-Conner** has served on the Board since the Chapter was created in April 2001. Laurie chaired the Fund Development Committee and helped to develop several fund raising events. Her leadership in this critical area will be greatly missed.

**Dr. Yogesh Shah** has served on the Board since October 2003 and prior to that served on the Des Moines Leadership Council. Dr. Shah is a recognized expert on dementia and has developed several outreach programs for rural communities. Dr. Shah has provided countless hours of education on behalf of the Chapter to families and caregivers.

**Jean Kelly** first was part of the Board of Directors for Mississippi Valley Chapter,

where she filled the very important roll of Secretary. She then served on the Davenport Leadership Council and joined the Greater Iowa Board in October 2003. Jean was also instrumental in the success of the Davenport Memory Walk.

**Mike Coyle** has served on the Board since October 2003 and was part of the transition between Executive Directors.

Prior to filling these positions, the Personnel/Board Development Committee will be creating a Board skill profile and make recommendations as to the skills we need to bring to the Board through new members.

Thanks again to these former Board members for their service to the Chapter.

Tom Cross

## From our Director ...

As you read this newsletter, there will be many signs of spring across the state. Many of us think of spring as a time of renewal and new beginnings. At the Alzheimer's Association, Greater Iowa Chapter, there are also many signs of renewal and new beginnings.

The organization moved its Des Moines office to better serve the public in central Iowa. We are now able to hold on-site educational programs and support group meetings and host community events. Our resource library has expanded and is located in a comfortable area that invites visitors to browse through resources and relax while learning about Alzheimer's disease. We encourage you to stop by the office at any time.

Besides the new office, the Alzheimer's Association has kicked off a nationwide campaign to educate baby-boomers about how to maintain brain health. The Maintain Your Brain initiative is a message of hope; one that educates adults about the importance of eating healthy and staying physically and mentally active. This initiative also

challenges adults to take personal responsibility for eliminating Alzheimer's disease and to become advocates and supporters of the mission of the Alzheimer's Association. To learn more, you may read about this initiative in this newsletter or visit [www.alz.org](http://www.alz.org).

We continue to provide education and support for caregivers of persons with Alzheimer's disease. We are partnering with other chapters of the Alzheimer's Association in Iowa and the Iowa Department of Elder Affairs to provide assistance and training about dementia in communities and nursing homes across the state. We are working to strengthen our support groups so that more caregivers can benefit from our services.

As always, we appreciate your support and sharing information about our efforts with others who are dealing with the challenges of Alzheimer's disease and other forms of dementia.

Carol Sipfle

## Research News

### Testosterone Link to Alzheimer's

Older men with lower blood levels of testosterone could have a higher risk of developing Alzheimer's disease than older men with comparatively higher testosterone levels, researchers funded by the National Institute on Aging reported.

Researchers monitored testosterone levels for an average of about 19 years in 574 men with no symptoms of Alzheimer's at the time they enrolled in the study. Although testosterone levels decreased in all men as they aged, men who were eventually diagnosed with Alzheimer's had, on average, about half the levels of men who remained free of Alzheimer's.

### Vitamins E & C May Reduce Risk

Older adults who take supplements containing at least 400 international units of vitamin E and 500 milligrams of vitamin C may reduce their risk of Alzheimer's, researchers report in the January 2004 Archives of Neurology. The current recommended daily allowance for vitamin E is 22 international units or 15 milligrams, and 75 to 0 milligrams of vitamin C, levels that are typically found in a general-purpose multivitamin. The higher doses most strongly associated with reduced risk are more often found in individual supplements.

Researchers found no notable association between reduced occurrence of Alzheimer's and taking vitamin E or C

alone or with use of B complex vitamins. The study did suggest, however, that there may be some protective effect of vitamin E in a dose of 400 international units (IU) combined with the lower amount of vitamin C typically found in a multivitamin.

### Increased Risk of Violence

The first study documenting the frequency of reported incidents of injuries due to resident-to-resident violence in nursing homes finds that while less than 3 in 1,000 individuals living in Massachusetts nursing homes in 2000 experienced violence inflicted by another resident, there is an increased risk associated with certain behavioral problems, including wandering and being verbally abusive or socially inappropriate. Many individuals with Alzheimer's and related disorders experience these behaviors at some point in their illness.

Certain other characteristics were associated with greater risk of injury. Male residents were almost twice as likely to be injured as females, and residents with cognitive impairment were at increased risk compared with their unimpaired counterparts. Risk was five times higher for mildly impaired individuals, eight times higher for those with moderate impairment, and 12 times higher for those with severe impairment.

More information on these updates can be found at [www.alz.org](http://www.alz.org)

## New Office Space is Vital

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lots of parking out front, with easy access for everyone. Our new HyVee/Pioneer Hi-Bred conference room means we have room for support group meetings, professional trainings and other meetings. Our staff have offices more conducive to counseling and meetings, and our library will be easier to use and we plan on

expanding our selection substantially," stated Carol.

As always, none of this would've happened if not for the generosity of our supporters. From donated services to special considerations on office furniture, our new working space is a true symbol of teamwork and support.

## Our New Brand

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February 2004, is being launched at the start of our national campaign to raise awareness that we have entered a new era of real hope for conquering Alzheimer's disease. While we have changed our look over the years, we haven't veered from our purpose: We are the Alzheimer's Association with the same vision of a world without Alzheimer's.

We seek a stronger connection with those who are not yet touched by Alzheimer's or those who do not yet know that we are the world leader in Alzheimer research and support.

To speak to these individuals and inspire them to take action, the Alzheimer's Association is launching a multi-year, integrated, broad-based campaign to change the way Americans, specifically baby boomers, think about Alzheimer's disease.

The campaign, built around the theme "Maintain Your Brain," aims to increase the public's understanding of the disease and research progress, as well as urge them to take part in healthy aging and to get active in the fight against the disease.

"There is tremendous momentum," said Sheldon Goldberg, president and CEO of the Alzheimer's Association. "We want our new brand and awareness campaign to reflect the fact that we have entered an era of real hope and promise on both the care and research fronts."

Together, with your support, the Association leads the quest for better treatments, preventions, care and cures, through our nationwide network of 81 chapters, 300 points of service, national office in Chicago, and public policy office in Washington, D.C.

## Brand Office News Upcoming Programs

### Quad Cities office

March 30: High Twelve Club – “Memory Loss or Alzheimer’s?” presentation

April 1: Davenport Community School District-  
“Dealing with Memory Loss”

April 5, 12&19: Family Education Series, Morrison, IL

April 15: Scott Community College, CCDI Training

April 17: First Christian Church, Davenport –  
“Dealing with Memory Loss & Caregiving”

April 24: AAA in Burlington – “Caring For a Loved One With Dementia”

May 4, 11&17: Rock Island, IL- Family and Community Education  
presentation: “Alzheimer’s and Related Dementias”

### Newton office

May 11: Six hour training at Northcrest Community in Ames. Staff  
from other facilities may attend, but please call first.

May 12: CCDI training at the Iowa Assisted Living Conference in  
Des Moines

May 18: Staff training at Bickford Cottage in West Des Moines

May 20: Staff training at Bickford Cottage in Urbandale

### Dubuque

Our 2004 Family Education Series is funded, in part, by the proceeds of the sale of the poetry book, *The First Pressing*, by Donna Wahlert. We thank Mrs. Wahlert for her commitment to helping families impacted by Alzheimer’s disease.

All programs are free and open to the public. All programs begin at 7pm and will be held at: The Symposium Room, Midway Hotel, 3100 Dodge Street, Dubuque, Iowa; For more information, call (563) 589-0030 or 1-800-272-3900

April 14: Creating Moments of Joy for People With Alzheimer’s Disease  
Presenter: Jolene Brackey, Program sponsor: Sunset Park  
Retirement Community

May 20: Music Therapy for Alzheimer’s Patients, Presenter: Sue Fiogei

June 17: Use of Essential Oils and Other Complimentary Therapies With  
Alzheimer’s Patients, Presenter: Diana Giddings

October 13: Caring for Individuals with Late Stage Alzheimer’s Disease  
Presenters: Mary McNally & Katy Morrow

November 10: Personal Reflections of a Family Caregiver  
Presenter: Denise Heinrichs

Family Education Series in Jo Daviss County All sessions will be held 11:30am-1pm. All sessions to be held at Galena Stauss Hospital, and are free of charge. There will be a complimentary lunch served, so RSVP is required. Please call (563) 589-0030

June 10: Dr. Crist: Update on Alzheimer’s disease.

June 17: Mary McNally: How to Be a Successful Caregiver.

June 24: Terry Kurt, Attorney at Law: Legal Issues Relating to Dementia Care

## Memory Walks 2004!

Take Steps to End Alzheimer’s!  
Below is a list of walk locations and dates, as well as contact information! It’s the time to get together a team of friends and family and raise awareness as well as funds to support the caregiving mission of the Alzheimer’s Association.

### Central Iowa walks:

Call 515-440-2722

Fort Dodge: Saturday, September 18 in Downtown Fort Dodge

Des Moines: Saturday, September 25 at Water Works Park

Ames: Saturday, October 2 at Brookside Park

### Quad Cities area walks:

Call (563) 324-1022

Clinton: Saturday, September 11 at Riverfront Park

Quad Cities: Saturday, October 9 at The Mark

### Dubuque area walks:

Call (563) 589-0030

Dubuque: September 18 at Louis-Murphy Park

Bellevue: Saturday, September 25 at Cole Park

Savanna, IL: Saturday, October 2 at Old Mill Park



## Intimacy and Alzheimer's Disease

A diagnosis of Alzheimer's disease means many changes in the lives of the person with the disease, his/her friends, family and community. One of the changes very often is in the intimate relationship between partners. Patients with Alzheimer's often desire and are capable of continued sexual communication and activity, but caregiver exhaustion, feelings of guilt for not wanting to share intimacy, feelings of rejection and other issues often affect these relationships.

### New Roles & Responsibilities

You may find yourself taking on a new role in your marriage as your spouse's memory worsens. The person with Alzheimer's disease may no longer be able to perform certain tasks, such as balancing the checkbook, doing the taxes, handling financial and legal matters, and doing certain chores. Making important decisions on your own may feel overwhelming. These new burdens can alter preconceived roles in relationships and how you feel about your partner.

### Intimacy

You may be feeling enormous grief over the changes in your relationship. You are not selfish for experiencing these feelings. Given your spouse's cognitive decline, you may no longer be able to have the same emotional or physical intimacy that you once shared.

It is typical that people with Alzheimer's disease experience changes in their sexual drive. Depression can cause a reduced interest in sex. Some caregivers report changes in sexual

feelings toward their loved ones as a result of providing daily caregiving tasks. A physical illness and reactions to medications can also reduce sexual desire.

Changes caused by the disease may cause the person with AD to exhibit inappropriate behavior and an increased sexual drive. It is important to remember that a demand for sex may also be a desire for physical comfort and reassurance in the form of some bodily contact. React to your spouse with patience and gentleness. Give your loved one plenty of physical contact in the form of hugging, stroking, or patting. In many cases, he or she may simply be anxious and need reassurance through touch and gentle, loving communication.

This increase in sexual drive can result in unreasonable and exhausting demands, often at odd times or in inappropriate places. Occasionally aggression may be shown if those needs are not met. A partner may have to keep safely out of the way until there is a mood change. Some caregivers complain of feeling like an object; once the person with dementia has had sex, they may immediately forget what has happened.

### Inappropriate Behavior

The person with Alzheimer's may forget that he or she is married and begin to flirt or make inappropriate advances toward members of the opposite sex.

If the person is engaging in unusual, inappropriate behavior, try to distract the person with another activity or

lead them into a private place. Avoid getting angry or laughing at the person.

People with dementia sometimes lose inhibitions and undress themselves in public. For example, a woman may remove a blouse or skirt simply because it is too tight or uncomfortable. Help the person dress by laying out clothes in the order they need to be put on. Choose clothing that is simple and comfortable.

Sometimes, a behavior or action appears sexual— for example, a man touching his genitals—may be an indication of something else, such as the need to go to the toilet, discomfort or boredom.

Of course, there will be times when a caregiver wishes to initiate intimacy, but has concerns about the appropriateness of relations with a cognitively impaired person. Experts say that partners shouldn't feel guilty about their needs, and the person with Alzheimer's disease will many times give signals if he or she feels uncomfortable with the activity. If the person shows signs of fear, pain or discomfort, immediately stop the activity and consider other outlets.

Above all, patience and understanding of the disease process is vital to handling many behaviors and situations. Support groups are also a vital source of information and advice from peers. For more information on support groups or any question about Alzheimer's disease, please call 1-800-272-3900.

## Ten Things You Can Do to Leave A Legacy to the Alzheimer's Association

1. Prepare a will. A will or estate plan is an essential plan of family business, yet 60 percent of Americans die without one. Without a formalized legal plan, an anonymous administration may distribute your funds and belongings, unaware of your intentions and wishes, or special family needs. This could impose additional expense and stress on family members who survive you.
2. Leave a gift in your will to the Alzheimer's Association, Greater Iowa Chapter. You are already among the generous Americans (70 percent) who make annual gifts to your favorite charities. Yet, less than 8 percent of Americans have included bequests or other charitable gifts in their estate plans. Imagine how many more local families would gain from your legacy gift to the Alzheimer's Association.
3. Leave a specific dollar amount or a percentage of the assets in your will to the Alzheimer's Association. If you have already prepared your will, simply add a codicil (amendment) to specify a gift. Share this with your professional counsel: "I give, devise and bequeath (insert amount of gift, percentage of estate or residuary of estate) to the Alzheimer's Association, Greater Iowa Chapter, with offices located at 1730 28th Street, West Des Moines, IA 50266."
4. Consider using specific assets for your charitable gift to the Alzheimer's Association. These include, but are not limited to, stocks, bonds, certificates or deposit, real estate, art, and jewelry. Such gifts may even provide tax savings.
5. Name the Alzheimer's Association, Greater Iowa Chapter as a beneficiary of your pension plan, IRA, or 401K-retirement plan. Doing so can avoid estate and income taxes that might otherwise be due on your plan.
6. Name the Alzheimer's Association as the beneficiary of a new or existing life insurance policy. Inquire about the ways that your charitable gift to the Alzheimer's Association can provide income for you or a family member.
7. Call Paul Crawford at the Alzheimer's Association Des Moines office at (800) 738-8071 to learn about special funds or projects you can support with your legacy gift.
8. Remember loved ones with memorial gifts to the Alzheimer's Association.
9. Encourage family members and friends to leave gifts to the Alzheimer's Association and other charities in their wills.
10. Ask your attorney and financial advisor to include charitable giving as part of their counsel to clients. Make a difference in the lives that follow. Take care of your family and the Alzheimer's Association by organizing your will, making a gift to the future.

## Maintain Your Brain!

Alzheimer's disease isn't an inevitable part of aging. You can fight it! That's the message of the Alzheimer's Association's new campaign, Maintain Your Brain.

**We encourage everyone to do your part:**

- Take part in healthy aging.
- Understand the disease.
- Get active in the fights to conquer Alzheimer's.

**Take care of your brain**

- Manage your numbers—blood pressure, cholesterol, blood sugar and body weight.
- Feed your brain with nutrients.
- Exercise both body and brain!

**A world without Alzheimer's is a reality:**

- 95 percent of what we know about Alzheimer's we've learned in the past 15 years.
- The joint efforts of government agencies, research centers and pharmaceutical companies have uncovered many secrets of Alzheimer's disease.
- New information is discovered every week!

**Volunteer, advocate and donate:**

- Join a Memory Walk or spend a few hours at your local chapter office
- Lobby legislators to increase federal funding for Alzheimer's to \$1 billion each year.
- Give to the Alzheimer's Association to advance research and enhance support

We can and will make Alzheimer's a part of our past, not our future!

## How Our Garden Grows

This spring is a time of cultivating, planting, and growing for the programs and services of the Greater Iowa Chapter of the Alzheimer's Association. There are new programs, faces, and places.

The program staff is working with long-term care staff, the Alzheimer's Association Iowa Chapter Network and the Department of Elder Affairs to provide education and technical assistance to nursing facilities throughout the state of Iowa. This project will assist in achieving our mission to improve services and care for people with dementia.

In addition, a new program has been designed for family caregivers. Titled

“Especially for the Alzheimer's Caregiver”, the program will be offered throughout the state with emphasis on providing it to rural communities. The program is designed to help individuals prepare for the role of caregiver and ways to maintain their own health and quality of life and that of their loved ones with Alzheimer's.

With the new programs comes a request for assistances in meeting the growing responsibilities of the program staff. We could really use volunteer support in two areas.

First, we'd like to build a strong Speakers Bureau to reach more civic and community organizations. We have prepared presentation materials and

handouts and will be offering training on April 22, 2004, from 6:30-8:30 p.m. at the West Des Moines office. If you would enjoy being a spokesperson for us, just let us know.

The program staff could also use assistance in preparing packets and handouts for the many educational offerings scheduled in the branch offices and throughout the Des Moines area, and compiling the post- program evaluations.

The program staff is thankful for all your support. We recognize that most of these things are possible because of the efforts of our volunteers.

## An Unforgettable Presentation

“The Forgetting: A Portrait of Alzheimer's” was a two-hour, high-profile, high-impact special that aired on Iowa Public Television January 21, 25th and 26th. The cornerstone of the project was a 90-minute documentary, based on David Shenk's extraordinary best-selling book on Alzheimer's, “The Forgetting-Alzheimer's: Portrait of an Epidemic.” All over the state, concerned professional caregivers and family members hosted house parties, inviting friends, family and neighbors in to watch “The Forgetting” and discuss issues related to Alzheimer's disease, including advocating for more research money through the National Institute of Health.

“This show was sad, but hopeful, for my friends who came over and watched with us,” said one family caregiver. “They really understood more about the disease, but several of them said they had no idea what I go through every day, taking care of my mom. Plus, the news about the

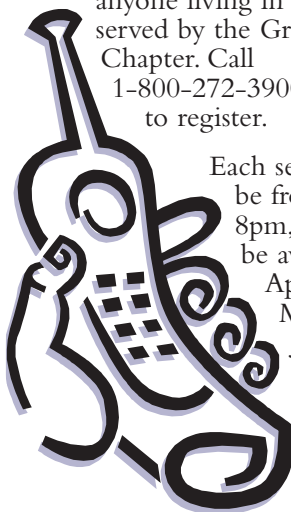
research and how many different health organizations are working on finding a cure really meant a lot to my children. The end message was there is hope for a cure, and it's up to all of us to keep working to support our loved ones every way possible.”

“The Forgetting” marked a first for the Iowa Alzheimer's Association chapters in partnering with Iowa Public Television to reach out to viewers. IPTV put up the statewide toll-free Helpline number (1-800-272-3900) during each airing of the show, for the duration of the show. Dan Miller, IPTV Executive Director and General Manager said, “The Forgetting and the outreach work we did with Iowa chapters of the Alzheimer's Association fit Iowa Public Television's mission perfectly. We're about making a difference in the lives of Iowans, and using television as a positive force in our state. Through this powerful program, and the information distributed through our partnership, Iowans are better equipped to cope with this disease.”

## Telephone Support Group

This new, innovative option is for caregivers and family members of individuals with dementia who are unable to attend a ‘formal’ support group. Participants will be able to access the conference call from their home phone and will be given dial-in instructions upon registration. Participation is limited, and pre-registration before each call is required.

This support group is open to anyone living in a county served by the Greater Iowa Chapter. Call 1-800-272-3900 to register.



Each session will be from 7pm-8pm, and will be available on April 21, May 19 & June 16.

## Memorials

### GERALDINE ADAIR

Carol J. Behnke-Jackson  
Ann Benschawel  
Cherylynn Bricker  
Matthew Coenen  
Nancy Derichs  
Susan Imhoff  
Tracy Johannesen  
Gretchen Kauffman  
Patricia Koroch  
LaVon Marshall  
Kay Minnick  
Diana Kay Murphy  
Jennifer Murphy  
Georgianne and Bob Peterson  
Victoria Ryherd  
Janet Stribling

### CLARA AHRENS

Pat and Ollie Prouty

### LISA ALBRECHT

Marilyn J Jensen

### MERLE ALLEN FAMILY

Michael Arndt

### MERLE ASBURY

Tina Budreau  
Sylvia Chaney  
Judith Collins  
Margaret Coogan  
Kaye Coughlin  
Mary Coughlin  
Martha Easter-Wells  
Robert Evans  
Pella Fisher  
Anabel Flaherty  
Martha Gaskill  
Gregory Gutsell  
Deborah Haas  
Ghada Hamdan-Allen  
Mary Lu Johnson  
Manor Condominium Assn Inc.  
Larry Murphy  
Morris Nelson  
Vesta Slavens  
Robert Young

### WESLEY BAKER

Russell Collins  
Sysco Food Services of Iowa

### MYRL BARNETT

Dr Jerry and Lucille Barnett

### RUTH BERNHAGEN

David Brown

### ROSE BICKEL

Kathryn Hoskins  
Betty Wilson

### ELIZABETH AND DAVE BISHOP

Catherine Mount

### ALICE BOGAN

Carol Bogan

### JOHN BOHROFEN

Irma Bohrofen  
Harold and Elsie Bohrofen  
Leonard and Mildred Hampton  
Howard and Agnes Baumar  
Wayne and Lorene Evans  
Lavern and Marilyn Greil  
Doug and Barb Cunningham  
Edward and Betty Greif  
Pearl Greif  
Elizabeth Brown  
Phyllis Wise  
Edna Knoll  
Doris Bohrofen  
Ray and Donna Griggs  
Mary Peitzman  
Bernice Ingram  
Carol O'Roarke  
Clarence Seibert  
Ed and Alice Knoll  
Don Greif  
John Greif  
David Greif  
Maurice Herr  
Leroy and Shirley Shipley  
Dwight and Edith Barton

### EVONNE BOWERS

Curt Smith

### ALBERTA BUSH

Patrick Sullivan

### VELMA BUTLER

Bob Butler  
Mr. and Mrs Clay Cooper  
Merl Curnes  
Nellie Goode  
Leonard Miller  
Mildred Miller  
Harvey Nicholson  
Jerry Nicholson

Frances Salak

Kathy Salak  
Teresa Salak  
Galen Vinson  
James Vinson  
Susan Vinson  
Ray Yori

### VELMA BUTTER

Elaine Podnar

### JAMES CAMPBELL

James Crosley  
Kenneth Crosley

### JANE CONRAD

Beverly Ann Gilroy

### EDITH CRABB

Mrs Robert Crandall  
Barbara and Craig Foss  
Donna Gruis  
Stephen Paulson  
John Redwine  
Jim and Julie Thrasher  
Lynn VonWald  
Bernice Walsmith  
Beverly Walsmith  
Margy Wood

### JAMES DAHLKE

Martin Dahlke  
Margaret Shriver  
Marylyn Trees

### VELMA DANIELSON

Angelo Bianchi  
Elizabeth Breen  
Mildred Brown  
Berdina Jayne  
Arlene Shore  
Neal Snyder  
Richard Tarlton

### EVELYN DAWLEY

Peggy Converse  
Denise Dawley  
Lugene DeJong  
Merlin and Carol Hite  
Ivy United Methodist Church  
Sarah and Dirk Kielman  
Eleanor Kuzela  
Barb VanderBeek

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## Memorials

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Verlan and Ronda VanWyk  
Kim Walker  
Brad Walkup  
Larry Wheeler

### RAY DEJONG

Doyle Abrams  
Allied Gas & Chemical Co Inc.  
Christine Anderson  
Binns & Stevens Explosives  
Verna Bolibaugh  
Ila Breon  
Kim Croskey  
William DeJong  
DRS Transport  
Chris Flander  
Freemont Elevator  
Maxine Holm  
Betty Ann Huyser  
Alice Kool  
Anna Koopmans  
Zelda Liebold  
Robert Lynn  
Andrena Mitchell  
Carol Polkowske  
John Rohloff, DDS  
Byron Shanahan  
Vera Sprunk  
Bonnie VanHalen

### HELEN DEMING

Judy Stang

### PAULINE DENEUI

Mrs Ernest Barz  
Kathleen Janssen  
Linda Shoemaker  
Henry Vanderzyden  
Carol Zimmerman

### LIL DODDS

Thomas and Margaret Benda

### ODESSA DRAKE

Kathlyn Hakes  
MRS EMERY  
Joyce Swartz

### GERMAINE FETES

Judy and Janice Eckermann  
Kathleen Gillman  
Carol Greenwood

Deborah Johnson  
Karol Moore

### GENE FOSS

Barbara and Craig Foss

### DARLENE FOTH

Karla Smith

### GLENN FRAZIER

John & Ruth Kellogg

### STEPHEN GARST

Keith Merrill

### FRANK GRONERT

Phyllis Barry

### ROY HAGLE

Ms Lucille Hagle

### ALICE HAIMANN

Lori Fees  
Wayne and Betty Phillips

### RALPH HEINZEL

David and Elizabeth Bishop  
Barbara Roethler  
Friends of Ralph Henizel

### MARGARET HEITLAND

Donna Peterson  
Agnes Thompson  
Leona VanHove  
Mary Willert

### CLARA HOOKER

Judee Barnes  
Maxine Brewer  
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### MARGUERITE LLOYD

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### JESSE MASTEN

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Arlene Wiese

### RAYMETTA MCILHON

Agnes Bernal  
Margaret Diehl  
Jennifer Easler  
Becky Fettkether  
Janice Flannery

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## Memorials

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Walda Gustafson  
 Lucy Gutenkauf  
 Alice Ray Hawley  
 Mary Killebrew  
 Patricia Lynch  
 Michael McCrory  
 Jacqueline McEntee  
 Jim and Cheryl McIlhon  
 Michael McIlhon  
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 Susan Polzin  
 Mary Purtle  
 Peggy Reelitz  
 Peter Rounds  
 Lynda Shields  
 Margaret Shoup  
 SPS Technologies  
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 MaryAnn Sullivan  
 Kellie Ulrich  
 John Zehnder  
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 Shirley Carpenter  
 Nellie Cochran  
 Diane Doro  
 Marlene Ferguson  
 Patricia Fisher  
 Barbara Henry  
 Mari Kay Kirsch  
 Betty and Robert Mitchell  
 George Morrow  
 Mrs George Olsen  
 Frances Rothfus  
 Bob and Gerry Rydell  
 Jeanette Studt  
 Carol Taylor  
 Deborah Tharnish  
 Cheryl Thompson  
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 Delores Schulze  
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 Susan J Marasco

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 Hilda Blunt

BLANCHE PORTER  
 Pamela Roe

JOHN POTTER  
 Karin Barrett  
 Linda Billingsley  
 Lavina Campbell  
 Elizabeth Darrow  
 Karla Fulscher  
 Janet Gaylord  
 Robert Lelonek  
 Joyce Mann  
 Katherine Odean  
 Ruby Potter  
 Janice Roudebush  
 Vera Vance

MARIE POWERS  
 Brian Bergstrom  
 Barbara Brafford  
 Patricia Bryan  
 Shirley Dakovich  
 Anne Dols  
 Paula Foster  
 Eileen Hesselmann  
 Margaret James  
 Jacquelyn Kollings  
 Vernon Leach  
 Marilyn Limke  
 Maxine Mann  
 Arthur and Betty McGlothlen  
 Carolyn Mishler  
 Richard Pertzborn  
 Jamie Ward  
 Wade Wiese  
 Betty Wines  
 Myrtle Zaletel

CRAIG REDSHAW  
 Barbara and Warren Kyer

MARGARET REYES  
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 Kay Ahrens  
 Donna Bice  
 Martha Bice  
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 Dr D.L. Mergen  
 Sharon Morocco  
 JoAnn Shelly  
 Tom and Joan Tibbitts  
 Julie Williams

KERMIT SMITH  
 Freida Balvanz

WILLIAM SMYTHE  
 Margaret Brindley

BRUCE SNYDER  
 Barbara Brereton

JAMES SOLDAT  
 Christopher Soldat  
 Lisa Soldat  
 Mark Soldat  
 Mrs J Robert Soldat

CAROL VANDERWAAL  
 Craig and Margie Ensign, Attorney  
 at Law

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 Mary VanHulle

EDWIN VILIMEK  
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JOHN VOSS  
 Betty Robinson

MICHELLE WHITE  
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### Alzheimer's Research and Programs Fare Well in Federal Budget

Alzheimer's disease research and programs fared well in the federal omnibus budget appropriation package (HR 2673). The package included the Labor/HHS/Education and Commerce/Justice/State appropriations bills that fund Alzheimer research and the Alzheimer's Association's Safe Return Program, among other Alzheimer programs. Alzheimer research received an approximate 3.7 percent increase.

"Alzheimer research needs a strong and sustained effort, because the number of Americans with Alzheimer's (4.5 million today) will increase to between 11 and 16 million by 2050, and because discovering effective methods and treatments that will delay its onset and progression, as well as prevent it, are well within reach in the foreseeable future," said Sheldon Goldberg, President and CEO of the Alzheimer's Association.

Under this legislation, funding for Alzheimer research is expected to rise to approximately \$661 million in fiscal year 2004, a \$21 million increase over FY 03 funding. This is a considerable drop from the 15-16 percent increase the National Institute of Health received over the past five years.

"Twenty years of investment in the NIH, combined with steady scientific progress, have led to advances no one would have imagined 20 years ago," Goldberg said. "We are well into an era of discovery that has already brought tangible benefits. The Alzheimer's Association calls on President Bush and Congress to seize the opportunity of a future without Alzheimer's disease by ensuring that the NIH has the resources it needs to fund promising research."

HR 2673 includes \$1 million in additional funding for an Administration of Aging (AoA) grant to support the Alzheimer's Association's Contact Center. The Contact Center grant is part of AoA's efforts to increase access to services and programs and enhance consumer assistance for older Americans.

The Alzheimer's Association will use the grant to expand its current 24-hour nationwide Contact Center and work more closely with AoA and the aging services network, such as collaborating with the AoA Eldercare Locator program (a nationwide service connecting older Americans and their caregivers with information on senior services) and other programs for a coordinated national network of community-based organizations.

### Welcome Caroline!

We are pleased to announce Caroline Arter has accepted the position of Project Director for the Faith in Action program in Mason City. Caroline has a long history of working for non-profit agencies, including the American Red Cross and director of the OK House, a commitment she will continue to honor. Caroline's experience with working with volunteers, managing programs and personal experience with Alzheimer's disease makes her an experienced and welcome addition to the Greater Iowa family.

### New Quad Cities Employee!

The Alzheimer's Association welcomes Phyllis Chamberlin to our offices as our wonderful new administrative assistant. Alzheimer's has touched her family and Phyllis hopes to assist those who call or stop by our office. Previously, Phyllis taught school for 10 years and was a caregiver for her mother for 20.

## The Orrs are Off to Washington!

Beloved former Iowa State basketball coach Johnny Orr and his equally beloved wife Romie know the key to winning- communication, teamwork and persistence. But recently the Orrs have committed their energies in a fight that will take more teamwork than any basketball game. Romie has been diagnosed with Alzheimer's disease, and the Orrs are meeting the challenges with energy, humor and deep commitment. Coach and Romie have been enthusiastic supporters of the Greater Iowa Chapter, acting as Honorary Chairs of the Dubuque Memory Walk for the past two years.

And now, Mr. and Mrs. Orr are taking the fight against Alzheimer's to Washington, D.C. They are scheduled to participate in the Alzheimer's

Association 16th Annual Public Policy Forum, and testify on Capitol Hill about the devastating affects of Alzheimer's disease and why it is crucial to support a 1 billion dollar research budget for the National Institute of Health. The Orrs will speak to the Senate Appropriations Committee for Labor, Health & Human Services, co-chaired by Sen. Tom Harkin (D-IA) and Arlen Specter (R-PA). Their speech, scheduled for Tuesday, March 23, is one part of the three-day forum, which will include meetings with Senators and Congressmen, a Candlelight Vigil and training seminars on how to advocate effectively.

More information will be included in the summer newsletter.

## Creston Office Closing

Due to the retirement of our valued long-time employee, Sandra Heaton, the Greater Iowa Chapter has decided to close the Creston, Iowa office. "Sandra was our longest-serving employee, with over seven years of service to her grateful community, and we know Southwest Iowa has been lucky to have her years of experience as a nurse and Alzheimer's care leader," said Carol Sipfle, Executive Director. The counties served by Sandra- Cass, Adair, Madison, Montgomery, Adams, Union, Clarke, Page, Taylor, Ringgold and Decatur- will be served by a new Program Specialist yet to be hired, who will be headquartered out of the Des Moines office.

1 800 272 3900

[www.alz.org/greateriowa](http://www.alz.org/greateriowa)

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

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