

Greater Iowa Chapter News

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

Summer 2007

www.alz.org/greateriowa
1 800 272 3900

Golf Tournaments a Success!

Thank you to all who helped to make the Johnny Orr UnFOREgettable Golf Classic and the Johnny and Romie Orr Alzheimer's Golf Classic successful.

Over 130 golfers enjoyed an afternoon of golf at the Johnny Orr UnFOREgettable Golf Classic on June 18, 2007 at Thunder Hills Golf Club in Peosta, Iowa. After a barbeque lunch, compliments of Gary Lynch Barbeque, golfers stepped up to a shot-gun start. Lightning and thunder caused a brief rain delay mid-day but the golfers were back on the course within an hour and finished their round before the rain came back. Participants completed the day with a steak dinner and live auction. In total, they raised \$19,000 for the Alzheimer's Association, Greater Iowa Chapter.

On July 26, 124 golfers endured the heat and humidity for a fun day of golf at the Johnny and Romie Orr Alzheimer's Golf Classic at the Harvester Golf Club in Rhodes. Several golfers got their rounds in early with the 7:30 am start. After their round, the morning participants were joined by the afternoon golfers and treated to a barbeque lunch, again provided by Lynch Barbeque. The afternoon began with a shot-gun start at 1:30. No one claimed any of the three hole-in-one prizes but all participants had a great time. The festivities ended with a light supper and a live auction. When the day was over, the Orr Alzheimer's Golf Classic raised \$70,000 for the Alzheimer's Association.

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Life Story and TimeSlips... Nurturing Emotional and Spiritual Well-Being

Care for persons with Alzheimer's is often centered around meeting physical needs. Busy assisting with nutrition, grooming and exercise, caregivers may be less focused on supporting their loved ones' emotional and spiritual well-being. Some caregivers may not know how to provide experiences that foster connections between their loved ones and others and that enhance self-esteem. Reminiscence and story telling are two ways to promote a sense of being "worthwhile" in persons with dementia.

Reminiscence allows for sharing of stories and emotions around people's past life history. It includes recollections of family, friends and life's special moments. One way to organize a reminiscing experience is through a Life Story Book. A Life Story Book combines the characteristics of a photo album and a scrapbook. In addition to being a collection of prized memories, it can be used as a distraction technique for refocusing during difficult symptoms and as a security tool when persons with dementia are hospitalized or moving to a different living environment. The amount of information included in the book is related to the stage of the disease. Persons with advanced dementia are comforted by pictures from childhood and adolescence and large-font lettering with few words. "Paging through a book of old photos while wrapped in a familiar blanket and holding hands can give some of the comforts of home." (Mayo Clinic on Alzheimer's Disease). If you are interested in constructing a Life Story Book, contact the Alzheimer's Association at 1-800-272-3900.

Persons affected by memory loss may find it difficult to express themselves. Storytelling offers opportunities to engage in creative self-expression. Because it is a creative activity, they need not experience feelings of frustration or embarrassment. A formal story telling program,

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Message From Our
 Executive Director

Dear Friends and Supporters,

Alzheimer's Association staff and volunteers across the country are busy planning Memory Walks, our largest fundraising event of the year. Staff members are gearing up for what is the busiest time of the year for our organization. Memory Walks in September and October are then followed by an annual caregiver conference in November. Interspersed are the many educational programs we offer during the fall. Fortunately, this busy time subsides when winter weather arrives and we are able to slow the pace and begin planning for spring activities.

Almost everyone experiences the cycle of hectic times, followed with a more relaxed schedule. Back to school activities in August are followed by the comfort of a routine once school starts. Extra social activities, shopping and festivities around the holidays are balanced with January days when we stay home and catch up on reading or hobbies.

Unfortunately, many caregivers do not have the luxury of slowing down after a difficult time of caregiving. Caring for a loved one with Alzheimer's is a 24/7 responsibility and is often overwhelming, exhausting and stressful. There is no break from the responsibilities or time to recover or regroup before the next onslaught of challenges. Caregivers may deny that problems exist or feel anger toward their loved one or the situation they are in. Soon, they withdraw from friends and family or experience other signs of caregiver stress such as anxiety, exhaustion, irritability, lack of concentration or health problems.

The Alzheimer's Association offers caregiver support groups; provides information and referral and care consultations family members who don't know where to turn for help; and offers educational programs for caregivers. We also encourage family and friends to step forward to help a caregiver you know. Bring a meal, stay with a loved one while the caregiver shops or help with yard work. Remember the healing power of "down time" and give that gift of respite to a caregiver. By working together, we can achieve our mission 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.

Carol Siple

Continued from page 1

TimeSlips, was designed over nine years ago by Dr. Anne Basting of the University of Wisconsin – Milwaukee.

Certified TimeSlips facilitators select a staged or abstract image. A group of 8 to 10 persons with mild to moderate disease are gathered in a circle and given a copy of the image. One facilitator asks open-ended questions and encourages the participants to respond. A second facilitator records all of the responses and the names of who said them on a large pad of paper. The story is read aloud after every four or five responses to keep up momentum and to validate what has been said by each story teller. In TimeSlips, the emphasis is on creative expression and storytelling, rather than emphasizing that a story makes sense.

Research around TimeSlips has demonstrated improved socialization, communication and creative thinking for people with dementia, their caregivers and staff in dementia care settings. Greater Iowa Chapter Ambassador, Cindy Zahnd, is a certified TimeSlips facilitator. The Iowa Veterans Home in Marshalltown, where Cindy works, is a regional training center for Time Slips. “It has really made a difference in our residents. They seem happier and exhibit difficult symptoms less often.”

Using a Life Story Book or TimeSlips can prevent boredom, offer positive diversion and honor the uniqueness of persons with dementia. While physical care for persons with Alzheimer’s is important, it is also essential that they engage in activities that encourage feelings of security, belonging and self-esteem.

MetLife Foundation

Working toward an Alzheimer’s cure

Federal Alzheimer’s Update

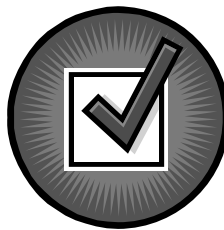
July 11, 2007 was a historical day for Americans concerned about Alzheimer’s disease. On that day, the co-chairs of the Congressional Task Force on Alzheimer’s Disease-Senators Hillary Rodham Clinton (D-NY) and Susan Collins (R-ME), and Representatives Ed Markey (D-MA) and Chris Smith (R-NJ)- welcomed the formation of the Alzheimer’s Disease Study Group, a new independent, non-partisan panel that will join efforts to advance the cause of Alzheimer’s prevention, diagnosis, and treatment.

“Today is an opportunity to building on our commitment to find solutions for all the challenges posed by Alzheimer’s disease,” said Senator Clinton. “From discovering the underlying cause and developing a cure, to improving the long-term care of those suffering from this disease and helping their caregivers cope with the physical, emotional and mental challenges, we need to keep pressing for progress.”

Alzheimer Research and Care Funding

Present recommendations from Congress only increase federal funding for Alzheimer research by 2 percent in the 2008 budget- a total of \$16 million above current spending. This is a drastic reduction from the Alzheimer’s Association goal of a \$125 million increase, and in fact, this is the fourth year in a row that Congress and the President have stepped back from the government’s commitment to Alzheimer research.

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Save the Date!

Alzheimer’s ...Enhancing Quality of Life Through Therapy

This year’s family caregiver conference is scheduled for Thursday, November 8, 2007 at the Des Moines Botanical Center. Experienced practitioners in cognitive, physical, occupational and reminiscence therapies will describe ways caregivers can enhance the lives of loved ones who have Alzheimer’s. The conference will be from 9:00 am until 3:00 pm and more details will be available soon on our website www.alz.org/greateriowa.

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The golf outings would not be possible without the help of many talented and dedicated volunteers. A special thanks to everyone who served on the golf committees.

Thank you to the sponsors, donors and supporter who made these events possible.

Johnny Orr UnFOREgettable Golf Classic Sponsors

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Make a difference

Become an Alzheimer's Association advocate, by going to www.actionalz.org. Call 1.800.272.3900 for more information or to receive updates on local, state and Federal legislation that will impact the lives of those living with Alzheimer's.

Success

Thanks to the continued hard work of advocates, the House and Senate have both taken positive steps towards restoring funding for Alzheimer care programs.

The House voted on funding for the 24/Helpline, the CDC Brain Health Initiative and the Alzheimer State Matching Grants Program. The Senate has only made preliminary recommendations for these programs.



Members of the “Are You Covered” coalition, staff from area health-based groups and volunteers eager to speak to presidential candidates gathered on May 22. After a morning training session, coalition members, including Association staff and volunteers, visited every candidate’s office in the Des Moines area, leaving information and educating campaign staff on the issues related to health insurance and Alzheimer’s disease.

2008 Presidential Election Advocacy Campaign Update

Alzheimer’s disease is one of the most important health care issues our next president will face when he or she takes office in January 2009. Today, there are approximately 5.1 million Americans with the disease, and the number is predicted to increase to nearly 16 million by 2050. Current direct and indirect costs of caring for individuals with Alzheimer’s are at least \$100 billion annually (2007 Alzheimer’s Fact and Figures Report). And yet, in the majority of cases, the cause of Alzheimer’s remains unknown while federal funding to support Alzheimer’s research is down \$7 million from 2006 to 2007.

As the first caucus state in the 2008 Presidential election, Iowa is in a unique position to raise awareness about Alzheimer’s disease and the need for additional research funding. The Alzheimer’s Association chapters in Iowa will focus activities at the grass roots level to elevate concerns about the disease to the top of each candidate’s priority list and onto the national stage as the

candidates debate between now and the November, 2008 election. One way the association will do this is through a partnership with four of the nation’s largest health advocates.

On May 22 the Alzheimer’s Association, in partnership with the American Cancer Society, American Diabetes Association, American Heart Association and AARP, officially launched the “Are You Covered?” campaign in Iowa. The coalition will work to mobilize thousands of volunteer advocates from across the state to attend candidate events. At the events, advocates will share their stories with candidates. Advocates will also ask candidates to share how they plan to provide access to affordable health care, expand access to preventive care, and make sure Americans have health coverage that works for them if they get sick. Most importantly, advocates educate candidates about Alzheimer’s disease, and they demonstrate how much voters care about health care issues. Advocates also bring much needed visibility to

the unique concerns of those who suffer with Alzheimer’s disease and their caregivers.

If you tuned into CNN’s YouTube debate on July 23, you witnessed grass roots advocacy in action. A Davenport man and his brother shared their mother’s story with Alzheimer’s disease and asked the candidates about the future of federal funding for Alzheimer’s disease.

Alzheimer’s disease is one of the most important health care issues we face as a nation. The Iowa caucus provides an exceptional opportunity to bring our message about Alzheimer’s disease front and center during the 2008 Presidential campaign. What inspires you? Do you want to know more about becoming a volunteer advocate? If yes, please call 515.440.2722 or 800.272.3900, email us at Greater Iowa Chapter or visit www.alz.org/greateriowa.

A Gift That Benefits Both You and the Alzheimer's Association

You have nurtured your investments over the year and as you review your estate and plan for the future, you may be barraged with choices about those investments in regards to retirement, capital gains, taxes, etc. If your goal is to take care of these things, maintain or increase your income and make a gift to support our work at the Alzheimer's Association, a charitable gift annuity (CGA) may be the best choice to help you achieve these goals.

What is a Charitable Gift Annuity?

A charitable gift annuity is a way to make a gift to your favorite charity and still receive an income for yourself or others. It is a contract under which the Alzheimer's Association, in return for a transfer of cash or other property, agrees to pay a fixed sum of money for a period

measured by one or two lives. The person who contributes an asset for the annuity is called the "donor", and the person who receives payments is called the "annuitant" or "beneficiary." Usually, the annuitant is also the donor, but this is not always true. The maximum number of annuitants is two, and payments can be made to them jointly or successively.

Benefits of a Gift

Annuity payments from a charitable gift annuity are fixed from the outset. They will neither increase nor decrease, whatever happens to interest rates or the stock market. A charity is contractually obligated to make the payments, even if it has to dip into its general funds to do so.

Gift annuity rates are very attractive, especially for people age 70 and older. Depending on your age, you can receive as much as 11.1 percent for a two-life annuity and 11.3 percent for a single-life annuity, depending on your age at the time the gift annuity contract is signed.

The size of the payments from a charitable gift annuity depends on the following factors:

- The gift annuity rate offered by the charity (most charities follow rates recommended by

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How to Respond to Suspicion

Memory loss and confusion may cause someone with Alzheimer's to become suspicious of those around them, even accusing others of theft, infidelity or other improper behavior. Sometimes the person also may misinterpret what he or she sees and hears.

These tips can help you respond to these behaviors:

- Don't take offense. Listen to what is troubling the person and try to understand that reality. Then be reassuring and let the person know you care.
- Don't argue or try to persuade. Allow the individual to express ideas. Acknowledge his or her opinions.
- Offer a simple answer. Share your thoughts with the individual, but keep it simple. Don't overwhelm the person with lengthy explanations or reasons.
- Switch the focus to another activity. Engage the individual in an activity, or ask for help with a chore.
- Duplicate any lost item. If the person often searches for the same item, have several available. For example, if the individual is always looking for his or her wallet, purchase two of the same kind.

For other information and support, contact the Alzheimer's Association at 1.800.272.3900 or visit www.alz.org.

Memorials, Honorariums and General Donations received 4/30/07-7/31/07

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Elizabeth Duncan

HARRY BARKER

Jack Raymond

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Judy Snyder

EDWARD BOLSENGA

David & Elizabeth Bishop

MARGARET BORGONJON

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Judy Pugh

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Mark Witte
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Ruth Brauer
Sally Berardi
Tana Kirkpatrick

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 Vernetta Riley
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Please note- all efforts are made to ensure correct information is printed in this newsletter. We apologize for any mistakes or omissions. Please call 1.800.272.3900 with corrections.



Lynn Prosser-Volker
August 20, 1959 – June 24, 2007

The Alzheimer's Association, Greater Iowa Chapter notes with great sadness the passing of Lynn Prosser-Volker. Lynn was an active volunteer for the chapter and served as a member of the Quad Cities Memory Walk planning committee and Board of Directors for several years. Lynn previously served on the Quad Cities Leadership Council and was a temporary employee in the Davenport office. Lynn will be remembered for her soft-spoken and gentle demeanor, but also her tireless dedication to the mission of the Alzheimer's Association. She was a trusted resource and loyal volunteer who was always willing to help to support the Association and families impacted by Alzheimer's disease.



Memory Minders Meet For Picnic and More

Connie Lucas, Dale and LeAnn Goebel and Norma Ninneman take a break at the Memory Minders Picnic.

Members of Memory Minders, the Alzheimer's Association early stage support group, met July 11 at Dale and LeAnn Goebel's house for a picnic and social event. Participants enjoyed grilled dinner and everyone brought a side dish. "This was a wonderful event and a valuable opportunity for socializing. So often people with dementia and their caregivers lose those contacts and social options, and we're finding out that keeping active, both physically and socially, is an important part of brain health." said Connie Lucas, Group Facilitator.

Memory Minders meetings are held the second Wednesday of each month from 4-5:30 pm at the West Des Moines office. The caregiver support group for those with early stage or early onset dementia meets at the same time. For more information or to register, please call 515.440.2722.

Dulled Sense of Smell Predicts Alzheimer's?

Older adults who have difficulty identifying common odors may be at greater risk of developing problems with thinking, learning and memory, report Rush Alzheimer's Disease Center researchers. Impairments in the ability to recognize odors have been associated with more rapid cognitive decline and also with the transition from mild cognitive impairment (MCI) to Alzheimer's disease.

Because little is known about factors that predict the development of MCI, scientists studied 589 older adults (average age 79.9) who did not have cognitive impairment in 1997. At the beginning of the study and annually for up to five years, the participants underwent a clinical evaluation that included a medical history and tests of neurological and cognitive function.

During the study, 177 individuals (30 percent) developed MCI. Risk of developing MCI increased as ability to identify odors decreased. This association did not change even after taking into account stroke, smoking habits or other factors that might influence smell or cognitive ability.

For more Alzheimer's news, go to www.alz.org.

If you're finished with this issue, please take it to a friend, doctor's office or other public place. You may provide the help someone is looking for!



WALK to support the 5.1 million Americans who can't! TEAM up and raise money for local support services, education programs and vital research. For more information or to register for a walk near you, go to www.alz.org/greateriowa, or call the Alzheimer's Association office listed below.

CITY	DATE	INFORMATION:
Ames	10/6	515.440.2722
Bedford	9/15	515.440.2722
Burlington	10/6	319.208.0271
Clinton	9/22	563.324.1022
Des Moines	9/29	515.440.2722
Dubuque	9/22	563.589.0030
Fort Dodge	10/13	515.440.2722
Humboldt	9/8	515.440.2722
Maquoketa	9/15	569.589.0030
Mason City	10/27	515.440.2722
Montezuma	9/18	515.440.2722
Osceola	9/22	515.440.2722
Quad Cities	9/8	563.324.1022
Savanna, IL	10/6	563.589.0030



Grant Awarded to Alzheimer's Association

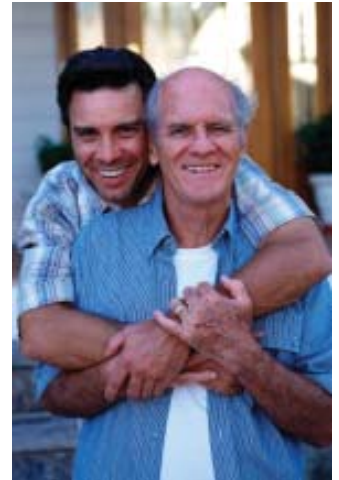
The Alzheimer's Association, Greater Iowa Chapter was recently selected as the recipient of a Dubuque Racing Association (DRA) grant award. These funds will support vital projects such as the telephone support group, which provides access to homebound caregivers or those more than thirty miles from an in-person support group. The DRA grant also will support Safe Return registration and promotion, and equipment to facilitate education programs.

Since 1997, the Alzheimer's Association has gratefully received over \$75,000 from the DRA in support of direct care programs and services. Staff, volunteers and the thousands of families touched by Alzheimer's every day thank the members of the Dubuque Racing Association for their crucial funding.

Did You Know?

Caregivers demonstrate certain behaviors when they are too much stress?

- Denial- “John seems better; I don’t think it’s Alzheimer’s.”
- Anger- “If he tells me that story one more time, I’ll scream.”
- Depression- “I don’t care anymore.”
- Social withdrawal- “I don’t care about getting together with friends anymore.”
- Irritability- “Leave me alone!”
- Fulltime caregivers for persons in the advanced stages of Alzheimer’s can be spending 100 hours per week caring for their loved one?
- Caregivers need eight hours per week of regularly scheduled breaks away from caregiving responsibilities?



You can help caregivers who need financial support for respite (relief from caregiving responsibilities) by contributing to the Greater Iowa Caregiver Respite Fund. Mail a check made out to:

Alzheimer’s Association Respite Fund
1730 28th Street
West Des Moines, IA 50266

Important Reminder for Anyone on Medicare

Be sure to mark November 15 through December 31 on your calendar. This is the time when people on Medicare can enroll in Medicare drug coverage (Part D) if they haven’t done so, or can change plans for 2008. Every year Part D plans can change premiums, co-pays, deductibles and the list of drugs they cover. Some plans may not be offered the next year. Changes and new plans are announced in October.

If you or someone you’re caring for has a Part D plan this year, you should get a notice about these changes in October. It is very important to review any changes and make sure your current plan is still the right one for 2008. The best way to compare plans is to use the Medicare website, www.medicare.gov. If you would like help comparing plans call the Senior Health Insurance Information Program (SHIIP) at 1-800-351-4664

(TTY 800-735-2942). SHIIP is a service of the State of Iowa and has counselors around the state who can help do a plan comparison and enrollment in a plan if you choose. SHIIP does not sell or promote any plans. Services are free, confidential and objective. SHIIP can also assist you in applying for help with drug costs if your income and resources are limited.

Some Iowans on Medicare have drug coverage through an employer retiree health plan that is as good as, or better than Part D coverage. This is called “creditable coverage.” The employer plan is required to send a notice before November 15 which states if the plan is still creditable. If it’s not, you’ll want to enroll in a Part D plan for 2008. Call SHIIP if you have questions

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the American Council on Gift Annuities).

- The value of the contribution.
- The number of annuitants.
- The age(s) of the annuitant(s).

Part of each annuity payment is **tax-free**. The tax-free portion of the annuity payment is considered “return of principal” and continues through your estimated life expectancy.

Because a charitable gift annuity is partly a gift and partly an investment in an annuity contract, the donor who itemizes is entitled to an income tax deduction for the gift portion of his or her annuity. The deduction is available for the tax year when the gift annuity is established. If it cannot be used entirely, the donor has up to five years to carry forward the unused amount.

The charitable gift annuity is the oldest life income gift and has well served thousands of charitable organizations and their donors. It is an excellent way to help the Alzheimer’s Association fulfill its mission while ensuring an income for life.

For more information about establishing a charitable gift annuity with the Alzheimer’s Association, call Development Director Lisa Stephany at 515.440.2722 or email lisa.stephany@alz.org. She can arrange a personalized projection of your benefits with no obligation.



www.alz.org
800 272 3900

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

Greater Iowa
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