

Greater Iowa Chapter News

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

Spring 2007

www.alz.org/greateriowa
1 800 272 3900

Young Advocate Urges Education and Support

In 2006 the Alzheimer's Association National Advocacy and Public Policy office launched its first young Adult Advocate Essay Competition, culminating with the announcement of the winning essay at the 19th Annual Public Policy Forum. Northern Iowa area resident Amy Servantez entered the competition with a call for advocacy and support from young people in memory of her grandmother, Betty Jean Underwood. Her grandmother's Alzheimer's diagnosis inspired Amy and the Servantez family to raise awareness of the disease and to support the Alzheimer's Association through the Mason City Memory Walk.

Amy, a twenty-one year old senior at Buena Vista University, wrote, "I believe the major way young Alzheimer advocates can make a difference is first and foremost by educating themselves. By learning about dementia and Alzheimer's, advocates are taking the first steps to help inspire others. One way that I found to help get other young people involved and to become advocates is to let your voice be heard. Whether that is writing a short editorial or feature in the campus newspaper or sharing your personal story with others, I believe once the compelling stories get out there and events such as Memory Walks are held, people will have to eventually take notice."

"The second way that I propose young people to be more involved is by voting. Look past that Democrat/Republican stamp and see how the individual candidate stands on issues such as stem cell research and how they propose to help curb such diseases like Alzheimer's. By being an

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Amy Servantez (middle) with her grandparents, Bob and Betty Underwood.

Information and Referral Always Available

The Alzheimer's Association offers five core services to persons with Alzheimer's and their caregivers. These are Information and Referral, Care Consultation, Education for families, communities and healthcare providers, Support Groups and Safe Return. Often the first contact caregivers and staff have is through Information and Referral.

Information and Referral includes services that are designed to provide information about Alzheimer's and related dementias, and resources in the chapter and the community to help those impacted by the disease. Information is provided through the Helpline and Contact Center. Individuals who call the 24-Hour Helpline (1.800.272.3900) are automatically routed to the Chapter office closest to the location from which they are calling. Staff and volunteers are available to answer questions about the disease, caregiving issues, diagnostic centers, senior day services and alternative living arrangements. When the offices are closed, calls are automatically routed to the Contact Center at the

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**Message From Our
Executive Director**

Dear Friends and Supporters,

Do you know that every 72 seconds someone in America develops Alzheimer's? Do you know there are 5.1 million Americans with Alzheimer's today and this number could increase to as many as 16 million by 2050 if researchers do not find ways to prevent or effectively treat the disease? Of the millions of Americans with Alzheimer's, 200,000 are under age 65, suffering from an early onset form of the disease. Alzheimer's disease was the underlying cause of death for 65,829 Americans in 2004, (Centers for Disease Control and Prevention), making it the seventh leading cause of death in this country. Deaths from Alzheimer's disease continue to increase while deaths from other leading causes are declining.

65,000 Iowans have Alzheimer's. Collectively 93,556 Iowans provide nearly 81 million hours of unpaid care for them each year. The burdens of caregiving are widely known and the Alzheimer's Association has long worked to ease this burden through education, support and respite services.

These statistics are just a few of those reported in the first ever *Alzheimer's Disease Facts and Figures* recently released by the Alzheimer's Association. This report provides startling information on the seriousness of Alzheimer's – both today and tomorrow. It also underscores the urgency of our vision to create a world without Alzheimer's disease.

The Alzheimer's Association is a leader in advancing care, support and research for people with Alzheimer's disease and related disorders. I invite you to join our efforts to speed the process of eliminating this devastating disease. Make plans to participate in a Memory Walk. Become an advocate or volunteer. Learn what you can do to reduce your risk of dementia. As always, we stand by, ready to help those impacted by Alzheimer's. Call 1.800.272.3900 or visit our www.alz.org/greateriowa today to support our work to create a world without Alzheimer's.

Carol Sipfle
Executive Director

Become an Alzheimer Advocate

Alzheimer advocates champion the needs and rights of people affected by Alzheimer's disease and other dementias. Efforts by advocates can help expand access to community-based care, improve quality care in residential settings and increase funding for research and public programs.

Here's what you can do to make a difference in the fight against Alzheimer's:

- ◆ Stay informed about public policy and legislative issues.
- ◆ Promote public policy priorities.
- ◆ Contact local, state and national legislators about these priorities.
- ◆ Educate legislators about the impact of Alzheimer's and the need for quality care.

For more information and to join the national network of advocates, visit the Alzheimer's Association Web site at www.alz.org/Advocacy/overview.asp.

Support Critical Programs

Two critical support programs offered by the Alzheimer's Association, Safe Return and respite, are very important for those caring for loved ones with dementia.

In fiscal year 2006, 233 individuals registered in Safe Return, the only nationwide program dedicated to identifying people with Alzheimer's who wander, and assuring they return home safely. Many new registrants benefited from scholarships that cover the initial \$40 registration fee. In 2007, annual renewal fees means the Chapter will incur ongoing costs for this program.

Respite offers a short time of rest or relief. The Alzheimer's Association is able to grant families stipends for respite, especially in instances of emergency, to attend an education program or support group. In the last fiscal year, over \$8,560 was used specifically to support respite services in the Greater Iowa Chapter area.

Both programs can be costly for caregivers, but can also be lifesavers for recipients. The Alzheimer's Association is proud to offer scholarships for these programs without cost or at greatly reduced price for caregivers and people living with Alzheimer's in financial need. To continue to make these scholarships available, donations specifically earmarked for these two programs are being accepted. To support Safe Return or respite, please indicate by writing the name of the program in the note section of a check or verbally when making a donation by phone.

The Alzheimer's Association gratefully acknowledges the contribution to the respite fund from the Frank Harrison family in honor of Marie Dorfman.

Caregivers, members of the Alzheimer's Association Iowa Chapter Network and individuals with Alzheimer's watch as Iowa Governor Chet Culver signs the bill creating an Alzheimer's Disease Task Force on April 27. The Task Force, the first in Iowa in 15 years, will bring together private and public officials to discuss Iowa's readiness to deal with the impending wave of individuals with Alzheimer's. For more information on the Task Force, please go to www.alz.org/greateriowa.



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informed voter, you can help shape a bright future; not only for our government but also for persons who suffer from the disease and those that will in the future.”

Tell us how your family dealt with your grandmother’s diagnosis. I think at first it was shock and a matter of not really knowing what to expect next. We had not had to deal with anything like this before and honestly did not know much about what Alzheimer’s was and how the disease would affect her and our family. After a couple years when the disease was really beginning to show, we tried to keep a smile on every time we would see her to keep her spirits up and to hear that special laugh of hers that would lighten everyone’s spirits.

What inspired you to write the essay? I thought it was a great way to get my voice out there and do something for this cause that is affecting so many of our grandparents today and possibly parents and even my generation as we get older if we do not do something about it now. I think the sooner we find a cure for this devastating disease the better off we will all be. I was lucky enough to get to spend 20 years with my grandmother and have her watch me grow up and experience some major milestones in life, however my little sister will never get that chance.

How does it make you feel when people say Alzheimer’s is just an old person’s disease, or not really an issue? Fortunately I have not met anybody who has said that to me, as they would probably get an ear full! I’d have to say to them that there is a big difference between simply forgetting where you placed your car keys and forgetting who your daughter or grandchildren are. This is not just old age taking its toll... I don’t understand how some people can just blow it off when there is overwhelming research and facts to show otherwise, but I guess that old saying runs true—ignorance is bliss.

Please share a special memory of your grandmother. After spending a semester abroad in the fall of 2005, I visited my grandma and grandpa in December to share stories and gifts about my experience and while my grandpa listened intently,

grandma just sat there in her chair with a confused look on her face. After about a half hour and as I was putting a bracelet on her wrist, she suddenly turned to me and said, “I’m glad you’re home safe” and gave me a hug and one of her famous big wet kisses on the cheek. As we sat there and chatted longer, the confused look returned to grandma’s face. Although the moment passed too quickly, I’ll always remember that moment and smile when I think back about grandma. She was a wonderful woman and is missed everyday by all us in her family and those who knew her.

alzheimer's  association

memory walk '07[®]

Taking steps to end Alzheimer's



Care Initiatives

STATEWIDE PRESENTING SPONSOR



Saturday, September 8	
Quad Cities	563.324.1022
Humboldt	515.440.2722
Saturday, September 15	
Maquoketa	563.589.0030
Montezuma	515.440.2722
Bedford	515.440.2722
Saturday, September 22	
Dubuque	563.589.0030
Clinton	563.324.1022
Saturday, September 29	
Des Moines	515.440.2722
Saturday, October 6	
Ames	515.440.2722
Burlington	319.208.0271
Savanna, IL	563.589.0030
Saturday, October 13	
Fort Dodge	515.440.2722
Register on-line at www.alz.org/greateriowa .	

The Alzheimer's Association and Community Health Charities Iowa

Community Health Charities Iowa is a federation of health-related non-profit organizations dedicated to raising charitable income through workplace giving campaigns for its member agencies. It is Iowa's largest workplace giving organization devoted exclusively to health concerns. Community Health Charities Iowa takes great pride in the work that it does to provide financial support to its 19 agencies, including the Alzheimer's Association. The federation is proud to initiate and support employee giving campaigns in Iowa, linking generous employees with the opportunity to give to Iowa's leading health charities.

As a member of the federation since 2001, the Alzheimer's Association has received \$77,000 to support our services. We were listed in more than 10,000 campaign brochures and represented in dozens of workplaces across Iowa. If you or your employer would be interested in adding health charities to your company's existing employee workplace campaign please contact Community Health Charities Iowa at 877.517.6266. The benefits of choice in workplace giving are numerous, including:

- Community Health Charities Iowa compliments existing choices within your employee workplace campaign by adding the state's most respected and trustworthy charities devoted to health.
- Community Health Charities Iowa member agencies direct important resources that address your local community health needs.
- All member agencies of Community Health Charities Iowa are based in Iowa and have either staff or volunteer representation across the state.
- Community Health Charities Iowa represents only credible charities which meet high standards of performance and financial integrity.

Founders Society Has Tremendous Impact on Alzheimer's Association

The Alzheimer's Association Founders Society is an honorary society created to recognize those who have made a lifetime commitment in the battle against Alzheimer's disease through a planned gift. As a member of this prestigious group, donors receive many important benefits, including exclusive updates about breakthroughs in Alzheimer's research, special invitations to Association meetings, and valuable charitable estate planning and income tax information.

There are many types of planned gifts that qualify donors for membership in the Founders Society. A planned gift leaves a legacy for future generations while making a gift to a charitable organization like the Alzheimer's Association. It is integrated into personal, financial and estate planning goals and can offer substantial tax benefits, lifestyle enhancement, and allows supporters to leave a lasting legacy to a cause they care about.

A bequest through a will is simple and one of the most popular planned giving vehicles. A simple clause in a will or codicil helps ensure a lasting gift. However, a will is only one of several ways to make a difference. Other types of planned giving arrangements include:

A Living Trust—An arrangement that provides financially for the donor and family both before and after the donor's death while making a difference for the Alzheimer's Association. A clause similar to a will bequest will implement a charitable gift through a living trust.

Life Insurance—A life insurance policy may be donated to help advance the fight against Alzheimer's, or simply name the Alzheimer's Association as a beneficiary of the policy.

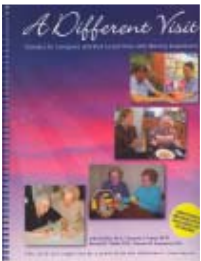
A Charitable Gift Annuity—This unique form of giving allows supporters to make a gift to fight Alzheimer's that gives back to in the form of lifetime payments to the donor or another.

Founders Society continued on page 12

Additions to Lending Library

Several recent additions to the Alzheimer's Association lending library focus on activities. Activities are more than just a way to ensure a loved one with Alzheimer's exercises or has something to do during the day. Activities encourage interaction, focusing on the person's remaining abilities and strengths and making a visit a positive experience.

A Different Visit; Activities for Caregivers and Their Loved Ones with Memory Impairments



Divided into categories by type of activity, this guide features easy to understand instructions and clear photographs for every activity. Another nice feature is the tips and adaptations section after each activity, listing hints for making each activity a positive one and ways to make it more

or less challenging, depending on the person's abilities. Based on Montessori principals, this guide focuses on working with strengths and abilities that remain, engaging the person behind the memory problem and letting everyone involved feel good about the experience.

The Best Friends Book of Alzheimer's Activities



The philosophy of the Best Friends™ model is what the person with Alzheimer's needs most is a "best friend" who will provide loving care, accept their illness, and learn the "knack" of caregiving. This activity book follows that model, with 147 fun, easy and enriching exercises.

Stage-appropriate activities are presented, including ones tailored for men and to include children.

Lending library materials may be checked out without charge to family caregivers. For a complete list of available materials, please call a local office listed below or the 24-hour Helpline at 1.800.272.3900.

Burlington: 319.208.0271

Des Moines: 515.440.2722

Dubuque: 563.589.0030

Davenport: 563.324.1022

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National Alzheimer's Association office, where social workers and Helpline technicians field inquiries. This assures that people have access to help 24 hours a day, 7 days a week.

Another crucial resource is the Chapter newsletter, which is mailed quarterly. Each issue highlights education programs, activities and articles on caregiving topics and research updates. Financial contributions to the Chapter are acknowledged in the newsletter as well.

Increasingly, the internet is an important source of information for caregivers. The Alzheimer's Association, Greater Iowa Chapter's website, www.alz.org/greateriowa, is updated frequently with information on education programs, breaking disease news, research updates and links to caregiving resources. Early summer 2007 will bring a redesigned website, providing easier access to information.

Each office has a lending library with books, DVDs, videos and community information. Books written by persons with Alzheimer's, family caregivers and professionals cover aspects of the disease, planning for care, and treatment. Videos and DVDs address a wide variety of care issues and planning options. Program Specialists select additions to the collection with guidance from the Green-Field Library in Chicago, the largest dementia specific library in the world. Caregivers are invited to the office to view the available materials. The newest acquisitions include resources on activities and cognitive exercises. All references are loaned to people with Alzheimer's and their family caregivers without charge.

Packets of information on Alzheimer's and related dementias are prepared to meet the specific information needs of callers or visitors. Brochures on safety in the home, support groups, legal and financial issues and many other topics are available.

Education and support are essential to quality care for persons with Alzheimer's and those who care for them. The Information and Referral service provides both, and the Alzheimer's Association is here to help.

Memorials, Honorariums and General Donations received 1-1-07 to 4-30-07

Donald Allison

Bruce and Helen Allison, Carrie Grace, Donald and Lois Davis, Elizabeth Lerninez, Helen Simmons

Josephine Alongi

Nancy Luckenbill

Harley Amundsen

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Dorothy Barkema

Kathryn Barkema, Shirley Pals

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Debra Wiendehoeft

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Terry Lasack

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Mary Jane “Dolly” Schuster

Sherry Hardekech

Jeanne Schwarz

Debra Gray

Lucille Seipold

Marcia McGrath

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MetLife Foundation
Working toward an Alzheimer's cure

Announcing the Early Stage/Early Onset Caregiver Support Group

The Alzheimer's Association, Greater Iowa Chapter, is beginning a support group for caregivers of persons diagnosed before the age of 65 or those who attend **Memory Minders**, a support group designed for those in the early stages of Alzheimer's. Monthly meetings will be held on the second Wednesday of every month from 4:00 to 5:30 pm at the West Des Moines office. Sue Dwyer, Family Services Coordinator, will facilitate the group. Please call 515.440.2722 for additional information.

Fore! Alzheimer's Association Golf Tournaments are Set!

Monday, June 18

Johnny Orr UnFOREgettable Golf Classic
Thunder Hills Golf and Country Club
Dubuque, IA

Thursday, July 26

Johnny and Romie Orr Alzheimer's Golf Classic
The Harvester
Rhodes, IA

Call 1.800.272.3900 for more information.

The Importance of Oral Care

How to assist with dental care

Proper care of the mouth and teeth of someone with Alzheimer's disease can prevent eating difficulties, digestive problems and excessive dental procedures. However, brushing may be difficult because a person with dementia may forget how or why it's important to do so. Here are some tips for assisting with dental care:

Provide short, simple instructions.

"Brush your teeth" by itself may be too non-specific. Break down each step by saying: "Hold your toothbrush." "Put paste on the brush." Then, "Brush your teeth."

Use a "watch me" technique.

Hold a brush and show the person how to brush their teeth. Or, put your hand over the person's hand, gently guiding the brush.

Monitor daily oral care.

Brush teeth or dentures after each meal, and floss teeth daily. Remove and clean dentures every night. Gently brush gums, tongue and roof of the mouth. Signs of mouth discomfort during mealtime – such as refusing to eat or making strained facial expressions – may point to mouth pain or dentures that don't fit.

Keep up with regular dental visits for as long as possible.

A dental care routine is essential for healthy teeth. Ask the dentist for suggestions or items that may help make dental care easier.

For other recommendations to assist a person with dementia with changing personal care needs, contact the Alzheimer's Association at 1.800.272.3900 or visit www.alz.org.



Research Update

New evidence shows that the human brain can manufacture fresh cells, which researchers say may lead to better ways to treat brain damage and disease.

In animals such as rats and mice, brain damage triggers the birth of new cells, according to researchers from New Zealand's University of Auckland and Sweden's Sahlgrenska Academy. Humans have far more developed brains, so finding these cells has been harder than in rodents.

The researchers located the elusive cells using magnetic resonance imaging (MRI) scans and electron microscope images of tissue donated from the brains of people who died. As in mice and rats, these cells are manufactured in the forebrain and then migrate to the olfactory bulb, where smells are processed. There, they can help the animals learn and adapt to new smells.

While less important for humans, smell is still necessary to sense such dangers as smoke or rotten food. Studies also show that loss of smell may be an early sign of brain-destroying diseases, a hint that these cells may be important.

Founders Society continued from page 5

Charitable Life Income Trust—This type of major gift to the Alzheimer's Association will increase donor's income, reduce taxes, and help protect future generations from the terrible threat of Alzheimer's disease.

Joining the Founders Society puts donors among those whose commitment to eradicating Alzheimer's disease has been mirrored in a commitment through their estate plan. If you would like to become a member of the Founders Society or would like more information on making a gift through your estate, please contact Lisa Stephany, Director of Development, Alzheimer's Association, Greater Iowa Chapter, at 515.440.2722 or lisa.stephany@alz.org.



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