

### Making A Smooth Transition from Home To Facility Care

Jeanie Stewart hesitated to tell her husband Robert that he would be moving into a nursing home, worrying he might become upset. “I decided to explain it to him the day of the move,” says Stewart. “It was actually easier for him to adjust not knowing too far in advance.”

Moving an individual with Alzheimer’s disease to a long term care facility can be a very traumatic experience, not only for the individual with the disease, but also for the caregiver. There are a variety of things that can be done to make the transition go more smoothly.

“Approach the transition in a way that will create a positive experience for the individual,” says Ann Riesenberg, Program Director for the Greater Iowa Chapter.

Look for signs from the individual to determine how much information is helpful. Often, telling the person days or weeks ahead of time will result in increased trauma and anxiety. Consider sharing information about the upcoming move based on the person’s ability to understand what’s happening and handle stress.

Transition is generally easier if a family member or another familiar person spends some time with the individual at the time of admission. Many care facilities will make arrangements with you to have the first meal together, which can make their person more comfortable.

There are other steps you can take before and during the transition to help the person adjust more easily:

- **Personalize the room before admission.** Decorate your loved one’s room with personal items such as pictures, a favorite chair, end table or bedspread. Familiar items provide reassurance.
- **Choose the right time for the move.** Try to arrange the admission time during the individual’s “best” time of day. Avoid staff shift changes or meal times when facilities tend to be loud or hectic. Mid-morning hours are usually best because generally more staff are present and there is an activity the new resident can attend right away.
- **Try not to show fear and sadness.** Do your best not to be outwardly upset. Individuals with Alzheimer’s can be very perceptive of the emotions of those around them.

Relinquishing day-to-day responsibilities often makes a caregiver feel guilty. But family caregivers can remain active in caregiving by discussing with the provider how they can be involved. Stewart, for example, continues to assist her husband with activities that make her feel connected to him.

“I have dinner with Robert every other night,” says Stewart. “Afterwards, I help him shave and brush his teeth. It makes me feel involved.”

The following steps can also help you cope with transition.

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Dear Friends and Supporters,

The Merriam-Webster Dictionary defines stewardship as “the careful and responsible management of something entrusted to one’s care.”

We take our stewardship responsibility very seriously. From the perspective of our programs and services, we continually educate staff and volunteers so they are equipped to provide accurate information. We work to keep our resources up-to-date so we can make helpful referrals. We collaborate with other organizations when such efforts will multiply our impact. Finally, and most importantly, we strive to ensure that our programs and services translate into meaningful differences in the lives of people we serve. We participate in the Alzheimer’s Association’s nation-wide Core Services Quality Evaluation Initiative to evaluate our five core services. Although we have a long history of evaluating programs, this new initiative provides our chapter with more extensive feedback and allows us to compare our results to other chapters across the country. Results from this initiative give the Chapter the necessary facts to make program improvements and ultimately be more effective in the services we provide.

From a financial perspective, we strive to make sure contributions are used efficiently, effectively and as intended by our donors. We undergo an independent audit of our finances each year. We work to keep our administrative and fund raising costs as low as possible. We minimize unanticipated losses through insurance and other forms of risk management. Our volunteer board of directors regularly reviews chapter finances and management practices.

Whether you are a caregiver of someone with dementia, a family member, health care professional, donor, volunteer or advocate, you have entrusted the Alzheimer’s Association to be a good steward of our resources. We pledge to honor this trust and do our best to be the good stewards with all you have entrusted in us.

Sincerely,

Carol Sipfle  
Executive Director

Thomas W. Cross  
President, Board of Directors

### Welcome New Staff

Renee Simmons is the Administrative Assistant in the West Des Moines office. Renee joins the team after 6 ½ years as an Administrative Assistant with Iowa Prison Industries. She has been a welcome addition to the team, utilizing her organizational skills to good measure. Renee says, “I love my new job here. Not only are my co-workers great and very helpful, but it is very rewarding to know that I am at a job that I feel I am making a small contribution in helping people who are impacted by this disease.”

We also welcome Sally Weber to the Dubuque office as Community Relations Coordinator. Sal recently graduated from Loras College with a BA in Communications, and looks forward to all the challenges ahead, including planning a Memory Walk and first-time golf tournament in Galena. “My Grandma died of Alzheimer’s disease, and I also have an uncle in the late stages,” Sal said. “I am looking forward to the challenges and rewards the job represents.”



The Greater Iowa, Big Sioux, Midlands and East Central Iowa Chapters of the Alzheimer’s Association announces a first-of-its-kind statewide Memory Walk Sponsorship with Care Initiatives, Iowa’s largest senior care provider. This multi-year sponsorship makes Care Initiatives a premier sponsor of all 20 Memory Walks held by Iowa’s Chapters. Kelly Banning, Care Initiatives representative said, “The exemplary work of these Chapters made this partnership a natural for Care Initiatives. Memory Walks are a vital source of funding as well as wonderful community events, and we are proud to be the first statewide sponsor of Memory Walks.”

### Chapter Program Grants and Support

The Alzheimer’s Association, Greater Iowa Chapter thanks the following foundations and organizations for their support of educational programs and services for people with Alzheimer’s disease and their families:

**Area XIV Agency on Aging** is working with the Alzheimer’s Association to develop a drop-in respite program in Creston.

**The Community Foundation of Greater Dubuque** provided \$1,000 to continue the Telephone Support Group based in the Dubuque Branch Office.

The **Wahlert Foundation** has generously awarded the Chapter an \$8,000 grant to provide financial assistance to family caregivers in the Dubuque area in need of respite care and Safe Return registration fees.

**The Western Illinois Area Agency on Aging** provided a \$3,000 grant to support family caregiver education programs in Henry, Mercer, and Rock Island Counties in Illinois.

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!

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## Transitions- con't from page 1

- **Plan ahead.** Research the care options available in your community soon after you receive a diagnosis. Many long term care facilities have waiting lists, so it is important to get your name on the list before a crisis occurs. Becoming familiar in advance with the staff will also help you become more comfortable with the facility.
- **Define your new caregiving role.** Your role changes (but doesn't end) when a loved one moves into a care facility. You may want to come in for meals or do an activity together, such as attending a church service. This change can be very difficult so it is good to stay active and pursue some of your own interests as well. Enjoying yourself in no way means that you are abandoning or forgetting your loved one.
- **Talk with others about your feelings and emotions.** Many people find it helpful to join one of the many support groups sponsored by the Greater Iowa chapter. Or you can spend time getting to know other family members who may be visiting loved ones. Talking to others who are experiencing similar situations can be extremely helpful.
- **Maintain good communication with staff.** Share your concerns and suggestions with staff so they can provide a safe and comfortable environment for the individual. You know your loved one better than anyone so offering detailed information will not only help the staff, but also improve the quality of life for the person with Alzheimer's.
- **Develop a visitation schedule that is comfortable for you.** At first, you may need some time away to process the change, define your new role and accept the placement. Visit with a friends or family member if it is too difficult to visit alone. Encourage other family members to visit with you or at times when you are not able to. This is a good way to involve the family in the person's care.

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### When Was the Last Time You Updated Your Estate Plan?

Some things in life get better with age, like a fine wine. An estate plan is not one of them. Our lives are constantly changing, and our estate plans need to keep up with those changes. If there have been changes in your family, home, health, assets or the tax laws, you may want to review your estate plan.

Your will, life insurance, qualified retirement plans, powers of attorney, as well as trusts and life income plans can all be a part of your estate plan. A good, up-to-date estate plan will help you meet your goals and objectives, be prepared for an emergency and distribute your assets according to your wishes. So how often should you review your estate plan? Estate planning professionals recommend that plans should be reviewed every three years. To make sure your estate plan meets your wishes, you should talk to your estate-planning advisor.

This is also a good time to review your charitable giving goals and include the Alzheimer's Association as a beneficiary of your will or trust. Even if your estate plan is up to date, you can 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 28<sup>th</sup> Street, West Des Moines, IA 50266." If you have already included the Alzheimer's Association in your will, please let us know so we can thank you now.

For more information about estate plans, please contact Paul Crawford, Development Director, at (800) 272-2900 or email [paul.crawford@alz.org](mailto:paul.crawford@alz.org).

## Stand By You Awards Presented At 2005 Fall Conference

The Greater Iowa Chapter was proud to recognize the following individuals during the Stand By You award presentation during the fall education conference. Individuals, facilities and professional organizations are urged to nominate caregivers who exemplify the dedication and compassion needed to support people with Alzheimer's disease. Not pictured: Dr Subhash Sahai-Physician and Janet Boesen- Assisted Living.



**Carmen Schrad**  
Nursing Facility



**Alberta Wilcox**  
Family Caregiver



**Sandy Davis**  
Adult Day Services



**Teresa Barnes**  
Home Health

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## Alzheimer's...Connecting the Care Conference

“*Alzheimer's...Connecting the Care, Diagnosis, Intervention and Research*” will address the proven benefits from exciting and cutting edge ideas Wednesday April 19 during the Greater Iowa Chapter of the Alzheimer's Association spring education conference. It will be held in the Rogalski Center, at St. Ambrose University in Davenport, IA. The keynote speaker, **Judith H. W. Crossett, MD, PhD, DFAPA**, is an Associate Professor from the University of Iowa. Dr. Crossett has published and lectured extensively in the field of geriatric psychiatry on the topics of depression dementia and Alzheimer's. She will talk about Alzheimer's and related dementias treatment and research. Additional presenters include Brenda Hughes, MA. OTR/L, an Occupational Therapist and Michael Puthoff, PT, MPT Physical Therapist, from St. Ambrose University, speaking on the ongoing physical needs of those afflicted with dementia. Also presenting will be Connie Lucas, Program Specialist, Alzheimer's Association.

Attendance for professional price is \$60 by April 7; late registration fee is \$70. Student and family caregiver fee is \$35 by April 7, late registration is \$45. Registration include all sessions, continental breakfast, lunch and afternoon break. Registration and continental breakfast begin at 8 a.m. and the conference will begin at 9 a.m. CEUs for Iowa and Illinois health care disciplines will be available; please call the Davenport Alzheimer's Association office at 563-324-1022 for more information.

The program is appropriate for healthcare providers who deal with seniors and their caregivers. It provides needed continuing education credits. It is also beneficial for family caregivers offering tips and new information to assist with the enormous task of caring for a loved one.

*Respite care scholarship is available for caregivers who would like to come to the program but need someone to stay with their loved one. Please call your local Alzheimer's Association office to apply: Burlington—319-208-0271; Davenport, 563-324-1022, or Dubuque 563-589-0030.*

## Programs and Services . . .

### Making a Deeper Connection

2006 is bringing a new emphasis by the Greater Iowa Chapter for programs to be used in a manner that reflects a greater “depth” of help for persons with dementia, family members and professional caregivers.

Among these new programs are three listed in the previous newsletter, including **Alzheimer’s- Beginning the Conversation, Memory Minders** and **Caregivers College**. Times, dates and locations for these programs can be found on the Greater Iowa website at [www.alz.org/greateriowa](http://www.alz.org/greateriowa).

You may receive a call back if you contact our 24/7 Helpline. Staff is determining if the information given has been helpful and if further assistance would be beneficial, so don’t be surprised to hear from us.

Another enhanced service is respite funding, which is available for those who wish to attend a support group meeting or an educational program offered by the Greater Iowa Chapter or if there is a caregiving crisis. Financial support for individuals who are unable to leave loved ones alone can provide much needed relief from day-to-day caregiving, so please don’t hesitate to call.

Professional education will now include the **Foundations of Dementia Care Curriculum**, an evidence-based training program from the Alzheimer’s Association. Endorsed by 24 national healthcare organizations, the curriculum includes leadership and supervisory training and interactive exercises to apply the information from the classroom to the care setting.

On June 22, 2006, at the Holiday Inn-Merle Hay Road in Des Moines, **Alzheimer’s . . . Today and Tomorrow** is being offered for dementia care professionals. It will focus on early diagnosis, exploration of assessment and diagnostic tests, cognitive rehabilitation and again, issues and trends in research. Call (515) 440-2722 for information. A conference exclusively for family caregivers is scheduled for fall 2006.



### September 9

Ames: Brookside Park  
Clinton: Riverfront Park

### September 16

Humboldt; Zion Lutheran  
Dubuque: Louis Murphy Park

### September 23

Mason City: NIACC Activity Center  
Bellevue: Cole Park

### September 30

Quad Cities: The Mark  
Des Moines: WaterWorks Park  
Burlington: Crapo Park

### October 7

Fort Dodge: Snell/Crawford Park

### October 14

Savanna, IL: Old Mill Park

Take Steps To End Alzheimer’s!  
Go to [www.alz.org/greateriowa](http://www.alz.org/greateriowa)  
or call 1-800-272-3900

In order to provide information about Alzheimer’s Disease more efficiently, the Greater Iowa Chapter is offering a new option for receiving the quarterly newsletter, as well as introducing e-news options.

- 1) Sign up to receive the quarterly newsletter in your email in-box instead of a printed copy. It’s easier to forward on to friends and family, and you will be helping the Alzheimer’s Association save money on postage and printing.
- 2) Would you like to receive periodic electronic updates on research developments, Alzheimer’s news, advocacy efforts and care giving information?

If the answer is yes to either of these options, please send an email to [Gale.Brubaker@alz.org](mailto:Gale.Brubaker@alz.org), and in the body of the email, please state if you would like to receive the e-newsletter and/or the e-updates, and your mailing address. You can also go to [www.alz.org/greateriowa](http://www.alz.org/greateriowa) and follow the links to email your preference there as well.

## Awards and Recognitions

### **Thomas W. Cross Earns Award in Fight Against Alzheimer's**

Greater Iowa Chapter Board President Thomas Cross, Finance Director–Business Unit Financial Planning for Pioneer HiBred, recently received a DuPont Volunteer Recognition award from his company. These awards recognize employees who are contributors both at work and in their community, as volunteers. Tom received this award in recognition of his work with the Alzheimer's Association. He takes his work with the organization very personally, having watched both his mother and a grandmother battle the disease.

“I'm fighting Alzheimer's because I want to spare others from going through what my family went through,” Tom says. He adds, “It was great to be recognized for my work; the certificate I received is a constant reminder that I need to stay focused on beating Alzheimer's.” In addition to the certificate, DuPont made a \$1,000 donation to the Alzheimer's Association in Tom's name. Besides his duties as Board President, Tom also is a major fundraiser for the Des Moines Memory Walk, raising over \$11,000 in 2005.

### **Sarah Staniz Named “Hero of the Heartland”**

The Central Iowa Chapter of the American Red Cross recently recognized Sarah Stanisz, Program Coordinator for Arbor Springs in West Des Moines and Greater Iowa Chapter board member, as a “Hero of the Heartland”. Sarah was commended for her tireless efforts over many years to not only support the Greater Iowa Chapter's mission and work, but for her efforts to educate the public about Alzheimer's disease.

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## News and Updates

### **New Drug Targets Both Plaques and Tangles**

For the first time, an experimental drug has been shown to curb both forms of brain lesions found in Alzheimer's disease — at least in mice. The compound, called AF267B, shut down both the amyloid protein plaques that collect in Alzheimer's-affected brains, as well as another lesion, the “tangles” of protein called tau.

What's more, AF267B also appeared to reverse cognitive declines in mice genetically designed to mimic Alzheimer's disease. Mice appeared to gain renewed powers of memory and learning after treatment, the researchers report in the March 2 issue of *Neuron*.

### **Green Tea May Protect the Aging Brain**

People who regularly drink green tea may have a lesser risk of mental decline as they grow older, researchers have found. Their study, of more than 1,000 Japanese adults in their 70s and beyond, found that the more green tea men and women drank, the lower their odds of having cognitive impairment.

The researchers found that older adults who drank two or more cups of green tea per day were about half as likely to show cognitive impairment as those who drank three cups or less each week. Men and women who averaged one cup per day fell somewhere in between.

The connection between green tea and mental function persisted when the researchers accounted for overall diet and factors such as smoking and exercise habits. However, the findings cannot demonstrate a cause-and-effect relationship. For example, healthier, more active individuals may simply drink more green tea — which, in Japan, is often consumed in social settings.

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**Memorials and Honorariums received 10-13-05 to 2-24-06**

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Richard and Nancy Toohill

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John Fitzgibbon

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Family/Marvin Jenkins Lowenvilla

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Dean and Charlene Nystrom

Donald and Evelyn Nystrom

Jerry and Melanie Nystrom

Bill and Linda Ott

Clara Page

Gary and Betty Peterson

Gordon Peterson

LaVerne and Judy Peterson

Bob Phillips

Bob and Naomi Post

Gordon and Laura Quam

George and Lois Riker

Betty Runner

Ruth Shafer

George Silverhorn

John and Jean Smith

Ron and Lisa Sunstrom

Patricia Triska

Henry and Rosie Wallace

Judy Walters

Virginia White

Wayne and Shirley Wilkerson

Collett Williams

Keith and Kathy Williams

Edward Wirstlin

Mary Wirtz

Bob and Mary Ziel

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Robert and Ardys Bowers

Janann Corken

Will and Dixie Hoekman

Ardith and Jerold Ransdell

Shirley Schroeder

Virginia Sedbrook

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### DOROTHY GRUVER

Harlan and Donna Pratt

### MARGARET GUERIN

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**Taxes & Alzheimer's Disease**

Tax returns will be due sooner than you think! If you care for a person with dementia, you may be eligible for some tax deductions and credits.

Before you start organizing your receipts and forms, check out the Alzheimer's Association's "Taxes and Alzheimer's disease" publication. It outlines the following tax issues:

- Deductibility of care expenses
- The household and dependent care credit
- Federal employment taxes and income tax withholding for household workers

You can download this publication from [www.alz.org](http://www.alz.org) or call the Greater Iowa Chapter at 1-800-272-3900 and receive a copy of "Taxes and Alzheimer's Disease".



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