

## 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

## Complimentary Therapies May Improve Quality of Life and Interactions

One of the most heartbreaking aspects of dementia is the loss of language. The one thing unique to human beings is our ability to share ideas, thoughts, dreams, fears, hopes and memories. But sometimes people in advanced stages of Alzheimer's disease can be reached through the use of music and pet therapies.



### Music Therapy

For many people with AD, hearing a familiar song is like meeting an old friend. Des Moines musician Bill Connet knows that first hand. A family member, an avid barbershop quartet singer, lost the ability to communicate due to illness. The family noticed that when they sang older, familiar songs, not only was their father listening, he was mouthing the words to the song. Connet has developed "Music in Healing Communities" presentations and activities for groups interested in healing, patients, families and caregivers. Connet has researched the effects of music on the brain, with some fascinating results. "PET (positron emission tomography) scans show that music resides in a different part of the brain than language; it stays with people longer. It sparks memories and social interaction."

*Therapies...Con't on page four*

### Cognitive Rehabilitation

*Dr. Mehrdad Razavi*

The human body has immense flexibility and potential to recover from injuries. Health care providers hope to accelerate the process of recovery through surgical and pharmacological interventions, as well as through non-pharmacological interventions like rehabilitation. Rehabilitation programs work by providing guidance and exercise to the body, so that the remaining systems take over the lost functions. For example, patients with stroke or traumatic brain

injury will improve if they participate in a physical rehabilitation program. They do even better if the rehabilitation program extends beyond the physical and involves cognitive rehabilitation.

The question now is whether cognitive rehabilitation would also be helpful for patients with other types of cognitive disorders, such as Alzheimer's disease or related dementias. The answer seems to be yes, if neurons are provided with the right environment and cognitive tasks to perform. Thus, as physical rehabilitation has been the mainstream treatment for physical injuries

*Rehabilitation...  
Con't on page three*

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Dear Friends,

A world without Alzheimer's disease.

This simple, yet powerful statement describes the Alzheimer's Association's vision; our hope for the future and our reason for existing. What would it be like living in that world?

A world without Alzheimer's means memories built throughout a lifetime will last until the end of life. Dreams of a long and healthy retirement, free of worrying about paying for healthcare, are fulfilled. In this world, sons and daughters won't worry about when to put mom in a nursing home or whether Alzheimer's disease is inherited. They won't have to make the difficult decision to take the car keys away from dad, even though there's no one else to drive him to his weekly card game with friends. Caregivers won't be burdened by their own health problems caused by their 24/7 responsibilities. The words preventable and curable will be used to describe Alzheimer's, just like polio, tuberculosis or malaria.

The work of the Alzheimer's Association is two fold – helping people impacted by the disease today and researching to find cures for tomorrow. Our work today includes programs to support caregivers in their struggles with a loved one with dementia. Our work for tomorrow is through research aimed at finding better methods of detection and diagnosis, treatments and an eventual cure for Alzheimers. Research will also help us understand the causes of the disease and lead to prevention of a disease that today is incurable and largely untreatable. Through this dual mission of care and science we are confident that we will one day all live in a world without Alzheimer's. We invite you to join our efforts with your support, volunteerism and advocacy.

Sincerely,



Carol Sipfle  
Executive Director

**Rehabilitation...**

**Con't from page one**

and diseases, cognitive rehabilitation will be for cognitive disorders, such as Alzheimer's disease.

Cognitive rehabilitation includes internal and external approaches. The internal approach includes restorative and adaptive strategies, while the external approach includes compensatory strategies.

The **restorative approach** focuses on restoring damaged function through process training, e.g. in dementia through specific memory/cognitive exercises. These exercises have been developed by neuroscientists in the field of cognitive rehabilitation, and may be appropriate for patients with early/mild disease, who are still able to perform these somewhat complicated exercises.

Should they be too difficult, however, one should switch or start with adaptive strategies. General **adaptive strategies** include reducing distraction (turn off TV and radio), maintaining eye contact, simplifying tasks, organizing thoughts, using multiple sensory modalities (both verbal and visual), and encouraging patients to repeat and ask questions. Specific adaptive strategies include visual imagery (instead of trying to remember to buy a hat for wife's birthday, picture the wife with a

hat and a birthday cake), association, chunking, mnemonics, rehearsal and errorless learning.

Errorless learning is based on the notion that while healthy individuals learn through trial and error, patients with Alzheimer's disease do not remember their mistakes, and thus will continue them. Thus, the best way to teach patients with Alzheimer's disease is through repetition and with cues and multi-sensory inputs, until they are sure they can perform the task. These adaptive strategies are appropriate for patient in both mild and moderate dementia. Should the patient be in advanced/severe stage, neither the restorative nor the adaptive approach may be appropriate. Here, compensatory strategies such as environmental modifications and external devices may be useful.

**Compensatory strategies** focus on re-structuring time (same schedule every day) and place, and could take either a passive format such as place reminders (label shelves, paint bathroom door red, time reminders (alarm clocks, memory books, routine daily structure), person reminders (name tags) and organizers (notebooks, calendars, diary), or a more active form such as placing phone calls, or using pagers with text messages.

The goal and hopefully the outcome of these approaches are to improve the quality of life of

patients with dementia and delay or prevent nursing home placement.

Healthy cognitive aging requires a healthy life style, including a balanced diet and regular physical exercise. While cognitive training has been studied in patients with Alzheimer's disease, it has not been studied extensively in healthy elderly for enhancement or prevention purposes.

Neuroscientists' recommendations for healthy cognitive aging include listening to music or learning how to play a musical instrument, dancing, doing puzzles, and learning different languages. The Alzheimer's Association has more detailed information on this subject through the Maintain Your Brain ® program. Please call 1-800-272-3900 to find out more.

*Dr. Razavi is the Director of the Comprehensive Memory Disorder and Rehabilitation Clinic at the McFarland Clinic in Marshalltown and member of the Alzheimer's Association Board of Directors.*

**Additional Resources**

There are several websites with games and puzzles designed to keep minds active and exercised, including:

**AARP.org:**

Online games and puzzles

**thirdage.com:**

Word, memory, puzzle and trivia

**www.alz.org/greateriowa:**

Click on link to "The Brain Gym"

*Therapies...Con't from page one*

A study on the impact of music therapy on dementia patients, conducted by Eastern Michigan University, determined that patients consumed 20 percent more calories when music was played during lunchtime. Below are some guidelines and hints for maximizing the positive effects of music therapy:

- > Use live music, tapes or CDs. Radio programs, interrupted by too many commercials, can cause confusion.
- > Link music with other reminiscence activities; use questions or photographs to help stir memories.
- > Encourage movement (clapping, dancing) to add to the enjoyment.

**Pet Therapy**

It is a well documented fact that stroking a pet can lower blood pressure and heartbeat, and more care facilities, hospitals, day centers and caregivers are making furry, fuzzy or feathered interaction part of the daily life of people with AD.

Lynette Krambeer, Director of Staff Education at Trinity Center at Luther Park, knows this well. This facility was one of the first in Iowa to make animals available to residents daily. The Luther Park menagerie now includes three dogs-- Ember, Skylar and Earl-- as well as two cats, Paco and Lilly.

Residents love having the animals around. There are residents who can no longer recognize family

members or speak coherently who interact with the dogs and speak complete sentences to the cats. Krambeer says, "I think it's because there is no pressure or expectations with an animal. Ember doesn't mind hearing the same sentence over and over..." There has also been one unforeseen, but welcome benefit. "Sometimes it can be hard for youngsters to come to the facility to see Grandma, but the animals give everyone something to talk about and bring a comforting element to the visit," theorizes Krambeer. She says all the 4-legged employees take their jobs seriously. "By the time they go home at night, the dogs are exhausted. They understand why they are there every day, and seem to make an effort to spend time with as many residents as possible."

When introducing a pet to a person with Alzheimer's, it's best to remember:

- > Not everyone will react positively to animals. Those who owned pets previously tend to be more responsive
- > Match the animal's activity and energy level with that of the individual.
- > Don't count out other animals; birds, rabbits, ferrets and rats have all been used in therapy.

**For more information on complimentary therapies, Alzheimer's disease or caregiving, please call the Alzheimer's Association at 1-800-272-3900 or go to [www.alz.org/greateriowa](http://www.alz.org/greateriowa).**



Plans are underway for the 2007 Memory Walks, and your help is needed to make these events a success!

Are you organized and motivated? Would you like to be on the planning committee for a walk near you? There are a wide variety of tasks that need to be done, from following up with teams to distributing posters and brochures. Call the nearest Alzheimer's Association office for more information.

- Des Moines: (515) 440-2722
- Dubuque: (563) 589-0030
- Davenport: (563) 324-1022
- Burlington: (319) 208-0271



**Education Program Calendar Online**

Information on education programs, including time, date, location and a short description, is available on the Greater Iowa website, [www.alz.org/greateriowa](http://www.alz.org/greateriowa). New programs are added weekly, and interested caregivers can register on-line for most programs as well.

This website is also a valuable resource for information on research, breaking news, local events and on-line donations.





***Building a Culture of Care:  
Practical Tools***

**Alzheimer's Education Conference for Caregivers**  
**Thursday, April 26**  
**8am-4pm**  
**Convention Center- Holiday Inn**  
**6902 27th Street**  
**Moline, IL**

This conference will feature keynote speaker David Troxel, MPH, internationally known author and teacher in the Alzheimer's field. Also scheduled to speak is Dr. Robert Flowers, Geriatric Internist.

Each person with a diagnosis of Alzheimer's and related dementias has individual needs and these needs require that both professional and family caregivers respond appropriately using practical tools.

Practical tools may include, environmental adaptations, life-affirming activities, communication interventions, and medication management, all of which provide enhancement of care for the people with dementia.

For more information, call the Alzheimer's Association at (563) 324-1022.



**Imagine...A World  
Without Alzheimer's**

**A musical benefit for the  
Alzheimer's Association**  
**Sunday, May 20**  
**The Outing Club**  
**Davenport**

Join Davenport natives Greg and Tom Sauer for an afternoon of music, food and fun. The event begins at 11:30am with a champagne toast and lunch, followed by a concert of light classical favorites and contemporary songs adapted for the cello and piano.

Tickets are \$40, and participants will be transported to a world of beautiful music and etheral treats.

For more information or to reserve tickets, call the Alzheimer's Association at (563) 324-1022

THE JOHNNY ORR



**UNFOREGETTABLE  
GOLF CLASSIC**

alzheimer's  association

**Monday, June 18**  
**Thunder Hills Golf & Country Club**  
**Dubuque, IA**

- >Complimentary lunch provided by Lynch Barbeque
- >Shotgun Start- 1pm
- >Prime rib dinner
- >Live auction
- >Individual golfers and foresomes welcome!

Join former Iowa State University basketball coach and legend Johnny Orr and other tri-state area coaches for this day of great golf. Support the Alzheimer's Association while enjoying a day of golf. For more information, call (563) 589-0030.

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## New Rules for Tax Treatment of Cash Donations

There are new rules regarding the treatment of cash donations for deduction purposes. Under the Pension Protection Act of 2006 (the new law that also included the IRA Rollover provision), no deduction will be allowed for any contribution (cash, check or other monetary gift) unless the donor can provide a bank record or a written communication from the charity. The communication should include the name of the charity, date of contribution and the amount of the gift.

The new law is retroactive to the beginning of 2006. Therefore, donors will not be able to take deductions for any gift of cash in 2006, including, for example, money put in a Salvation Army kettle or church offering plate, unless they have this type of record.

In addition, the Internal Revenue Service (IRS) has announced new guidelines on how taxpayers can substantiate their contributions to charities made through payroll deduction.

For charitable contributions made via payroll deductions, the IRS is requiring two documents to

substantiate the gift and satisfy this requirement:

1. a pay stub, Form W-2 or other document furnished by the employer that sets forth the amount withheld from the taxpayer during a taxable year for the charity;
2. a pledge card or other document prepared by or at the direction of the charity that shows the name of the charity

Donors who give to local United Ways or other organizations that funnel contributions to other charities need only obtain the pledge card or other document from the United Way and not the organization(s) that ultimately received the money. In addition, tax law requires that for any contribution of \$250 or more, the taxpayer must substantiate the contribution by a written acknowledgement of the contribution by the charity.

However, fundraisers and donors also should be aware that for payroll deductions, the contribution amount withheld from each payment of wages to a taxpayer is treated as a separate contribution for purposes of

the \$250 threshold. Thus, a taxpayer who gave \$300 over the course of a year through payroll deduction would not trigger the \$250 substantiation requirement.

The new notice issued by the IRS is official, but temporary. The agency is expected to issue revised regulations in 2007, but the information above can and should be used until those regulations are effective. The Greater Iowa Chapter will provide documentation adhering to these regulations for acknowledging donations. For more information about contributions to the Alzheimer's Association, Greater Iowa Chapter, contact Development Director Lisa Stephany at 515-440-2272 or [lisa.stephany@alz.org](mailto:lisa.stephany@alz.org). This information is provided as a service and should not be taken as legal or tax advice. For information specific to you, please consult a tax advisor.

Please "recycle" this newsletter by passing it along to a friend, family member, place of worship, doctor's office or other public area.

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**24-Hour Helpline**  
**1-800-272-3900**

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**Memorials, Honorariums and General Donations received 10-31-06 to 12-31-06**

**JOSEPHINE ALONGI**

Louis Alongi

**HARLEY AMUNDSEN**

Amy Taylor, Frances Amundsen,  
Stephany Corona, Ted & Julie  
Burgmeier

**DONALD BEASON**

Alice Kool, Carla Malloy,  
Douglas State, Mary Prostine,  
Betty Dilley, Dorothy  
Beason, Steven McCann

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Weerdt, Judy Nikkel, Katherine  
Debruyne, Marie Bokhoven,  
Peggy Foard, Vickie Nikkel,  
Women Ministries

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**CAROL BOGAN**

Kay Bogan

**PAUL CONRADT**

Theresa Rubalcaba

**HILGA CORDES**

Wayne Cordes

**MARY CORMENY**

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Williams

**LOIS DUNCAN**

Deborah Wignall

**LUCILLE FLOYD**

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David & Elizabeth Bishop

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Neita Derrough

**EARL HAMILTON**

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**HENRY HAYNER**

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Judith Hayner, Nicole Durham

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**BETTY KERNS**

Becky May

**ALMA KING**

Janice Panknin

**LAVONNE KRAMER**

Dell Stark

**JETTA KUBA**

Mary Finnerty

**ANTHONY LAMANTIA**

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Prudence Lane, Ramonda  
Nicoletto

**GEORGE LEONARD**

Marjory Leonard

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Doris Burke

**ARMOND & NIRA MAGNANI**

Eric Bryan

**JAMES MALONEY**

Mildred Stokke

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Marla Vrieze, Melinda Van  
Paasschen, Rachel Fazio,  
Robert Baker, Robin Buchholz,  
Sandra Allen

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Maigaard, Patricia Artis,  
Charles & Mary Lu Maguire,  
Paul Crawford, Francis & Ann  
Riesenberg, Martha Conradt,  
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Beth Black, Helen Cresswell,  
Diane Adler, Richard and  
Joanne Liddy, Larry & Betty  
Martindale, Peter & Carol  
Curnes, Dr. Merrill & Rowena  
Evans, Diana Dugan

**SISTER MICHELLE**

**NEMMERS**

Kathy Wiederin

**CLARA NEWMAN**

Barbara Robinson, George  
Newman

**MERLIN & TAM OLSON**

Craig Olson

**ROSIE ONEY**

Bob Oney, Donna McCormick,  
Peggy Tapscott

**JAMES PARKS**

Janet Bleitz

**NORMA PETTIGREW**

A. Jeanette Mikkelsen

**POLLY PEIFFLE**

Foster Looney

**DANIEL PROFFITT**

JoAnn Lichamer

**CLARENCE "BUD"**

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Rayburn

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Garland & Martha Renegar

**MARGARET ROHWEDER**

Sue Nutt

**KAY SCHELSTRATE**

Paul & Nancy Lackey

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Cynthia Borland, Laura  
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Donaubauer, Pauline  
Ahmann, Sue  
Heidemann

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Ben & Alison Sanders

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Sidney, Lois Coppock

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Barbara Brereton

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Norma Hoch

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Julia Szabo

**CARROL TAYLOR**

Marilyn Vanzee

**BUNNY TRAUBA**

Mary Brownson-Stepien

**VERA VAN PELT**

Lois & Jean Davis,  
Sue Smith

**Memorials, Honorariums and General Donations received 10-31-06 to 12-31-06**

**BERTINA VAN WYK**

Dennis & Dorothy Walter

**THEOLA VIA**

Evelyn White

**DELORES WEBSTER**

Arvella Sneller

**LOWMAN WEST**

Fred & Marjorie Deeds

**DR. BRYCE WILSON**

Neita Derrough

**BERTHA WOODS**

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Glenda Howard, Helen O'Dea,

Linda Ingebritson,

Robert Woods

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Caroline Terrass, Diane

Anderes, Marlene Onnen,

Mary Terrass

Janet Dooley, Gregory Dowe, H.A.

Dunlap, Thomas Dvorchak, Judith

Dwyer, Joseph Eckhart, Elizabeth

Jane Brashear Circle of Kings

Daughters of Moline, William

Engler, Sue Eudaley, Richard Ewan,

Theresa Finnegan, D. Finnemore,

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Flapan, Ann Fleming, A. Ernest

Fogle, Theresa Foster, Donald &

Eleanor Freiburger, Howard Frye,

Mary Gagnon, Andrew Gangle,

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Gilbert, Donald & Janet Gillfillan,

Dennis Grizzle, Dorothy Gustafson,

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Charles Hendersin, Hal Higgs,

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Johnson, Quentin & Sandi Johnson,

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Kupris, Mrs. G.T. Lawson, John

Leachman, Frank Leiserowitz

estate, Joyce Lessard, Ron Lessard,

Michael Leuck, L. Diane Lewis,

Jane Lorimor, Robert Lounsberry,

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Robert Phillips, Frank & Cheryl

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Quandt, Dick Rabenold, Mary

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Ramsbottom, Amy Rech,

Dennis Reedy, James Register,

Frank Reigelsberger, Anna

Riepe, George Ringgenberg,

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Bill Rosebery, Harold

Rosengreen, Madeleine

Rothmayer, Kathy Ruble, Klaus

Ruedenberg, Richard Ruff,

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Becky Snetten, Stanley Speller,

Michael Sprecher, Donna

Stalter, Simma Stein, Eva

Steinmetz, Kenneth & Cindy

Stephens, William Stradt, Kay

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Verfaillie, Matilda Vermeer,

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Daniel Vos, Robert Wagner,

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Francis Wright, and Richard &

Kathy Young.

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Backstrom, Michael Bailey, Mark

Batchelder, Marlys Bernard, Alice

Beyer, Ann Black, Dr. F.D. &

Charla Boyde, Sarah Brodd, Arnold

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Ruth Brown, Vickie Brubaker, BT

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Chappell, James Christensen,

Frederick Clausen, William Cleaver,

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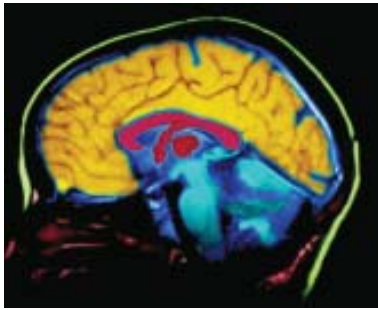
Conway, Mr. and Mrs. Dale

Crockett, Barbara Crosby, Tom

Cross, Robert Crow, Sharon Dee,

Catherine Dejonghe, Carol Diews,

Aspacia Dimitracopoulos, J. Dixon,



**New Brain Imaging Compound May Detect Alzheimer's Earlier**

In a recent small study, University of California – Los Angeles researchers isolated a chemical marker, called FDDNP, which binds to Alzheimer plaques and tangles. PET (positron emission tomography) scans using FDDNP were able to differentiate mild cognitive impairment (MCI) from normal aging and Alzheimer's disease.

The results imply that these may be three different and distinguishable states, notes the Alzheimer's Association. Although this study is very preliminary, more research is needed.

Other efforts are under way to develop better imaging techniques for use in Alzheimer's disease, including functional MRI. Addressing this issue, the Alzheimer's Association has awarded its largest research grant, \$2.1 million, to the Alzheimer's Disease Neuroimaging Initiative (ADNI) to expand the landmark, five-year study to include PET scans using Pittsburgh Compound B (PIB) – a promising imaging technology that may aid in early diagnosis.

**Memory Minders Support Group**

There are over seventy support groups in the Greater Iowa Chapter territory, dedicated to educating, supporting and reaching Alzheimer caregivers. But what about the individual with the disease? Until now, the formal support options for this population have been sparse. Surveys and studies prove that individuals in the early stages of Alzheimer's can and should be an important part of the planning process, and common conditions, such as depression, anxiety and anger, may be alleviated when persons with dementia is a partner in their treatment.

exclusively for individuals with early-stage Alzheimer's disease. Sessions are held the second Wednesday of the month from 4-5pm through April in the West Des Moines office. Participants must be aware of the diagnosis and willing to discuss the illness, for their own benefit and to assist peers. Memory Minders sessions will include personal and practical tips, memory aids, education and support. Meetings are free and open to the public, but please call the Alzheimer's Association at 1-800-272-3900 to register.

The Alzheimer's Association offers Memory Minders, a time-limited support group

**Corrections and omissions:**

In the Fall/Winter 2006 newsletter, some Memory Walk sponsors and fundraisers were inadvertently omitted from the recognition page. We extend sincere apologies to these valued supporters and thank them again for their contributions to the Greater Iowa Chapter.

**Memory Walk Silver Level Sponsors:**

- Bickford Cottage- Burlington
- EMC Insurance-Des Moines
- Northcrest Community/Heartwood House-Ames

**Burlington Memory Walk**

Top Fundraising Team:  
Klein Center- \$9,233

Top Individual Fundraiser:  
Dan Ripple- \$4,151



## Help Is Available Around the Clock

There are now more options than ever before for the Alzheimer caregiver needing advice, information or simply to talk out stress. There are the message boards and chat rooms featured on [www.alz.org](http://www.alz.org), with participation from Alzheimer's

Association Care Consultants and families. The 24/7 Helpline (1-800-272-3900) is a key source of information on the disease as well as local support and services.

## Protein in spinal fluid may spot Alzheimer's

According to a new study, protein patterns found in spinal fluid may help detect Alzheimer's. Finding these patterns, or biomarkers, is like finding a fingerprint for the disease, says Dr. Norman Relkin, associate professor of clinical neurology and neuroscience at Weill Cornell Medical College and director of the memory disorders program at New York-Presbyterian Hospital/Weill Cornell Medical Center in New York City.



In this small, preliminary study, researchers used advanced methods to examine cerebrospinal fluid from 34 people with Alzheimer's and 34 people without Alzheimer's. The scientists found a group of 23 proteins that seemed to differentiate very accurately between the people with and without Alzheimer's.

Despite their excitement over the new findings, the researchers stress that the results still need to be replicated in much larger groups of participants.

Many other scientists are working on similar diagnostic methods for Alzheimer's. Because all are early in the process, it will be several years before something may emerge as a definitive and reliable diagnostic test.

The Alzheimer's Association is committed to improving early diagnosis and early intervention in Alzheimer's disease, and advocating for increased federal research funds to help make this happen. For more information, visit [www.alz.org](http://www.alz.org) or call 1-800-272-3900.

JOHNNY AND ROMIE  
  
 ALZHEIMER'S  
 GOLF CLASSIC

## Thursday, July 26 Harvester Golf Course Rhodes, Iowa

Join former Iowa State University basketball coach Johnny Orr at the fourth annual Johnny and Romie Orr Alzheimer's Golf Classic this July. The Harvester, one of the nation's premier golf courses, will be the site of this incredible fundraising event. Individual golfers and foursomes are invited to experience:

- > Complimentary lunch provided by Lynch Barbeque
- > Silent auction with fabulous prizes
- > Hole-in-one and raffle prizes
- > Shotgun start

Registration forms will be available early summer. Get your team together and call (515) 440-2722 for more information.

## Chapter Ambassadors Program Launched

As the number of Iowans affected by Alzheimer's and related dementias continues to increase, the Alzheimer's Association strives to identify ways to reach all those who need support and information. Often families prefer talking to someone from their own community rather than a stranger in a distant office.

Thanks to the commitment of a group of volunteers, the Chapter Ambassadors program is a reality. Sponsored by a grant from The Principal Financial Group Foundation Inc., Chapter Ambassadors are a select group of representatives trained to respond to families, friends and neighbors impacted by Alzheimer's. The Ambassadors offer information about the disease, chapter services and community resources.

After training sessions in Ames and Mason City in January, Ambassadors received resource materials such as books, DVDs, videotapes and lists of support services.

For more information or to speak to a local Chapter Ambassador, please call 1-800-272-3900.



### Central Iowa Ambassadors

*Back row, left to right: Cindy Zahnd, Kim Clark, Jennifer Kern, Shirley Stakey, Phil Brown, Cindy Flugstad, Carl Evans*

*Front: Connie Severe*



### Northern Iowa Ambassadors

*Left to right: Darshini Jayawardena, Jamey Cassels, Julie Marty, Jack Musker, Katheryne Strobel, Diane Winter, Vesta Bergland, Carolyn Hobbs*

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## Call For Volunteers

Did you resolve to spend time volunteering in 2007? There are many opportunities for volunteers with the Alzheimer's Association, from answering phones in the office to speaking to community groups and attending health fairs. Information on specific needs is available at each branch office, or call 1-800-272-3900 for a volunteer form. This form is also available on our website, [www.alz.org/greateriowa](http://www.alz.org/greateriowa).



# Celebrate our Silver Anniversary: 25 Years of Progress and Hope

The Alzheimer's Association, the world leader in Alzheimer research and support, is the first and largest voluntary health organization dedicated to finding prevention methods, treatments and an eventual cure for Alzheimer's. For 25 years, the donor-supported, not-for-profit Alzheimer's Association has provided reliable information and care consultation; created supportive services for families; increased funding for dementia research; and influenced public policy changes.

The Alzheimer's Association, Greater Iowa Chapter, is celebrating the 25<sup>th</sup> anniversary of incorporation in 2007. Staff, donors and volunteers will be celebrating this silver anniversary together at a variety of recognition events. More information will be available later in 2007.



Greater Iowa Chapter

1730 28th Street

West Des Moines, IA 50266

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

www.alz.org  
800 272 3900

**MelLife Foundation**

*Working toward an Alzheimer's cure*