

## Greater Iowa Chapter News

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

Spring 2008

www.alz.org/greateriowa  
1 800 272 3900

## Keeping Persons with Alzheimer's Safe

Persons affected by Alzheimer's have special safety needs. Due to the effects of the disease on the brain, judgment, physical ability, behavior and the sense of time and place are negatively impacted. Caregivers need to take certain precautions to keep their loved ones safe in their environments.

### Safety at Home

Adapting the home environment to reduce the risks of accidents and injuries for individuals with Alzheimer's starts with a room by room assessment. The checklist on page five highlights some safety measures for the home environment.

In addition to evaluating the home and outdoor areas, be sure that there are working fire extinguishers and smoke detectors. Supervision in the use of tobacco and alcohol are imperative. Medication administration for persons with Alzheimer's should be monitored and it might be necessary to lock up medicines to avoid accidental overdose.

As Alzheimer's disease progresses, safety needs will change. Supporting those changes by ongoing evaluation of the home environment calls on the caregiving skills of creativity, problem solving and flexibility. The goal is to allow persons with Alzheimer's to live with less frustration and to experience home as a comfortable and safe place.

### Be Prepared!

That familiar motto applies to being ready for emergencies when caring for persons with Alzheimer's. The Alzheimer's Association recommends that caregivers gather important documents and keep them close at hand for emergencies. These same documents should be with caregivers if they are traveling or plan

*"Safety" continued on page four*

## Research Update

As the Director of Medical and Scientific Relations for the Alzheimer's Association, Maria Carrillo, Ph.D. has been at the forefront of many of the exciting new discoveries in the fight against Alzheimer's. Dr. Carrillo spent time in Des Moines in early April and agreed to discuss her work with the Alzheimer's Association.



Dr. Carrillo is responsible for overseeing the Scientific Grant Program, the mechanism through which the Association funds research applications. "The Alzheimer's Association receives, on average, 650 grant applications a year," said Dr. Carrillo. "We don't want to replace or replicate the work done by the NIH (National Institute of Health), but through the generosity of our donors, we are able to fill in many of the gaps that exist in research. Many top scientists report receiving their first funding from the Alzheimer's Association."

Save the Date! Dr. Carrillo will be the keynote speaker at the chapter fall conference October 16, 2008, at the Iowa Valley Continuing Education Conference Center in Marshalltown.

It's not just funding research that excites Dr. Carrillo. "The Alzheimer's Association is truly a world leader in Alzheimer research, and importantly, we have credibility with researchers, funders and scientists. As a non-partisan entity,

*"Carrillo" continued on page six*

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## Dear Friends and Supporters,

In February the Alzheimer's Association's national board of directors approved a three year strategic plan that begins on July 1, 2008. This plan represents the work of countless of volunteers, staff and people served by the Association, including individuals with dementia. The result of this intensive planning process is a nationwide plan that allows the Alzheimer's Association to speak with a unified voice to promote our vision, achieve our mission and mobilize the public to support our cause.

The plan is aggressive and visionary and includes five overarching goals:

Advancing the Association's Continuum of Care and Support - To promote and develop the full range of quality support, care, and services for individuals with Alzheimer's and their caregivers throughout the continuum of the disease, with a special emphasis on early detection.

Advancing Research - To increase both the Association's financial support of both biomedical and social/behavioral research and the collaborations in the broader Alzheimer's community to fund and facilitate greater focus on unrepresented and understudied areas of research.

Advancing Advocacy - To dramatically increase the reach, influence and effectiveness of advocacy to advance the Association's mission through improved local, state and federal policy.

Promoting Concern and Awareness of the Disease and the Association - To collaboratively increase, mobilize, and expand the level of concern for Alzheimer's disease as a nationwide movement and to dramatically increase the level of awareness of the Association as the leader in the fight against Alzheimer's disease.

Advancing Revenue Support of the Mission - To increase revenue support of the full mission of the Association in a collaborative manner from a variety of sources, and to be one of the top five voluntary health agencies in the country in private support.



Carol Sipfle  
Executive Director

## Dementia Education Preceptor Project

In 2007 the Iowa Legislature appropriated \$60,000 to be used for dementia specific education for direct care workers and other providers of long term care. The legislation required that funds enhance existing or scheduled efforts through the Iowa Caregivers Association and the Alzheimer's Association and other organizations identified as appropriate by the Iowa Department of Elder Affairs.

This legislation eventually led to the development of a unique dementia education program in Iowa. The "Dementia Education Preceptor Project," a collaborative endeavor between the Alzheimer's Association, Greater Iowa Chapter and Iowa Caregivers Association, features 24 hours of dementia education over three days. Participation was by invitation and required individuals to agree to serve as preceptors to other direct care workers in their respective facilities or settings upon completion of the program. Additionally, employers were required to support this program in several ways and to assist with evaluation of its impact on the quality of dementia care.

Classroom education was conducted at four community colleges - Des Moines Area Community College (Ankeny), Hawkeye Community College (Waterloo), Northwest Iowa Community College (Sheldon) and Southwest Iowa Community College (Creston). In each setting, up to ten participants spent four hours per day learning about quality dementia care. Following this classroom instruction, participants traveled to a nursing home to practice what they learned under the supervision of a clinical instructor. Participants also received books, DVDs and

*"Dementia Education" continued on back cover*

## Alzheimer's - Beginning the Conversation

These monthly programs are designed to address the challenges confronting families of those newly diagnosed with Alzheimer's disease. Crucial information is presented, from disease progression to programs and services that can support caregiving and maintain quality of life. (Please note, this is for caregivers only; respite funds may be available for your loved one).

### IOWA

#### Burlington

4th Tuesday, 4-5:30pm  
Alzheimer's Association  
214 N. 4th Street, Suite 2D  
319.208.0271

#### Clinton

1st Tuesday, 3-4:30pm  
Mercy Medical Center  
South Campus Boardroom  
638 S. Bluff  
563.324.1022

#### Davenport

4th Tuesday, 3-4:30  
Alzheimer's Association  
736 Federal St. Bldg. 2  
563.324.1022

#### Muscatine

2nd Tuesday, 3-4:30pm  
Senior Resources  
Upstairs Meeting Room  
1808 Mulberry Avenue  
563.324.1022

#### West Des Moines

3rd Tuesday, 4-5:30pm  
Alzheimer's Association  
1730 28th Street  
515.440.2722

### ILLINOIS

#### Aledo

4th Thursday, 3-4:30pm  
Mercer County Hospital  
Conference Room A  
49 NW 9th Ave.  
563.324.1022

#### Geneseo

3rd Thursday, 3-4:30pm  
(January, March, May, July,  
September, November)  
Geneseo Community Center  
Senior Room  
341 E. North Street  
563.324.1022

#### Kewanee

3rd Thursday, 3-4:30pm  
(February, April, June, August,  
October, December)  
Henry Seniors  
Upstairs Meeting Room  
219 W. 2nd Street  
563.324.1022

**Please call to pre-register or learn about other educational programs in your community.**

“Safety” continued from page one

to be away for any length of time. It is also essential to keep a complete set of copies in another safe location outside of the home.

- Doctors’ names and contact information
- A list of current medications and dosages
- Phone numbers and addresses of police and fire departments, hospitals and poison control
- A list of food and/or drug allergies
- Copies of legal papers (living will, advance directives, durable power of attorney for healthcare etc.)
- Names and contact information for family members and friends to notify in emergency situations
- Insurance information, social security number, Medicare or Medicaid cards

Emergencies usually require fast action. Having this information easily accessible will give caregivers time to be with their loved ones and provide them with the support so critical during emergencies.

### New Office in Fort Dodge Opens


The Alzheimer’s Association, Greater Iowa Chapter is proud to announce the opening of a branch office in Fort Dodge, Iowa. Made possible through the generous financial support of Stan and Dotty Thurston, the office is staffed by Marian Johnsen, Program and Services Coordinator.

“I am thrilled and excited to be part of the Alzheimer’s Association,” said Marian. “To be on the forefront of this wonderful opportunity to expand services and care into northern Iowa, is hard to describe. The Greater Iowa Chapter’s services and programs are invaluable for caregivers, and I look forward to providing them as well as having face-to-face meeting time with those in need.”

The Fort Dodge office of the Alzheimer’s Association is at:

1605 1st Avenue N.  
Suite 4  
Fort Dodge, IA 50501  
Phone: 515.576.4884  
24-hour Helpline: 1.800.272.3900



Nationally presented by  
Genworth Financial 

Teams are forming today for a Memory Walk near you!

To sign-up, go to [www.alz.org/greateriowa](http://www.alz.org/greateriowa), or call the information number listed here!

<u>Date</u>	<u>City</u>	<u>Information</u>
September 6	Moline, IL	563.324.1022
September 13	Creston	515.440.2722
September 13	Humboldt	515.576.4884
September 13	Manchester	563.589.0030
September 20	Clinton	563.324.1022
September 20	Marshalltown	515.440.2722
September 20	Dubuque	563.589.0030
September 27	Des Moines	515.440.2722
September 27	Bellevue	563.589.0030
October 4	Fort Dodge	515.576.4884
October 11	Burlington	319.208.0271
October 11	Ames	515.440.2722
October 25	Mason City	515.440.2722
October 25	Muscatine	563.324.1022

## Safety Checklist

### Kitchen

- Lock up cleaning supplies
- Turn off electricity to the garbage disposal
- Hide knives and other utensils
- Put away the toaster, blender and any small appliances
- Unplug larger appliances such as the microwave
- Remove knobs from stove or hook up stove to a hidden gas valve or electric switch
- Keep fire extinguisher nearby
- Clean out refrigerator regularly

### Bathroom

- Set water temperature at 120 degrees
- Install grab bars
- Apply textured decals on slippery surfaces
- Supervise the use of hairdryers, electric and hand razors and curling irons
- Remove locks from the bathroom door
- Discard dangerous items from the medicine chest

### Bedroom

- Avoid using electric blankets
- Install night lights between the bedroom and bathroom

### Garage

- Put away hand and power tools such as drills, axes, saws and picks
- Limit access to large equipment such as a lawnmower, weedwacker and snow blower
- Lock up poisonous products such as paints and fertilizers

### Throughout the home

- Disguise outdoor locks or install deadbolts
- Remove or tape down throw rugs and carpeting
- Apply colored decals to large windows and sliding glass doors
- Remove poisonous plants
- Create an even level of lighting near doorways, stairways and between rooms
- Remove objects that block walking paths

### Outdoors

- Disconnect gas grills
- Lock gates to fences

*“Carrillo” continued from page one*

we’re able to bring together experts from many different organizations and facilitate sharing and cooperation. Through our creation of two international research conferences, facilitation of a research roundtable and our new Clinical Studies Initiative, whose goal is to increase participation in clinical trials and speed development of new treatments, we continue to influence care, research and support worldwide.”


Dr. Carrillo is very excited about the state of Alzheimer research and the goal of finding a cure for the disease that affects over 5.1 million Americans today. She is also realistic about the time it takes to test potential drugs and the frustration felt by families dealing with the issues related to Alzheimer’s. “It can be difficult for caregivers to see the changes in their loved one and not have a new medication to offer, or a drug trial to enroll them in. Unfortunately, to be an effective participant in a drug trial, the study volunteer has to be able to describe what is happening to them and be able to respond to verbal and written tests, so they have to be involved in the early stages of the disease. Additionally, getting individuals on medications earlier in the disease is important, so that’s why one critical area of research focuses on earlier diagnosis.”

The reality of drug testing is that very few drugs make it through the process from initial identification through approval for marketing, or even to Phase III clinical trials. According to the Pharmaceutical Research and Manufacturers of America, economists estimate that it takes an average of 12 to 15 years to discover and develop a new medicine and, on average, it costs as much as \$800 million. On average, only five of every 10,000 compounds investigated are tested in clinical trials. Of those five, only one is ever approved for patient use. Research into finding a cure for Alzheimer’s focuses on two different theories, and there are

many potential drug therapies in stage two and three testing with the FDA (Food and Drug Administration).

Dr. Carrillo is enthusiastic about the future of Alzheimer’s research and support. “The experts don’t expect a ‘magic bullet’ type of cure. Instead, it will most likely be an AIDS or chemo-like ‘cocktail’ that will be used. The anti-amyloid approach may not be effective, so that’s why some of the other experimental drugs, including immune boosters and ketone body studies, are so encouraging.”

Dr. Carrillo firmly believes that researchers are standing on the edge of multiple breakthroughs which will change the progression of Alzheimer’s significantly.



**Pieces of My Heart**

“Pieces of My Heart” is unique jewelry, made exclusively for the Alzheimer’s Association, Greater Iowa Chapter and available for a limited time. Pins and necklaces are available for \$10 each. For more information or to order, contact the Alzheimer’s Association, Greater Iowa Chapter at 515-440-2722 or [lisa.stephany@alz.org](mailto:lisa.stephany@alz.org).

A puzzle piece represents Alzheimer’s disease as it progresses, robbing people of their memories, lives and families. Finally, one is left with only a few pieces, far too few, to put together a complete life.

The heart is the love we have for our affected friends and loved ones. It represents the hope that we will be able to help them.

All proceeds from the sale of the jewelry will support our mission to eliminate Alzheimer’s disease through the advancement of research, provide support for all affected by Alzheimer’s disease, and to promote brain health.

Memorials, Honorariums and General Donations received 10-31-07 to 3-31-08

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**Memorials, honorariums and donations listed are \$25 and above. Every attempt is made to ensure correct information, but if there is an error, please contact the Alzheimer's Association at 515.440.2722.**

## A Challenge For Our Chapter

When Stan and Dotty Thurston decided to make a significant gift to the Alzheimer's Association, Greater Iowa Chapter, they considered all the things they could do to make a real difference in the lives of people affected by Alzheimer's.

Hearing that the Chapter could more positively impact those affected by the disease if there were local staff and services available, Stan and Dotty committed \$250,000 to the Greater Iowa Chapter to expand services in Fort Dodge and southwest Iowa through new branch offices. Their gift will also support staffing for the chapter's growing public policy and advocacy efforts.

"We hope our gift will inspire others to give and support this important cause," Stan commented. Dotty added, "We understand the day to day challenges of caregivers and want to make it possible for them to have support in their journey of caregiving."

In an effort to increase the availability of services to all areas of the Chapter, the Thurston's have challenged the Greater Iowa Chapter to match their contribution for Chapter programs by raising an additional \$100,000. This additional money will expand the impact of their gift, build infrastructure to support the Chapter's expansion of services, and give others the opportunity to support the Chapter.

Please join Stan and Dotty Thurston and the Alzheimer's Association, Greater Iowa Chapter and accept this Challenge to support the Chapter and expand our services to all the areas served by the Greater Iowa Chapter.

For more information about the specific needs of the Chapter or to make a gift, please contact Lisa Stephany at 515-440-2722 or [lisa.stephany@alz.org](mailto:lisa.stephany@alz.org).

### See What's New On-Line



If you haven't visited the Alzheimer's Association, Greater Iowa Chapter website ([www.alz.org/greateriowa](http://www.alz.org/greateriowa)) in a while, stop by to see updates on local news, updated information on programs and education, as well as links to other relevant information.

**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!**



**Monday, June 16**  
Best Ball Scramble  
Thunderhills Golf Club  
Peosta, IA  
Shotgun start at 1 p.m.  
Dinner and program to follow  
\$100 per golfer  
563.589.0030

### alzheimer's association a Round to Remember™

**Saturday, June 28**  
Couples Alternate Shot  
Oakwood Country Club  
Coal Valley, IL  
Shotgun start at 3:30 p.m.  
Dinner and program to follow  
\$150 per couple  
563.324.1022

### alzheimer's association a Round to Remember™

**Thursday, July 24**  
Best Ball Scramble  
The Legacy Golf Club  
Norwalk, IA  
Shotgun start at 11 a.m.  
Lunch provided  
Appetizers and program to follow  
\$150 per golfer  
515.440.2722

**L.O.S.T. Program to Assist Wanderers in Polk County Area**

The Des Moines Police Department has partnered with the Alzheimer's Association, Greater Iowa Chapter to create a new program that will assist in reuniting families with persons who have wandered away due to memory disorder. Called Loved Ones Safe and Together (L.O.S.T.), this program enables information from the Des Moines Police Department database to be sent directly to an officer's car via an in-car computer system when a person is reported missing. Because a photograph and information is sent to the patrol car, valuable time is saved in a search situation. Currently, the program serves the Des Moines and surrounding areas of Polk county. There is no cost to enroll and the program is open to anyone with a medical condition or handicap that may cause them to wander. L.O.S.T. is not meant to replace the Alzheimer's Association program MedicAlert/Safe Return, but function as an extra layer of protection for the most vulnerable citizens. Contact the Alzheimer's Association for an application for both programs, and if you have questions, contact Sue Dwyer, Family Services Coordinator, at 515.440.2722.



*An Evening of*  
**Reflections**

alzheimer's  association

Saturday, March 15 was an evening of fantastic food and drink, art and fun during the first annual "An Evening of Reflections" celebration. Thanks to the generosity of local artists who created unique mirrors for the live and silent auction, central Iowa restaurants and wineries who brought generous sample of their wares, and enthusiastic bidding by participants, the Alzheimer's Association was able to raise \$10,000 during this event.

Thanks to the following businesses for their contributions:

- Claxon's Smokehouse & Grill
- Doll Distributing
- DuBay's
- Flying Mango
- Gateway Market
- Grape Escape Vineyard & Winery
- Cafe in the Park
- Ingersoll Wine & Spirits
- La Vida Loca Winery
- Mojo's on 86th
- Northern Prairie Chevre
- Penoach Winery
- Picket Fence Creamery
- Snus Hill Winery
- Summerset Winery
- Taste To Go Catering
- Zanzibar's Coffee Adventure

**Receive the newsletter faster...  
And help us save some \$**

If you have signed up to receive the quarterly newsletter via email, you would be reading each issue an average of two weeks before those who receive a printed copy in the mail. In addition, each copy sent via email or downloaded from our website ([www.alz.org/greateriowa](http://www.alz.org/greateriowa)) saves the Alzheimer's Association, Greater Iowa Chapter precious money used for printing and distribution. If you would like to receive the newsletter and other vital updates on research, education and events in your area via email, please email [Gale.Brubaker@alz.org](mailto:Gale.Brubaker@alz.org) or call 515.440.2722.



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to give everyone a reason to hope.

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*“Dementia Education” continued from page three*

other supportive materials for resources to be used in their work settings.

“This intensive combination of classroom instruction and hands-on experience is a unique approach to dementia care,” said Ann Riesenberg, Program Director of the Alzheimer’s Association, Greater Iowa Chapter. “We believe that allowing students to immediately apply the principles and concepts taught in the classroom to the actual care of persons with dementia will

improve the quality of that care. It is also important to have role models and resources in dementia care settings to address the challenges associated with caring for those affected by Alzheimer’s and related dementias.”

The four education programs were completed in March and participants are now sharing their new knowledge with co-workers in their respective places of work, such as nursing homes, assisted living facilities and adult day centers. In May, administrators and

directors of nursing will complete an evaluation of the program and its impact on care for persons with dementia.

The Dementia Education Preceptor Project was funded as a demonstration project and additional funding from the Legislature is unlikely. However, due to the early success of the program and community college interest in making it an ongoing program, efforts are underway to repeat the program and expand it throughout Iowa.

