

Greater Iowa Chapter News

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

Summer 2009

www.alz.org/greateriowa

24-Hour Helpline:

1.800.272.3900

KNOW^{the} 10 SIGNS

EARLY DETECTION MATTERS

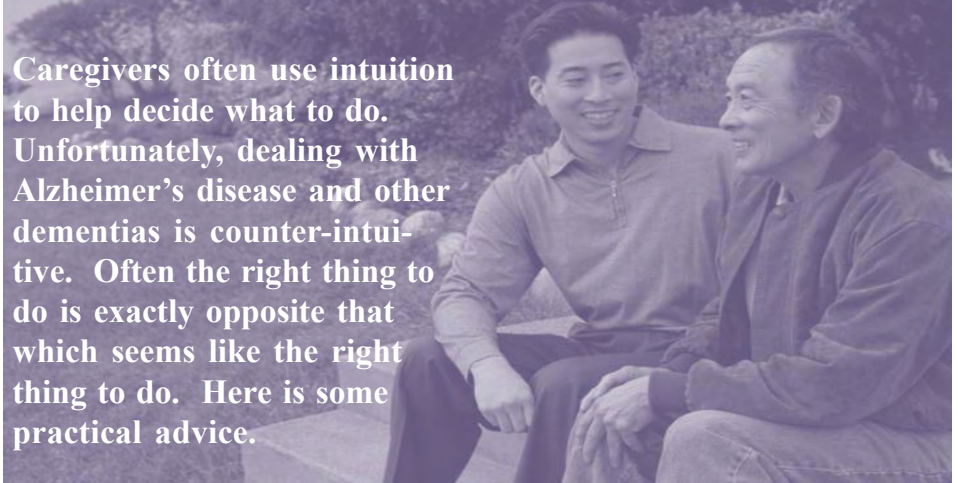
Updated warning signs help with early detection

It may be difficult to know the difference between age-related changes and the first signs of Alzheimer's. As part of its public education effort, the Alzheimer's Association has worked with a wide range group of experts to update its 10 Warning Signs of Alzheimer's to make them more current and user-friendly. The comprehensive review process included feedback from health professionals, clinicians, scientists and people with dementia.

The revised warning signs are the cornerstone of Know the 10 Signs: Early Detection Matters, the Alzheimer's Association's national early detection campaign. The signs are a key tool in promoting recognition of common changes that may facilitate early detection and diagnosis of Alzheimer's or another dementia. Early detection, diagnosis and intervention are vital because they provide the best opportunities for treatment, support and planning for the future.

10 Signs, continued on page 3

Ten real-life strategies for dementia caregiving



Caregivers often use intuition to help decide what to do. Unfortunately, dealing with Alzheimer's disease and other dementias is counter-intuitive. Often the right thing to do is exactly opposite that which seems like the right thing to do. Here is some practical advice.

Being reasonable, rational and logical will just get you into trouble.

When someone is acting in ways that don't make sense, we tend to carefully explain the situation, calling on his or her sense of appropriateness to get compliance. However, the person with dementia doesn't have a "boss" in his brain any longer, so he does not respond to our arguments, no matter how logical. Straightforward, simple sentences about what is going to happen are usually the best.

People with dementia do not need to be grounded in reality.

When someone has memory loss, he often forgets important things, such as his mother is deceased. When he is reminded of this loss, he is also reminded about the pain of that loss. When someone wants to go home, reassuring him that he is at home often leads to an argument.

Redirecting and asking someone to talk about the person he has asked about or about his home is a better way to calm a person with dementia.

You cannot be a perfect caregiver.

Just as there is no such thing as a perfect parent, there is no such thing as a perfect caregiver. Caregivers have the right to the full range of human emotions, and sometimes they are going to be impatient or frustrated. Learning to forgive a loved one as well as yourself is essential in the caregiving journey.

Therapeutic communication reduces stress.

We tend to be meticulously honest with people. However, when someone has dementia, excessive details may lead to distress, for both them and the caregiver. Does it really matter that your loved one

Strategies, continued on page 10

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Dear Friends and Supporters,

This newsletter includes information about the 10 warning signs of Alzheimer's disease. If you notice any of the warning signs in yourself or someone you know, don't ignore them. Early detection will allow the maximum benefits from available treatments, give more time to plan for the future and utilize help and support from the Alzheimer's Association.

A group of people with dementia have developed Principles for a Dignified Diagnosis based on their experiences and challenges.

- Talk to me directly, the person with dementia. I am the person with the disease and I need to know first.
- Tell the truth. Even if you don't have all the answers, be honest about what you know and why you believe it to be so.
- Test early. Helping me get an accurate diagnosis as soon as possible gives me more time to cope, plan and seek help.
- Take my concerns seriously, regardless of my age. Don't discount my concerns because I am old. At the same time, don't forget that Alzheimer's can affect people in their 40s, 50s and 60s.
- Coordinate with other care providers.
- Explain the purpose of different tests and what you hope to learn.
- Give me tools for living with this disease. I need to know what will happen to me and what support is available.
- Work with me on a plan for healthy living. Medication may help modify some of my symptoms, but I am also interested in keeping myself as healthy as possible.
- Recognize that I am an individual and the way I experience this disease is unique.
- Alzheimer's is a journey, not a destination. Treatment doesn't end with the writing of a prescription.

The Alzheimer's Association's "Alzheimer's: Beginning the Conversation" program is especially designed to help individuals who have recently been diagnosed and their caregiver. Please see a listing of programs in this newsletter, visit www.alz.org/greateriowa or call 1.800.272.3900 for more information.

Carol L. Sipfle

Executive Director

10 Signs continued from page 1

The revised list describes the following signs:

- Memory changes that disrupt daily life,
- Challenges in planning or solving problems,
- Difficulty completing familiar tasks,
- Confusion with time or place,
- Trouble understanding visual images and spatial relationships,
- New problems with words in speaking or writing,
- Misplacing things and losing the ability to retrace steps,
- Decreased or poor judgment,
- Withdrawal from work or social activities,
- Changes in mood and personality.

For more information about the updated 10 warning signs and early detection and diagnosis, contact the Alzheimer's Association at 1.800.272.3900.

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!

C.A.R.E. Award

Pharmacists play a critical role in helping as many as 5.3 million Americans living with Alzheimer's disease and their 10 million caregivers. Show your support by nominating your pharmacist for the C.A.R.E. (Commitment to Alzheimer's. Recognition of Excellence.) Pharmacy Award.

Now in its ninth year, the C.A.R.E. Pharmacy Award is presented by the Alzheimer's Association and Eisai Inc. The award is a reflection of the Eisai human health care (hhc) mission, which regards patients and their families as the most important participants in the healthcare process.

If your pharmacist wins, the Greater Iowa Chapter will receive a \$1,500 donation. Our chapter will receive another \$1,500 donation if the most nominations are received from our area.

To be eligible, a pharmacist must:

- Be licensed. Pharmacy technicians or assistants are not eligible.
- Be involved in activities that have a positive effect on people with Alzheimer's disease and their families.
- Have been involved in these activities some time during the last year.

For a nomination form and more information, visit www.carepharmacyaward.com. Nomination deadline is September 30.

Newsletter Changes

The Alzheimer's Association, Greater Iowa Chapter needs to hear from you. In the interest of utilizing funds wisely and reducing waste, we are asking readers to subscribe to our free newsletter and confirm that you wish to remain on our mailing list. You have the option to continue receiving the quarterly newsletter by print or by email. By choosing email, you will help us increase our distribution while decreasing costs and eliminating waste.

To continue receiving this newsletter, please complete the postcard inserted on this page and mail it to us by November 1, 2009. If you prefer, call 1.515.440.2722 or email GreaterIowa@alz.org and let us know which way you would prefer to receive the newsletter.


If you no longer need our newsletter, or if you have already contacted us, there's no need for you to respond. If we do not hear from you by the deadline, we will remove you from our mailing list. Thank you for your support.

Join us on



Our new Facebook page has the latest news about Alzheimer's care, research, book review, event information and much more! Go to www.alz.org/greateriowa and click on the Facebook logo. Become a Greater Iowa Chapter friend and recruit others to the cause.



Nationally presented by
Genworth Financial 



Save The Date!

Join thousands of other walkers for Memory Walk 2009!

September 12

Creston McKinley Park
Fort Dodge Friendship Haven
Muscatine Pearl City Station

September 19

Clinton Riverside Park
Dubuque Louis Murphy Park
Marshalltown Mega 10 Park

September 26

Des Moines Water Works Park
Maquoketa Little Bear Park

October 3

Moline, IL I Wireless Center
Savanna, IL Old Mill Park

October 10

Ames Brookside Park
Burlington Crapo Park
Manchester United Methodist Church

October 17

Mason City Southbridge Mall

Teams and individual walkers may now register on-line and create personalized webpages. Go to www.alz.org/greateriowa to begin.

Considering a Charitable Bequest?

Rare is the person who regrets having been truly generous or thoughtful. More likely, we are sorry for not having done more to help others when we could. But fears about the future impair our ability to be as philanthropic as we might like. How can you give away property, securities or real estate *now* if you don't know whether you or your family will need those assets later? One solution is to make gifts to charitable organizations, like the Alzheimer's Association, by means of a bequest—a gift through your will.

Following are some of the advantages. Bequests are:

Easy. Making a bequest is as simple as inserting a few sentences into your will. If you have already prepared your will, 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."

Revocable. Wills are not written in stone and can be changed at any time. Because relationships and circumstances evolve over time, your will should naturally do the same. With a bequest, you're not actually making a gift until your death. Until then, you are free to alter your plans, eliminating the worry that you must make an irrevocable commitment that you might later regret.

Versatile. Bequests can be structured in many ways. For example,

you can make a gift of a *specific* item or amount of money. You can make a gift *contingent* upon certain events, such as "I give \$25,000 to my grandson, if he is living; otherwise to [Alzheimer's Association]." You can also bequeath a *percentage* or the *remainder* of your estate after all other debts, taxes and bequests have been fulfilled.

Tax-wise. Aside from the joy achieved by leaving meaningful gifts to others, making a bequest to a charitable organization has valuable tax benefits. You are entitled to an unlimited estate and gift tax charitable deduction for bequests to qualified charitable organizations.

For more information, contact Barbara Filer, Development Director at 1.515.440.2722 or Barbara.Filer@alz.org



Livingston Saturday Night August 1

**Za Ga Zig Shrine
1100 Shriner Pkwy
Altoona, IA
7 p.m.-12:30 a.m.**

Join the Des Moines Parrot Head Club for this great event! Live music by "Too Drunk to Fish," live and silent auctions, and fun for the Jimmy Buffet fan in all of us!

For information or tickets, go to the Parrot Head website, www.desmoinesparrotheads.com. Proceeds benefit the Alzheimer's Association.

**Education
Conferences**

End of Life Decisions

Wednesday, October 21
9 a.m.-4 p.m.
Friendship Haven
420 Kenyon Road
Fort Dodge, IA

Caregivers will learn about topics related to end of life decisions and support for this very difficult time. CEUs and contact hours will be provided. Presented in partnership with the Elderbridge Area Agency on Aging.

For information, call Jodi Ricklefs at 1.515.576.4884 or email Jodi.Ricklefs@alz.org.

The Art of Caregiving

Thursday, November 5
8 a.m.-4:30 p.m.
Best Western Steeplegate Inn
100 W. 76th St.
Davenport, IA

Explore the art of learning how to be an effective caregiver. Keynote speaker Bill Bridgewater, a former business executive diagnosed with Alzheimer's at age 48, will discuss his own personal experiences living in early stage Alzheimer's. Breakout sessions covering planning and participating in activities will be featured.

Professionals: \$65
(CEUs included in registration fee)
Family caregivers: \$35

For more information, call Jerry Schroeder at 1.563.324.1022 or Jerry.Schroeder@alz.org.

Research Update

As this newsletter goes to press, participants the International Conference on Alzheimer's Disease and Related Disorders (ICAD) will be announcing research findings and presenting potentially ground-breaking findings. In 2008 over 5,000 researchers presented at ICAD, and this year's program, scheduled for July 11-16 in Vienna, Austria promises to be another lively symposium.

Amidst the excitement of ICAD, researchers will be reminded of a central truth of Alzheimer research: none of it is possible without the help of individuals with Alzheimer's who generously donate their time to participate in clinical studies. The greater the participation in clinical studies, the sooner we are likely to see treatments that slow or stop the progression of Alzheimer's disease.

To help accelerate participation in clinical studies, the Alzheimer's Association presents *The Alliance*. Produced by the Alzheimer's Disease Cooperative Study (a consortium of more than 70 Alzheimer research centers across the United States and Canada), in collaboration with the Alzheimer's Association, this newsletter provides information on studies currently seeking volunteers, explains the role of biomarkers in Alzheimer research, and introduces the Alzheimer's Disease Information Network, a nationwide information network for those interested in Alzheimer's research and treatment.

To download a copy of *The Alliance*, go to www.alz.org.greateriowa, or call 1.800.272.3900 for a copy.

Public Policy Update

The Alzheimer's Association monitors legislation and funding issues that affect Alzheimer's disease and caregiving on the state and national level. One such issue is healthcare reform. The Alzheimer's Association's position is that health care reform cannot be passed without improvements to care for persons with Alzheimer's disease. Specifically, Medicare care coordination services must include persons with Alzheimer's disease, there must be an end the Medicare 2-year waiting period for persons with disabilities under age 65 and improvement to long-term services and supports for persons with Alzheimer's.

Senator Tom Harkin (D-IA) chairs the Health, Education, Labor and Pensions (HELP) Committee's Prevention and Public Health Working Group charged with crafting the prevention and public health components of the health reform bill. The HELP committee also determines research funding at the National Institutes of Health. Unfortunately, this research funding has declined over the last six years. As a result, good science has gone unfunded, young scientists have been forced into other fields and potentially lifesaving treatments have been delayed or lost forever. The strongest voices are those of caregivers and people living with Alzheimer's, so please e-mail or call Senator Harkin and ask him to increase funding for Alzheimer's research. Senator Harkin's phone number in Washington, D.C. is 502.224.3254 or he can be reached through email at <https://harkin.senate.gov/c/index.cfm>.

Travel Safety

Vacation season is well under way and a review of some travel safety tips may be very helpful to make sure your trip is successful. Having dementia doesn't mean that you can't travel and participate in a vacation. Some thoughtful planning is required to ensure safety, comfort and enjoyment for everyone. It doesn't matter if it is a short trip to see friends or family or going a far distance, you must think about the benefit and risk of traveling. If traveling is too difficult, call the Alzheimer's Association to discuss available resources and options for caregivers, which would allow your loved one to stay home.

Travel Tips:

- Environment changes can trigger wandering. Enroll in Medic Alert +Safe Return (MASR). MASR is a nationwide emergency response service for people with dementia that wander or have a medical emergency. The enrollment phone number is 1.888.572.8566. If already enrolled, notify MASR of travel plans.
- Travel to known destinations. Try to visit places that were familiar before the onset of dementia.
- Choose the best mode of travel that provides comfort and the least anxiety.
- Plan a trip where emergency health and pharmacy services are available.

- Keep travel plans simple. Plan short trips and avoid multiple stops.
- If you are staying in a hotel or using an airline, inform staff ahead of time of your special needs. Some require at least 48 hours notice for assistance.
- Ask for help if needed.
- Have a backup plan in case you need to change your trip unexpectedly. You may need to buy traveler's insurance if you have booked flights or hotels.
- Create and keep an itinerary that gives details for your trip, include each destination. Give copies to family members or friends and designate an emergency contact at home.
- Travel during the time of day that is best. Late afternoon may increase anxiety and agitation and should be avoided.
- Have a bag packed and with you at all times. It should include medications, updated medical information, emergency contacts, a photograph of your loved one, photocopies of important legal documents, a change of clothes, activities, water and snacks.
- Allow time for rest periods, don't over-schedule. Contact the Alzheimer's Association to check on local services at your destination.
- If visiting friends or family, prepare them by discussing dementia and the changes it may have caused. Review special needs and explain that the visit may be cut short, if needed. Ask your host to label, with signs, important areas, such as the bathroom and bedroom.
- Keep your routine as normal as possible. Bathing and eating times should be similar as home. Avoid crowded restaurants.
- Recognize warning signs of anxiety and agitation.
- Do not move too quickly or appear hurried.
- Do not overload your loved one with too much information or too many directions.
- Do not argue, speak calmly and practice therapeutic communication.
- If traveling by airplane, avoid scheduling flights with a short connection.
- Ask about airport escort services to assist you to get from place to place.

The Alzheimer's Association's toll-free Helpline number, 1.800.272.3900, will connect you to the nearest chapter, regardless of where you are in the United States. Keep this number handy in case of emergency.

Memorials, Honorariums and General Donations received 3-31-09 to 6-15-09

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www.alz.org/greateriowa

For frequently updated information and schedules for support groups, education programs and event information.

 **Community Health Charities**[®]
Iowa
WORKING FOR A HEALTHY AMERICA

Celebrate and Share



Are you looking for a way to share your joy and good fortune with others? Make a donation to the Alzheimer's Association to honor your guests at your wedding, to make a birthday or celebrate any special occasion.

The Alzheimer's Association, Greater Iowa Chapter, welcomes the opportunity to work with you to design a unique, meaningful way to inform your guests of your thoughtful donation. From personalized placecards at each chair, or a picture of your loved one and a short poem, our graphic designer will work to create a beautiful document ready to be printed on your choice of paper by your printer.

For more information, contact Gale Brubaker at 1.515.440.2722 or email Gale.Brubaker@alz.org.



24-Hour Helpline
1.800.272.3900

Alzheimer's...Beginning the Conversation

Regular series of education programs designed to assist and educate caregivers of those recently diagnosed with Alzheimer's or a related dementia. Please register by calling 1.800.272.3900.

July 21
4 p.m.-5:30 p.m.
Alzheimer's Association
1730 28th Street
West Des Moines, IA

July 21
10 a.m.-11:30 a.m.
Alzheimer's Association
1000 N. Roosevelt Avenue, Suite 8
Burlington, IA

July 23
11:30 a.m.-1:30 p.m.
Alzheimer's Association
5900 Saratoga Plaza
Dubuque, IA

July 23
3 p.m.-4:30 p.m.
Mercer County Hospital, Room A
49 NW 9th Avenue
Aledo, IL

August 13
2:30 p.m.-4 p.m.
Alzheimer's Association
1605 1st Avenue North, Suite 4
Fort Dodge, IA

August 18
4 p.m.-5:30 p.m.
Alzheimer's Association
1730 28th Street
West Des Moines, IA

August 20
3 p.m.-4:30 p.m.
Henry Seniors, Upstairs Mtg. Room
219 W. 2nd Street
Kewanee, IL

August 25
3 p.m.-4:30 p.m.
Alzheimer's Association
736 Federal St., Bldg. 2
Davenport, IA

September 8
3 p.m. - 4:30 p.m.
Senior Resources
1808 Mulberry
Muscatine, IA

September 10
2:30 p.m. - 4 p.m.
Alzheimer's Association
1605 1st Avenue North, Suite 4
Fort Dodge, IA

September 15
4 p.m.-5:30 p.m.
Alzheimer's Association
1730 28th Street
West Des Moines, IA

September 22
10 a.m.-11:30 a.m.
Alzheimer's Association
1000 N. Roosevelt Avenue, Suite 8
Burlington, IA

September 22
11:30 a.m.-1:30 p.m.
Alzheimer's Association
5900 Saratoga Plaza
Dubuque, IA

Strategies, continued from page one

thinks she is the volunteer at the day care center. Is it okay to tell your loved one that the two of you are going out to lunch and then “coincidentally” stop by the doctor’s office on the way home to pick something up as a way to get her to the doctor?

Making agreements doesn’t work.

If you ask your loved one not to do something ever again, or to remember to do something, it may soon be forgotten. For people in early stage dementia, leaving notes as reminders can sometimes help, but as the disease progresses, this may not work. Taking action, rearranging the environment, rather than talking and discussing, is usually a more successful approach. For example, getting a teakettle with an automatic “off” switch is better than warning someone multiple times of the dangers of leaving the stove on.

Doctors often need to be educated by you.

Telling the doctor what you see at home is important. The doctor can’t tell during an examination that your loved one has been up all night pacing.

You can’t do it all. It’s OK to accept help.

When people offer to help, the answer should always be YES. Have a list of things friends can do to help you, whether it’s bringing a meal, picking up a prescription, helping trim the roses or staying with your loved one while you run an errand. This will reinforce offers of

help. It’s harder to ask for help than to accept it when it’s offered, so don’t wait until you “really need it” to get support.

It is easy to both overestimate and underestimate what your loved one can do.

It’s often easier to do something for our loved ones than to let them do it for themselves. However, if we did it for them, they will lose the ability to be independent in that skill. On the other hand, if we insist individuals do something for themselves and they get frustrated, we just make our loved ones agitated and probably haven’t increased their abilities to perform tasks. Not only is it a constant juggle to find the balance, but be aware that the balance may shift from day to day.

Tell, don’t ask,

Asking “what would you like for dinner?” may have been a perfectly normal question at another time. But now we are asking our loved one to come up with an answer when he or she might not have the words for what they want, might not be hungry, and even if they answer, might not want the food when it is served after all. Saying “we are going to eat now” encourages the person to eat and doesn’t put them in the dilemma of having failed to respond.

It is perfectly normal to question the diagnosis when someone has moments of lucidity.

One of the hardest things to do is remember that we are responding to a disease, not the person who once

way. Everyone with dementia has times when they make perfect sense and can respond appropriately. We often feel like that person has been faking it or that we have been exaggerating the problem when these moments occur. We are not imagining things, they are just having one of those moments to be treasured when they occur.

Adapted with permission of Family Caregiver Alliance. For more information, visit www.caregiver.org or call 1.800.445.8106.

For more caregiving tips or information on Alzheimer’s and related dementias, please go to www.alz.org/greateriowa or call 1.800.272.3900.

“Jump” A Joy!

Over 200 guests watched world-class equestrian athletes at the Jump For Memory Grand Prix Sunday, May 17. This inaugural event, held at the Maffit Lake Equestrian Center in Cumming, Iowa, raised \$13,600 to benefit the programs and services of the Alzheimer’s Association.

Special thanks to sponsors Wellmark Blue Cross & Blue Shield, Healthways, Catalyst Rx, CareNet, The Health & Wellness Institute, Sodexo, and The Maffitt Lake Equestrian Center, LLC.

Additional recognition goes to Peter and Shirley Roberts, Wayne Tudor and his staff from Sodexo/Wellmark, as well as the entire Megan Temme family. The 2010 Jump For Memory Grand Prix is scheduled for May 23.

Education Programs

For program description and updated offerings, go to www.alz.org/greateriowa. Register for programs by calling 1.800.272.3900.

July 16 5:30 p.m.-8 p.m.

Alzheimer's...An Overview

Viola Presbyterian Church
Route 17
Viola, IL

July 21 11:30 a.m.-1 p.m.

Maintain Your Brain

Senior Star at Elmore Place
4500 Elmore Avenue
Davenport, IA

July 23 3 p.m.-4:30 p.m.

Especially for the Alzheimer's Caregiver

Alzheimer's Association
736 Federal Street, Bldg. 2
Davenport, IA

July 23 5:30 p.m.-8 p.m.

Communication Tips

Viola Presbyterian Church
Route 17
Viola, IL

July 23 4 p.m.-5:30 p.m.

Especially for the Alzheimer's Caregiver

Alzheimer's Association
1730 28th Street
West Des Moines, IA

July 28 10 a.m.-11:30 a.m.

Partnering with your Physician

Henry County Health Center
Conference Room A-1
407 S. White Street
Mt. Pleasant, IA

July 30 5:30 p.m.-8 p.m.

Legal and Financial Issues

Viola Presbyterian Church
Route 17
Viola, IL

August 4 1p.m.- 2:30 p.m.

Alzheimer's...An Overview

First Christian Church
206 Washington Avenue E.
Albia, IA

August 6 Noon-1:30 p.m.

Difficult Symptoms

Keokuk Area Hospital Conf. Room
1600 Morgan Street
Keokuk, IA

August 18 10 a.m.-Noon

Caring for Difficult Symptoms

Alzheimer's Association
1000 N. Roosevelt Avenue, Suite 8
Burlington, IA

August 19 5:30 p.m.-8 p.m.

Alzheimer's...An Overview

Geneseo Community Center
541 E. North St.
Geneseo, IL

August 25 10 a.m.-11:30 a.m.

Alzheimer's... An Overview

Rodeway Inn
1100 N. Grand
Mt. Pleasant, IA

August 26 5:30 p.m.-8 p.m.

Communication Tips

Geneseo Community Center
541 E. North St.
Geneseo, IL

August 27 5:30 p.m.-8 p.m.

Communication Tips

Intouch Adult Day Center
4011 Avenue of the Cities
Moline, IL

“Alzheimer's...Beginning the Conversation” schedule may be found on page nine.



“The Alzheimer's Project” Viewing Opportunities

The public is invited to view two segments from the recent groundbreaking HBO series “The Alzheimer's Project.” All viewings listed below are open to the public and free of charge, but please register by calling 1.563.324.1022.

Location:

Senior Star at Elmore Place
4500 Elmore Avenue
Davenport, IA

Dates and times:

Tuesday, August 4
11:30 a.m.-1 p.m.

Thursday, August 6
5:30 p.m.-7 p.m.

The Memory Tapes and Maria Shriver's **What's Happening with Grandpa** will be presented simultaneously. Lunch or light snacks will be provided.

The full series can be seen at www.hbo.com/alzheimers or borrowed from a Greater Iowa Chapter office.

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to give everyone a reason to hope.

www.alz.org
800 272 3900



Bands of Hope

The Alzheimer's Association, Greater Iowa Chapter has a limited number of Bands of Hope available for \$2 each. Made from high-quality silicone, these purple bracelets are a reminder of the researchers working on a cure and the people who spend each day caring for a loved one with Alzheimer's.

Get your Band of Hope today by calling 1.800.272.3900. All proceeds will support programs and services offered by the Greater Iowa Chapter.