

Greater Iowa Chapter Newsletter  
Published quarterly for our donors, volunteers, advocates  
and friends in the Alzheimer community

Fall/Winter 2004  
[www.alz.org/greateriowa](http://www.alz.org/greateriowa)  
1 800 272 3900

## Johnny and Romie Orr Alzheimer's Golf Classic

The first annual Johnny & Romie Orr Alzheimer's Golf Classic was held Thursday, September 2, 2004 at the beautiful Harvester Golf Club in Rhodes. Sponsored by Care Initiatives, this fundraising event

### JOHNNY AND ROMIE ALZHEIMER'S GOLF CLASSIC

was a hole-in-one success, with 132 golfers enjoying the beautiful facilities, delicious lunch and dinner, and valuable raffle prizes. Romie and Coach Orr were delighted to learn that over \$139,000 was raised for programs and services in the Greater Iowa chapter service area. Thanks to our hole sponsors, Allied Insurance, C. Mac Chambers, Gary Lynch BBQ, Harris Motor Sports, Hot Springs Spa, HyVee, Iowa Care Pharmacy, Kum & Go, LaSalle Bank, Regency Homes, Stivers Lincoln-Mercury, Stroke Detection Plus, WOW-FM & Putting Green Sponsor, The Weitz Company.

The 2005 Orr Golf Alzheimer's Classic is scheduled for Thursday, September 1. For information on sponsorship opportunities or participation, please call (515) 440-2722 or 1-800-272-3900.



## We're Back on the Web!

Our website, [www.alz.org/greateriowa](http://www.alz.org/greateriowa), is new and improved, with more information, easier contact information for staff members, and a much easier design to navigate. Read past newsletters, learn about the different types of dementia, and find a support group near you. Sincere thanks to volunteer Paul Kuempel, who spent countless hours on design and content.

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GREATER IOWA CHAPTER  
1130 28th Street  
West Des Moines, IA  
50266

HOME | NEWS/EVENTS | OUR CHAPTER | ABOUT ALZHEIMER'S | OUR SERVICES | HOW YOU CAN HELP | CONTACT US

**OUR MISSION: People & Science**  
Our mission is to help people live better lives with Alzheimer's disease. We do this by providing information, support, and advocacy. We also work to advance research and care for people with Alzheimer's disease.

**24-HR Support Line**  
• Care consultations  
• Multi-language help  
1-800-272-3900

**Eats Return Service**  
Help for individuals who may be unable to eat because of Alzheimer's disease.

**What you can do**  
Join us for our 33rd Anniversary Celebration  
Where: September 12, 2004  
Click here for more details.  
Click here to RSVP.

**Highlights**  
**memory walk**  
Our national walk-a-thon is almost over! Help us raising millions of dollars for Alzheimer's disease.  
Click here for information, dates and price.

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This holiday season, send a message that says you care.  
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## From our President ...

Fall is the busiest time of the year for our Chapter. We had our 1st Annual Golf Tournament, eleven Memory Walks and our Annual Education Conference in a short eight week period. It is truly amazing what our Chapter staff and volunteers can accomplish in such a short period of time!

On November 5th, I attended the first Assembly meeting for the National organization. A representative from

each Chapter Board from across the nation met in Chicago to provide critical feedback to the Board for the National organization. I am very excited about working towards better aligning our Chapter's and National's goals to become a more cohesive organization. I will be providing details of this meeting in our next newsletter.

Tom Cross

## From our Director ...

Dear Friends,

You will quickly notice from the articles in this newsletter that the last few months have been a whirlwind of activity for the Alzheimer's Association. As we enter the winter months, we now have the opportunity to slow the pace and reflect on our mission, which is to *enhance care, support and education for individuals, their families, caregivers and communities and to eliminate Alzheimer's disease through the advancement of research.*

While it may not be evident from our mission statement, advocating for new laws and improvements to existing laws is an important strategy to support our mission. As an organization, we support public policy initiatives that are aimed at improving care for nursing home residents with dementia, including enhancing education for direct care workers. We support the expansion of home and community-based services for people with dementia. We encourage public and private organizations to collaborate to avoid confusing and duplicative services. We urge Iowa lawmakers to explore new ways of financing long-term care and to create plans to meet

the increasing demands for services that will accompany the aging of the baby boom generation.

On a federal level, the Alzheimer's Association supports legislation to increase funding for Alzheimer's research. We also favor proposed legislation that creates tax credits for family caregivers. Finally, we endorse new initiatives by the federal government to create public education campaigns to maintain brain health.

Advocating for public policy initiatives is one way you can make a difference. If you would like to be added to our list of advocates, please contact our office at 1-800-272-3900 and you will be included on an email distribution list. You will receive updates and action alerts with information on how and when to voice your support for public policy initiatives consistent with the mission of the Alzheimer's Association.

Sincerely,

Carol Sipfle  
 Executive Director

## Fun-Raising Events!

This year, several groups worked to raise money for the Greater Iowa Chapter by holding creative, unique and fun fundraising events.

### Des Moines Parrot Head Prom

The Parrot Head Club, fans of Jimmy Buffet and his musical messages, decided to go all out on Saturday, September 18th and hold a Prom in Des Moines! More than 200 Parrot Heads from all over the Midwest flocked to the Holiday Inn on Merle Hay Road for an evening of live music, appetizer buffet, coronation of a King and Queen, and live auction that had participants enthusiastically bidding for one-of-a-kind donated items. The theme for the evening could be described as "formal with a Margaritaville twist"- tuxedos with feather boas and Hawaiian shirts, ball gowns covered with parrot appliques—all keeping with the theme of "Growing Older But Not Growing

Up". After the music ended, the colorfully dressed Parrot Heads discovered that they had raised \$3,900!

### Sigma Kappa Sorority

Friday, September 17 was a special evening at the Sigma Kappa house at Iowa State University in Ames. The young ladies rolled up the rugs, prepared pasta dinners and escorted 30 guests to their first ever "A Night To Remember- Senior Citizen's Prom". The evening of dinner and dancing was capped off by presentation of hand-made picture frames, perfect for the photos of the guests who came from as far away as South Dakota, Illinois and St. Louis for this event. Sigma Kappa philanthropy chair Mary Henkel thought of this unique evening, and explained "I just wanted to do something that would benefit the chapter and help the others see how fun it is raising money." Thanks to the efforts of the Sigma Kappas,

\$700 was raised for the Alzheimer's Association!

### Brown Family Garage Sale

The Brown family has supported the Ames Memory Walk ever since the first year, but this year, Pam Brown decided she wanted to do even more. Pam, husband Phil and many other family and friends had a huge garage sale late this summer, with all the proceeds going to the Alzheimer's Association. Said Phil, "The garage sale performed two functions, first to raise money for our Memory Walk team, but more importantly for Alzheimer's outreach. It was scary having people come to the sale asking for help/advice, but it was very satisfying to be able to help them." The Brown family raised \$2,000, and designated \$400 to pay for Safe Return applications in Boone County.

## Research Update

### Walk for Your Health!

Older adults who walk the most have a lower risk of dementia and intellectual decline, according to two studies in the Sept. 22/29 Journal of the American Medical Association.

"Previous studies have linked greater physical activity to reduced risk of dementia, but it hasn't been clear which activities might be protective or whether low-intensity exercises like walking have any benefit," says William H. Thies, Ph.D., Alzheimer's Association Vice President, Medical and Scientific Affairs. "Now, reports from two highly respected, long-running population studies suggest that walking may help maintain your brain."

Part of the Honolulu-Asia Aging Study looked at the effect of walking in more than 2,200 men who were 71 to 93 years old and physically able to walk. Those who walked less than one-quarter mile a day had nearly twice the risk of dementia as those who walked more than two miles each day. Men who walked between one-quarter and one mile had a 71 percent greater risk of dementia than the two-milers.

## Burlington Office Now Open!

The Greater Iowa Chapter is pleased to announce that there is once again a branch office in Burlington, providing services and support in southeast Iowa. Michelle Kelman is the new Program Specialist. Most recently, Michelle was the Director of Social Services with Rosebush Gardens Health Center in Burlington. Prior to that, she was a substitute teacher and program coordinator and instructor with West Plains School district in Missouri. The Burlington branch office address is: 214 N. 4th Street, Suite 2D, Burlington, IA 50261. Michelle can be reached at (319) 208-0271 or by calling the 24-hour Hotline at 1-800-272-3900.

**The 24-hour helpline is  
just a call away.  
1-800-272-3900**

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## Calendars and Notecards

The artwork featured in this special calendar is a result of an art project developed by the Dubuque branch office of the Greater Iowa Chapter. Persons with dementia created each picture in this calendar. The goals of the "Brushstrokes from the Soul" Art



Project are to raise public awareness about Alzheimer's disease and related disorders, and to bring joy and dignity to those suffering with dementia through failure-free visual art activities. Calendars may be purchased for \$10.

Note cards are a meaningful addition to any correspondence, and a box of 10 cards and envelopes is \$5.

These calendars and note cards are available from the Dubuque office (563-589-0030) and West Des Moines office (515-440-2722 or 1-800-272-3900).

## 20th Anniversary Celebration

Friday, November 12 was an evening of music and memories at the Isle of Capri in Bettendorf, as 130 individuals helped celebrate the 20th anniversary of the Alzheimer's Association in the Quad Cities.

This festive event, "An Evening of Musical Memories", featured a cocktail reception, dinner and dancing. The highlight of the evening was the recognition of the two women who founded the office, Sister Carolyn Walters and Josephine Lindquist. Sister Carolyn was on hand to receive her recognition. Carol Siple, Greater Iowa Chapter Executive Director, read a letter from Josephine Lindquist, who could not be at the event.

In addition, the Greater Iowa Chapter recognized Denise Heinrichs, who has been involved with the office since the first informational meeting. Denise shared her personal experiences as a caregiver and as a part of the Alzheimer's Association.

Thanks to the planning committee and our event sponsors:

**Silver level:**

Novartis & Pfizer, Inc.

**Bronze Sponsors:**

Friends of the Alzheimer's Association

John Deere

Mutual Med., Inc.

Vera French Community Mental Health Center

## Brushstrokes Art Show

The Dubuque branch office presented the 1st Annual "Brushstrokes From the Soul", a very special art show and silent auction featuring selected works created by person with dementia, Sunday, November 14 at Dubuque Bank & Trust. On display were one-of-a-kind paintings created by participants from Stonehill Adult Center and Weland Gardens at Sunset Park Place, as well as calendars and note cards.

Mary McNally, Program Specialist, explained that this art program has several positive outcomes. "With dementia, there is so much that people lose, such as the ability to remember, to function as they once did, but through the art, they were able to express their feelings, their thoughts,

without fear of failure or judgment." Another element of this program was the contributions of students from Washington Junior High School, and children of volunteers and staff members who worked weekly with the artists. McNally stated, "The connection between the children and the elderly was moving. Children tend to handle this disease much better than adults. Children don't seem to have the same expectations as adults, and they are more relaxed."

The Dubuque office is planning on expanding the Brushstrokes program in 2005 by adding two additional adult day facilities and working towards making this a chapter-wide program.

## Maintain Your Brain!

There are many things that can be done to keep the brain healthier as we age. While there is no guaranteed way to prevent a decline in brain function, emerging evidence suggests important things that baby boomers and well seniors can do to preserve brain health and improve vitality. Based on results from research studies evaluated by senior staff and advisors from the National Alzheimer's Association, a campaign has begun to help "Maintain Your Brain". An hour-long program has been developed to describe the ways the aging

process affects the brain and how brain health is connected to the heart. This program also discusses the influence of social connections and emotional health on the brain.

Make a New Year's resolution to attend a program on keeping your brain healthy! The first program is scheduled in the West Des Moines office, January 12, 2005 from 6:30pm-7:30pm. Watch for additional programs on this topic scheduled this spring throughout the Greater Iowa Chapter service area.

## Day of Learning

The 2004 Greater Iowa Education Conference was held Wednesday, October 13 at the HyVee Conference Center in West Des Moines. Titled "Alzheimer's...At the End of the Journey", this daylong learning opportunity was designed for caregivers of persons with end stage dementia. Presenters Patricia Lane and JoAnne Panke examined quality dementia care for those in the terminal stage of the disease.

Over 200 health care professionals, representatives from senior services agencies, and family members listened to the presenters as they discussed quality dementia care for those in the end stage of the disease. Ways to meet physical,

emotional and spiritual needs for those nearing death with dementia were discussed. Ethical issues and family/staff caregiver strains and support strategies were also presented.

The Chapter's Stand By You awards were presented during lunch, then conference participants were thrilled by former Iowa State coach Johnny Orr and his vibrant wife Romie, as they discussed their family's fight against Alzheimer's disease, along with some lighter moments of their experiences with Romie in the early stage. The Orr's were visibly moved by the standing ovation they received after their



*Caregivers received valuable information on Alzheimer's disease.*

remarks, and participants went home revived and ready to support their patients, family and friends.

## Chapter News

Congratulations to the Dubuque branch office for receiving two grants for respite assistance. The grants were \$7,000 from the Wahlert Foundation, and \$1,050 from The Community Foundation of Greater Dubuque. Thank you to both these organizations for your support!

**If you're finished with this issue, please take it to a friend or doctor's office, rather than throwing it away. You may provide the help someone is looking for! If you no longer wish to receive our newsletter, please call 1-800-272-3900 to be removed from our mailing list.**

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## Stand By You Awards

These awards are presented to individuals who have demonstrated outstanding care, respect and compassion to individuals living with Alzheimer's disease. Co-workers and family members nominated the 2004 winners.



**Jeanne Silvers**  
Adult Day Care



**Janis Mosley**  
Home Health Worker



**Jason Hart**  
Nursing Facility



**Helen Biller**  
Family Caregiver



**Joseph Sempambo**  
Nursing Facility



**Dr. Ben Collins**  
Physician

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# memory walk'04™

Taking steps to end Alzheimer's

## Des Moines

Our first walk at Water Works Park was a rousing success! Over 550 walkers came out on a brisk morning and enjoyed food from HyVee, balloon animals made by volunteer Denny Glick, bounced on huge inflatable games donated by the Entertainment Group and Keith West, and had their pictures taken with co-chairs, Johnny & Romie Orr! After the 1.6 mile route through the park, walkers refreshed themselves with juice bars from Blue Bunny. After all the fun was over, we raised over \$98,000! The top individual fundraiser was David Bailie with \$7,957, Top Team for the 2nd year in a row was Team WLYS, who raised \$4,083. Thanks to the volunteers and committee members who worked for over 7 months to make this Walk such a success!

Thanks to our sponsors, including the Press Citizen, KDSM, Lite 104.1, American Republic Insurance, Banker's Trust, Bickford Cottage of West Des Moines, Bishop Drumm, Care Initiatives, Commercial Federal Bank, DeChant-Middendorf Insurance, Homesteader's Life Company, Hubbell Realty, Iowa Methodist Medical Center, Luther Care Services, Mercy Medical Center, NCMIC Group, Pella Corporation, Riverview Care Center, The Life Center, Townsend Engineering, and Waddell & Reed.



## Ames

Not only do the people of Ames support a wonderfully successful walk, they have a great time doing it as well! Thanks to the planning committee and the ladies of Sigma Kappa sorority, who donated their time and efforts to raising over \$14,300 this year! The top team was C.A.T. (Coping With Alzheimer's Together). Led by Shirley Stakey, the top individual money raiser, this family team raised \$3,548! Thanks to sponsors: Heartwood House, Mary Greeley Medical Center, McFarland Clinic, Madrid Home, Ames Tribune and KASI.

## Fort Dodge

Once again, Memory Walk was held as the kick-off event for the Fall Fest celebration downtown, and once again, the teams from Friendship Haven and the Messenger stepped up and delivered! Walkers of all ages helped raise \$1,300 and awareness of services for people living with Alzheimer's disease in northwest Iowa. Thanks to volunteers Diane Rollins, Kathy Thorson, and Friendship Haven for sponsorship.



## Humboldt

This is the little town that could! Volunteer Maria Olson and the folks at Humboldt Care Center North really helped spread the Memory Walk Message all over town, and through bake sales, garage sales, special t-shirts and other fundraising events, \$3,700 was raised at this first-time event! Almost 80 walkers came out and made a statement in their bright yellow shirts, designed and sold by Care Center North. They are looking forward to even bigger and better things in 2005!

## Mason City

This was another first-time walk that really showed how much Iowans care about their friends, family and neighbors. Held at Southbridge Mall, the walk attracted over 60 people who enjoyed coffee and donuts from HyVee while examining the Avenue of Memories, flags decorated to honor and remember family members with Alzheimer's disease. With a goal of \$2,500, participants were thrilled to hear they had raised \$3,022! Thanks to sponsors KIMT and the Globe Gazette, and congratulations to the top fundraisers, Mary Harle with \$392.50 and Diane Winter, who raised \$283!

## Dubuque

The Dubuque Memory Walk was the biggest and best walk ever!!! The fundraising goal for the Dubuque Walk was \$90,000 and to-date we have over \$91,000 in hand with more money still expected with company-matches still being processed. Thanks to our most-loved, ever-popular Celebrity Co-Chairs, Johnny and Romie Orr, for making the Walk a success. We had a record 57 teams participate in this year's walk raising over \$57,000. Our top individual fundraisers included: Mary Jean Uptegraph - \$2,755 (Mary Jean took home the beautiful chair donated by Flexsteel); Cindy Willenborg - \$ 1,780; Cathy Jackson - \$ 1,521.50; Donna Wahlert - \$ 1,330; Marian Connelly - \$ 1,204 and Karin Loukinen - \$1,000. Top Corporate Team (for the fourth year in a row) was the Mount Carmel Team raising \$6,163+. Top Family Team (for the second year in a row) was the Alan Jackson Family Team raising \$ 3,507.



Thank you to the many volunteers who helped make the day a success. A special thank you to the committee chairs: Rosemary Cronin and Janet Marxen (Steering Committee), Todd Link (Corporate Sponsorship), Betty VandenHeuvel and Joni McKay (Prize Committee), Fran Ouderkirk (Logistics), Jane Jackson (Walker Recruitment), Candi Kremer (Forget-Me-Nots), Scott Brondyke, Jan Northouse and Kim Adams (Registration) and Paula Lange (Food).

Thank you to our Major Corporate Sponsors: Luther Manor, Diamond Jo Casino, Theisen's Home-Farm-Auto, Oak Park Place, Mercy Family Pharmacy, Mercy Medical Center, Finley Hospital, American Trust & Savings Bank, Dubuque

Bank & Trust, Home Instead Senior Care, Galena-Stauss Hospital, Spahn & Rose Lumber Company, McDonald Manufacturing, Medical Associates and Tricor Insurance & Financial Services. Thank you to our Major Media Sponsors: KAT-FM, KDTH, KGRR, Mediacom, Lamar Advertising and 101.1 The River. Thank you to Community Media Sponsors: The Dubuque Advertiser, Telegraph Herald, Cumulus Broadcasting and KDST Radio. Most importantly thank you to all participants...the continued success of the Dubuque Memory Walk is because of all the walkers who have supported the work of the Alzheimer's Association over the past nine years. Thank you!!





## Jackson County (Bellevue)

The Jackson County Walk experienced great success this year raising just shy of \$7,400! There was a fantastic turnout at this year's Memory Walk and all will agree that it was enjoyable morning. A HUGE thank you to our Celebrity Chair, Miss Iowa Carolyn Nicholas! She was a wonderful celebrity chair and even agreed to sign the National Anthem with the HOSA students from Maquoketa High School. Top fundraiser for the Jackson County Memory Walk was Donita McCloy raising \$517. Top team was Team Stop CRS (Can't Remember Stuff) raising over \$1,400. Special thank you to the Jackson County Memory Walk Planning Committee: Ron and Joan Delagardelle, Anita Pleiser, Diane Ploeger, Margie Reed, Pat and Donita McCloy and Pam Schoenthaler. You all do such a super job! Thank you to our major sponsors: Osterhaus Pharmacy, FOE Aerie #3866 of Maquoketa, Iowa and KMAQ Radio. Thank you also to the ABATE Club for having a motorcycle run to benefit the Jackson County Memory Walk. Plan on joining us for next year's Jackson County Memory Walk in Maquoketa.

## Fort Madison

From a soup supper which raises hundreds of dollars to other events, the Fort Madison/Burlington Memory Walk has become a wonderful county-wide event. This year, nearly 40 individuals joined together to raise \$2,400 and awareness of the Alzheimer's Association at the same time.

## Savanna, Illinois

Despite the chilly morning, the Carroll County Memory Walk was HOT! This year's Memory Walk brought in a record-setting \$ 5,376 (their goal was to raise \$3,500...WAY TO GO!!). Around 40 people walked laps around beautiful Old Mill Park in honor of those suffering from Alzheimer's disease and other related disorders. Top fundraisers included Bryan and JoEllen McCaskey, Sandi Harper, Glenn Blacklock, Ruth Soppe and Tim Stephens. Hats off to the Carroll County Memory Walk Chair, JoEllen McCaskey for another wonderful Memory Walk! Thank you to the major sponsors: Big Meadows, General Medicine, PC - Dr. Devaraj, Sullivan Foods, Savanna Station, Savanna Super 8, House of Events, WCCI Radio, Prairie Advocate, Mount Carroll Mirror Democrat, Savanna Times Journal and the Northwest Illinois Dispatch. Most importantly, thanks to all the participants for helping make this the most successful Carroll County Memory Walk ever!!!



## Clinton

A warm, sunny September 11th greeted over 60 energetic walkers supporting the efforts of the Greater Iowa Alzheimer's Association at the Clinton Riverfront Park and Band Shell. Honorary chairperson, Larry Villa, stepped off the walk in memory of his father. A record number of facilities participated in raising funds through donations, the sale of Forget-Me-Nots and Isabel Bloom raffle tickets. Incomparable and indomitable walk veteran Don Krambeck once again lead the pack, raising over \$10,000. Second place went to Nancy Peterson, & team honors when to Mercy Medical Center. At the end of the day, a record \$20,108 was raised!

We could not have had such great success without our volunteer committee—thanks go out for all the good ideas, hard work and the wonderful prize baskets they created: Don Krambeck, Wayne Larkey-KROS Radio, Katie Mandot-The Alverno, Leslie Merema-Mercy Medical Center, Kim Schaffer-Bickford Cottage, Ahneky Thompson-Pleasant View, Larry Villa-IPSCO. A huge thanks goes to our local business sponsors; Mercy Medical Center, Pleasant View in Morrison, IL, Bickford Cottage, KROS Radio, Clinton Herald, Clinton National Bank, Medical Associates, Nestle Purina Pet Care and Equistar.

## Quad Cities

The Mark in Moline, Illinois was once again the location of the Quad Cities Memory Walk on October 9, 2004. Though it was a short distance walk, the event was big in enthusiasm, energy and fun! Special thanks to our two honorary chairs, Mike Mickle of KWQC-TV and Denise Heinrichs, former program specialist for the Quad Cities branch office. This walk also featured a health fair with 24 vendors offering information on services and products to assist families dealing with Alzheimer's.

Popular features of the Quad Cities Walk are raffle baskets from local mayors, businesses and friends as well as an Isabel Bloom raffle. They were dancing in the streets to music provided by a local disc jockey and munching on healthy treats provided by Martin Bros. Foods. It was a great celebration that raised more than \$53,000 to continue programs for the 6.5 county region. The Quad Cities branch covers.

A great thank you goes to our hard working committee: Barb Bekaert, Mary Decker, Connie Dietz, MaryAnn Durnal, Rosemarie Fritz, Judy Garside, Tammy Humphreys, Janet Mau, Linda Patton, Jackie Reid, Stephanie Rink, Shelly Sager, Karen Shelangoski, Lori Tharp, Lynn Volkens and Caroline Zelnio. Friends and family who helped the day of the walk were also appreciated.

Thank you doesn't quite cover it. Quad Cities sponsors came through for us with many types of donations: cash, in-kind services, media relations, signage, food, prizes—you name it, the community was an integral part of our success. Genesis Medical Center, Modern Woodman, Pfizer Pharmaceuticals, Friendship Manor, Neurology Consultants, P.C., Sears Manufacturing, Ridgcrest Village,



Silvercrest Garner Farms, Country House Residences, Davenport Good Samaritan, Heartland Health Care Center, Amber Ridge, Avonlea Cottage, Option Care of the QC, Home Instead Senior Care, Gold's Gym, Mel Foster Co., Visiting Angels, Walgreens, Lighthouse Homecare, Forest Healthcare, Novartis, Heartland Hospice and St. Anthony's Care Center. In-kind donors were; Martin Brothers Distributing Co., The Mark, KWQC-TV, WOC/Quad City Radio Group, Quad City Times, Dispatch/Argus/Leader Newspapers, Jewel-Osco, VisionCrest Consulting, Mature Focus, Family Focus, Hightech Signs, Desalvo's Photography, American Bank & Trust, Nextel and 50+ Lifestyles. In-kind donations were received from: Pepsi, Popcorn Charlie, Stones Apple Farm, Culvers, S.J. Smith, Moline and Geneseo Walmarts, and Happy Joes and Isabel Bloom. It takes a lot of generosity to make a Memory Walk. Thanks so much.

## Early Stage Support Group Formed

People in the early stages of Alzheimer's want to have a safe place to discuss their concerns about the disease and how it will affect them. Families want to know what to expect as the disease progresses and how to prepare for their loved ones' care needs.

January 2005, the Alzheimer's Association-Greater Iowa Chapter will be selecting 12 individuals with early-stage disease and their care-

givers to participate in a support group expressly designed for them. This group will offer separate, yet simultaneous, sessions to persons mildly impaired by Alzheimer's and their family members. The meetings will focus on providing opportunities to learn more about Alzheimer's, ways to cope with the emotional reactions of the disease and planning for the future. Area physicians will be asked to help by referring patients that have been diagnosed with the

early stages of Alzheimer's. Beginning January 19, 2005, the Early Stage Support Group will meet for four consecutive months on the third Wednesday of the month at 6:00 pm at the Crown Point Community Center in Johnston Iowa. If you would like to know more about the Early Stage Group please contact the Chapter at 1-800-272-3900 and ask for Ann Riesenberg or Connie Lucas.

## Memorials

### JEANNE AARONS

Vickie & Michael Aarons, Michael & Janet Brinkman, Davenport Public Library Staff Funds, Sandra & Brian Hendren

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## Resting Easier

Sleeping problems experienced by persons with Alzheimer's and caregiver exhaustion are two of the most common reasons people with Alzheimer's are eventually placed in nursing homes. Some studies indicate that as many as 20 percent of persons with Alzheimer's will, at some point, experience periods of increased confusion, anxiety, agitation, and disorientation beginning at dusk and continuing throughout the night. While experts are not certain how or why these behaviors occur, many attribute them to late-day confusion, or "sundowning," caused by the following factors:

- end-of-day exhaustion (mental and physical)
- an upset in the "internal body clock," causing a biological mix-up between day and night
- reduced lighting and increased shadows
- disorientation due to the inability to separate dreams from reality when sleeping
- less need for sleep, which is common among older adults

Tips for reducing evening agitation and nighttime sleeplessness:

**Plan more active days.** A person who rests most of the day is likely to be awake at night. Discourage afternoon napping and plan activities, such as taking a walk, throughout the day.

**Monitor diet.** Restrict sweets and caffeine consumption to the morning hours. Serve dinner early, and offer

only a light meal before bedtime.

**Seek medical advice.** Physical ailments, such as bladder or incontinence problems, could be making it difficult to sleep. Your doctor may also be able to prescribe medication to help the person relax at night.

**Change sleeping arrangements.** Allow the person to sleep in a different bedroom, in a favorite chair, or wherever it's most comfortable. Also, keep the room partially lit to reduce agitation that occurs when surroundings are dark or unfamiliar.

Nighttime restlessness doesn't last forever. It typically peaks in the middle stages, then diminishes as the disease progresses. In the meantime, caregivers should make sure their home is safe and secure, especially if the person with Alzheimer's wanders. Restrict access to certain rooms or levels by closing and locking doors, and install tall safety gates between rooms. Door sensors and motion detectors can be used to alert family members when a person is wandering.

When the person is awake and upset, experts suggest that caregivers:

- approach their loved one in a calm manner
- find out if there is something he or she needs
- avoid arguing or asking for explanations
- offer reassurance that everything is all right and everyone is safe
- distract them with a small beverage or snack and then help them back to bed

## May We Call You?

The Alzheimer's Association, Greater Iowa Chapter often receives requests from media representatives interested in talking with individuals who have been touched by Alzheimer's disease. If you are willing to speak with the media, please fill out the form below. We are frequently asked for a very particular type of candidate; therefore, by providing the following information you will help us identify people who might fit the specific profile requested by the media. Filling out this form does not mean your name will be given to reporters. Your name will never be given to any media unless someone from the Chapter has, for that particular story, called and received your permission to give it out. Please return this form to Gale Brubaker, Alzheimer's Association, 1730 28th Street, West Des Moines, IA 50266 or you can fax it to (515) 440-6385.

### Section 1: About You:

Name \_\_\_\_\_

Address \_\_\_\_\_  
(street, city, state and zip code)

Telephone (day) \_\_\_\_\_ (evening) \_\_\_\_\_

Email \_\_\_\_\_

Age

- 25 and under       30-39       50-59       70+  
 25-29       40-49       60-69

Gender

- Female       Male

Ethnicity

- African American     Caucasian       Asian       Hispanic       Other

My relationship to the person with Alzheimer's:

- Father       Sister       Grandfather       Self      Are there younger people in the home?  
 Mother       Brother       Grandmother       Other       yes       no

The person for whom I am/was involved with caregiving:

- lives with me/us  
 lives alone or with help in their own home/apartment *locally/long-distance* (please circle one)  
 lives in an assisted living or nursing home facility *locally/long-distance* (please circle one)  
 is deceased

### Section 2: About the person with Alzheimer's

Age of diagnosis

- under 60 (early onset)       between 60-75       76+

Is/was wandering a problem?

- yes       no

Is/was driving, or stopping the person from driving ever an issue?

- yes       no

Is/was there a history of Alzheimer's in your family in addition to the person you cared for?

- yes       no

Is/was the person currently using an Alzheimer's specific medication?     Aricept     Memantine     Exelon     Reminyl

Is/was the person in any Clinical Trials?     yes       no

## Upcoming Education Opportunities

### January

11th: Alzheimer's: Toward a Better Understanding  
6-8 pm  
Boone County Hospital, Boone

12th: Legal Issues for Seniors  
7 pm  
Midway Motor Lodge, Dubuque

18th: Toward a Better Understanding  
6-8 pm  
Boone County Hospital, Boone

19th: Early Stage Support Group  
6-7 pm  
Crown Point Community Center  
6300 Pioneer Parkway  
Johnston, IA

24th: Activities for People with Dementia  
6:30 pm  
Alzheimer's Association office  
1730 28th St.  
West Des Moines

### February

16th: Early Stage Support Group  
6-7 pm  
Crown Point Community Center  
6300 Pioneer Parkway  
Johnston, IA

### March

16th: Early Stage Support Group  
6-7 pm  
Crown Point Community Center

6300 Pioneer Parkway  
Johnston, IA

16th: Activities for Creative Retirement Group  
10am-Noon  
Marshalltown Community College

### April

20th: Early Stage Support Group  
6-7pm  
Crown Point Community Center  
6300 Pioneer Parkway  
Johnston, IA

1 800 272 3900  
[www.alz.org/greateriowa](http://www.alz.org/greateriowa)

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

Greater Iowa Chapter  
1730 28th Street  
West Des Moines, Iowa 50266