Tax Deductibility and Alzheimer’s Disease

What are tax deductible medical expenses?

Tax-deductible medical expenses may include the costs of diagnosis, cure, mitigation, treatment, or prevention of disease, and the costs for treatments affecting any part or function of the body. They may also include the costs of equipment, supplies, and diagnostic devices needed for these purposes. Dental expenses are also covered. The incurred expenses must be primarily to alleviate or prevent a physical or mental defect or illness. Expenses that are merely beneficial to general health are not included.

What amount may be deducted and by whom?

To compute the allowable amount of medical deductions for the taxable year, the medical expenses must exceed 7.5% of the taxpayer’s adjusted gross income.

Medical expenses paid for by and for taxpayer, taxpayer’s spouse and dependents are includible in this calculation. Such expenses for someone with Alzheimer’s disease may be deducted on his or her own return, on a joint return filed with his or her spouse, or on the return of another person if the person with Alzheimer’s is the other person’s dependent.

Taxes, continued on page four

Association Wins $1.5 Million for Early Detection Efforts

The Alzheimer’s Association Disease: Early Detection Matters campaign has been voted as the top campaign in the American Express Members Project ®. American Express Cardmembers voted the project as the one they most wanted to fund, and the Alzheimer’s Association will receive $1.5 million to begin an education campaign highlighting the importance of early detection among the general public and physicians.

The prize money will enable the Association to increase public education about early detection, engage people with Alzheimer’s to become advocates and empower those who suspect they may have Alzheimer’s to find the hope and help they need.

Jay Smith submitted the project in honor of his wife Patty, who was diagnosed with Alzheimer’s at the age of 51 after struggling with the signs and symptoms of the disease.

“It took more than two years for my wife to obtain a correct medical diagnosis, so we decided to do everything we can to increase early detection of Alzheimer’s, stop the progression of the disease and help others along the way,” Smith said.

Many Americans don’t know the 10 warning signs that signal memory loss might be a serious medical problem. The Early Detection Matters campaign was designed to educate people about the 10 warning signs of Alzheimer’s along with the importance of an early diagnosis. The many benefits of early diagnosis include the ability for the person living with Alzheimer’s to be involved in making care decisions and receive treatments that may improve some symptoms. Progress on Early Detection Matters activities will be available at www.actionalz.org/membersproject.
Each and every day caregivers contact the Alzheimer’s Association seeking information or assistance in caring for a loved one with Alzheimer’s or a related dementia. We hear phrases like “I’m at my wits end” or “I don’t know where to start” or simply, “Can you help?” We listen, knowing that each Alzheimer’s situation is different, then provide caregivers information, referrals to other agencies when appropriate, and/or give suggestions and emotional support to help them through challenging situations.

Caregivers are the unsung heroes in the fight against Alzheimer’s. Nationally, there are almost 10 million individuals who provide unpaid care for a person with Alzheimer’s disease or another dementia. Caregivers are spouses, adult children, grandchildren, friends and neighbors. Sixty percent are female and the average age is 48. Ten percent are long distance caregivers and live more than two hours from the person for whom they are caring. Caregiver responsibilities include preparing meals, helping a loved one take medication, managing financial and legal affairs, supervising the person to ensure their safety, bathing, dressing and helping with toileting. Caregiving is often an around-the-clock responsibility and many caregivers are forced to give up jobs in order to provide care for a loved one.

The Alzheimer’s Association’s mission includes the phrase “to provide and enhance care and support for all affected,” which includes caregivers. We understand the responsibilities of caregiving can mean that even making a phone call or visiting the Alzheimer’s Association is difficult, so we maintain an extensive website, [www.alz.org](http://www.alz.org), full of caregiver resources. When caregivers call the Association, a trained individual will provide immediate assistance and make referrals when appropriate. Calls to our toll free helpline, 1.800.272.3900, are answered 24 hours a day, seven days a week. Each chapter office has resource materials – brochures, books and videos – that are free to caregivers. We offer ongoing education programs and support services.

 Executive Director, continued on page nine
Research Update

Vitamin B no help for Alzheimer’s

Vitamin B does not slow cognitive decline in people with mild-to-moderate Alzheimer’s disease, a new study found.

Experts had viewed vitamin B as a way to lower the risk of Alzheimer’s disease or slow its progression. The vitamin can reduce the amount of homocysteine, an amino acid found in high levels in the blood of people with Alzheimer’s.

Researchers at the University of California, San Diego, found over the 18-month study that although vitamin B reduced homocysteine levels, there was no reduction in the rate of cognitive decline among people taking high-dose supplements and no significant difference between those people and those taking a placebo.

Participants taking the vitamin B supplements also experienced more symptoms of depression than those taking a placebo.

“Alzheimer’s disease breeds a great deal of desperation,” said Bill Thies, Alzheimer’s Association vice president of medical and scientific relations. “So people will go to the health food store and look on the shelf that says ‘brain health’ and take one of everything.

“These B vitamins are included in there. But this data really suggests that they’re probably not getting any benefit. It is apparently a waste of money.”

Higher education may decrease impact of Alzheimer’s

Being educated and remaining cognitively active may decrease the impact of Alzheimer’s disease, a new study says.

Researchers at Washington University School of Medicine in St. Louis used positron emission tomography (PET) scans to study the brains of people with Alzheimer’s-type dementia and people with no dementia. Participants were injected with a compound that attaches itself to amyloid plaques, believed to be a prime cause of Alzheimer’s disease. Researchers then determined the size of the plaques. All participants also took tests to measure their thinking ability.

Results indicate that participants with a significant amount of plaques and higher cognitive scores on the thinking ability tests also had fewer symptoms of dementia than those with lower cognitive scores and the same amount of plaques.

“The more education they had, the fewer the symptoms of dementia,” said Catherine M. Roe, author of the study. “So having a greater cognitive reserve, as measured by education level, may help you cope with that Alzheimer’s pathology without having dementia symptoms.”

Reflections

Saturday, February 28
6-10 p.m.
7-Flags Event Center
2100 NW 100th St., Clive

Sample a delicious variety of food and drinks from restaurants, caterers and wineries. Guests will have the chance to bid on one-of-a-kind decorated mirrors and other items during live and silent auctions, as well as fantastic themed baskets.

Tickets are only $50, and may be ordered from the Alzheimer’s Association by calling 515.440.2722.
What are some tax deductible expenses that might be incurred?

Home care, attendant care and home-based respite care: If certification of chronic illness is obtained and services are provided under a plan of care prescribed by a licensed health-care practitioner, the cost of an attendant to perform qualified long-term-care services is a medical expense and is tax deductible.

Nursing homes, assisted-living facilities, group homes, congregate-living facilities, adult-day-care programs, facility-based respite, etc. The tax code does not specify that qualified-long-term care services must be provided in any particular setting. Thus, as long as a certification of chronic illness is obtained and the services are provided under a plan of care prescribed by a licensed health-care practitioner, qualified long-term-care services should be considered medical expenses irrespective of the type of facility in which provided.

Home improvements: Reasonable costs to make home improvements are considered medical expenses if the main purpose is medical care and the expense is directly related to medical care.

Psychiatric care

Health insurance premiums including those premiums for qualified long-term-care insurance (not life insurance).

Nursing services need not be performed by a nurse as long as the services are of a kind generally performed by a nurse. This includes services connected with caring for the patient’s condition, such as giving medication or changing dressings, as well as bathing and grooming the patient.

Personal-care services: These are services intended to provide needed assistance with any of the disabilities that cause the individual to be chronically ill and include protection from threats to health and safety due to severe cognitive impairment.

Prescription medicines and drugs must be prescribed by a doctor. With the exception of insulin, amounts paid for medicines or drugs that are not prescribed (or for any drugs which have been imported from other countries) are not deductible.

Durable medical equipment, supplies, diapers

Entrance and accommodation fees for a Continuing Care Retirement Community

How is qualified long-term-care services defined?

Qualified long-term-care services are necessary diagnostic, preventive, therapeutic, curing, treating, mitigating, rehabilitative services, and maintenance and personal-care services that are (1) required by a chronically-ill individual, and; (2) provided under a plan of care prescribed by a licensed health-care practitioner.

Who is a chronically-ill individual?

Alzheimer’s patients may qualify as “chronically-ill individuals” if they meet one of these two tests:

1. Activities of Daily Living (ADLs): patient must be certified as unable to perform, without substantial assistance from another person, at least two ADLs (eating, toileting, bathing, dressing and continence). This disability must exist for at least 90 days and be due to a loss of functional capacity,

2. Substantial Supervision/ Cognitive Impairment Test: patients must be certified as requiring substantial supervision to protect themselves from threats to health and safety due to “severe cognitive impairment”.

The federal tax authorities have given guidance that “severe cognitive impairment” means a loss or deterioration in intellectual capacity that includes Alzheimer’s disease and similar forms of irreversible dementia, and is reported in good faith by clinical evidence and standardized tests that measure impairment in (1) short- or long-term memory, (2) orientation to people, places or time, and (3) deductive or abstract reasoning.

Guidance also exists stating that “substantial supervision” means continual supervision by another person that is necessary to protect severely cognitively-impaired individuals against threats to their health or safety.

What are the required certifications, care plans, etc.?

For purposes of the tax deduction, a person must be certified as meeting the requirements of a chronically-ill individual. This certification must be done by a licensed health-care practitioner (MD, RN, or licensed social
worker “within the preceding 12-month period,” which implies an annual review for a person with Alzheimer’s disease.

A detailed analysis interpreting the tax code is beyond the scope of this article. This article is a broad overview of the types of expenses that may be permitted as long-term-care medical expenses depending on a particular individual’s circumstances. Taxpayers are encouraged to seek help from a competent tax professional for advice about the proper application of the laws.

MARTIN PETROFF, Esq., is the principal of Martin Petroff & Associates, an elder-law firm that concentrates in the long-term-care needs of disabled individuals and the elderly.

Article reprinted by permission of the Alzheimer’s Association, New York City Chapter.

---

**Charitable Rollover Expanded**

As part of the recently passed Emergency Economic Stabilization Act of 2008, Congress extended a valuable planned giving opportunity for 2008 and 2009— the IRA Charitable Rollover. The rules for the newly extended rollover permits IRA owners age 70 ½ or older to make a direct transfer to charities, such as the Alzheimer’s Association, of up to $100,000 a year. These new IRA Charitable Rollover rules makes giving through your IRA an easy way to support our cause while lowering your taxes and increasing your ability to make larger gifts.

A direct transfer from your IRA can help you save on taxes in two key ways:

- The contribution is not included in taxable income.
- It counts toward the required annual minimum distribution, which can help lower your overall taxable income.

It is very important that the IRA custodian (not you, the owner) transfer the funds from the IRA directly to the Alzheimer’s Association.

If you are interested in arranging an IRA Charitable Rollover, please contact Barbara Filer, Development Director, at 515.440.2722.

---

**Key Phone Numbers**

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Legal Hotline for Older Iowans</td>
<td>1.800.992.8161</td>
</tr>
<tr>
<td>Iowa Long Term Care Ombudsman</td>
<td>1.800.532.3213</td>
</tr>
<tr>
<td>Illinois Senior HelpLine:</td>
<td>1.800.252.8966</td>
</tr>
<tr>
<td>Alzheimer’s Association:</td>
<td>1.800.272.3900</td>
</tr>
</tbody>
</table>

---

**Trivia With a Twist!**

**Saturday, February 28**

6-10 pm
Knights of Columbus
1111 W. 35th Street
Davenport, IA

It will be a hot night of trivia as teams compete for the honor of being named champion! Doors open at 6 pm and the trivia questions will fly from 6:45 until 10 pm. The main trivia challenge includes ten rounds of ten questions, covering topics including sports, music, history, television and even advertising slogans.

The twist is three Rival Challenge Rounds that pit a team against one of their choice. Take on co-workers, bosses, even family members in this contest for bragging rights!

Teams should have eight players, and there is a $10 per person entry fee. Advance registration is requested. Snacks are welcome and beverages will be available from the Knights of Columbus. Register your team at 563.324.1022.
Dental Care Tips

Proper dental care can help prevent eating difficulties, digestive problems and extensive dental procedures down the road. However, brushing is sometimes difficult because a person with dementia may forget how or why it’s important to take care of his or her teeth.

To help the individual with dental care:


Use a “watch me” technique. Hold a toothbrush, and show the person how to brush his or her teeth. Or, put your hand over the person’s hand, gently guiding the brush.

Monitor daily oral care. Brush teeth or dentures after each meal, and make sure teeth are flossed daily. Remove and clean dentures every night.

Keep up with regular dental visits for as long as possible. Seeing a dentist regularly is essential for healthy teeth. Ask the dentist for suggestions or items that may help make dental care easier.

Save The Date!

It’s never too early to be planning for Memory Walk! Save the date and plan on participating in a walk near you.

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.

Professional Training Offered

Two more training opportunities for care professionals to fulfill their required six hours of dementia education will be offered at the West Des Moines Alzheimer’s Association office. The dates are February 17 and March 17, 2009 from 8:30 a.m. to 3:00 p.m. Training will be for all levels of care, including Adult Day, Assisted Living and CCDI. Cost is $35 per person and an Attendance Certificate will be issued upon completion of the training. Class size is limited, so please call 515.440.2722 to register.

Note: We must have minimum of six participants for each session

24-hour Helpline
1.800.272.3900
Memorials, Honorariums and General Donations received 10-2-08 to 12-31-08

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

CHRISTINE ADAMS
Ronald Adams
Mark Werning

SYLVIA AKRE
C. Juanita Cassis
Doug and Jaime Sherman

NORMA ANDREW
Donald Andrew
Ronald Donald
John Stitt

ROBERT ARONSON
Helen Simmons

JAMES M. ATWOOD
Betty Atwood

JAMES BARLOW
James Clark
Living History Farms
Gary and Nancy McClimen
Gordon and Sharon Rowe
Patricia Schaefer
S. D. Sondall

CARL BENSON
Georgia Binkley

MARY BORDENARO
Samuel Braland, Jr.
Donald Papian, Jr.
Robert and Rose Mary Pratt
Loretta Sieman
Frank Tamse

GERALDINE BROWN
Carol Goodwin
Scott Jones

MARGARET BURRELL
Edwin and Wanda Rahn

FRANCES CLEAVER
Virginia Birchmier
John Fullerton
Kathi Koenig
Wayne Kozak
Darlene Lewis
Beverly Marley
Christopher Masimore

DIXIE COPELAND
Mike Wiles

ANNA COX
Jill R. Jensen-Welch

JOHN CURRAN
Phillip Trissel

LORETTE E. DEVRIENDT
Rosa Correa
Leon Devriendt
David Lee Gurlay
Harold and Elizabeth Huntley
Illini Chapter of IAD

VIVIAN EDENS
Maude McVeigh

CARL EDWARDS
Dorothy Parrott
Michael Parrott

PATRICIA FARRAR
Black Hawk Builders
Rodney Carlson
Gregory Claey
Cleaveland Insurance Group
Stanley Coin
Frances Doerr
Shaun Graves
Mary Greenleaf
Ruth Evelyn Katz
Gene Krismanits
John Kustes
James and Patricia Maynard
H. Neil and Luella Summers
James Teros
Stuart Thoms

TED FINERAN
William Fineran
Home Instead Sr. Care
Patricia Vickery

HARLAN WILLIAM JOHN
GARBES
Mary Jane Garbes

KATHRYN GARDNER
Douglas Koehler
Dale West
Dr. Donald Fuller

DETROY E. GREEN
Cam Moran

VIRGINIA M. GROSS
Church of the Resurrection
Thomas Mercer
Brian Moran

Jeffrey Staebell
Marlene Staebell

P. JANE HALLQUIST
Arthur David Allred
Barbara Bannon
Erin Kelly Blanton
Barbara Chen
Judith Coffman
Max Davis
Bernard Everett
Cynthia Frost
Sharon Guilfoyle
N. Hallquist
David Harris
Diana Kelly
Kevin Klink
Stephen and Krista Kruse
David and Pamela Lemon, D.D.S.
A. Joann Nelsen
William J. Nicholson
W. Brent O’Malley
James and Vicki Peterson
Petit Land
Maurice and Donna Reed
David and Sheree Rogers
Lloyd Schwarzentraub
David Spriet
Mary Spriet
Roger and Carol Strandlund
John and Gloria Vana
Randall and Judy Walters
Patricia Watkins
Earl Wendel
Jon Wessel

JOSEPH P. HART
Margaret Hart
Thomas Hart

MARILYN HAWK
Jane Allison
Donald Davis
Kurt Donnelly
Dorothy C. Dowsett
Dr. William R. Frieden
Tamara C. Goddard
Arthur Holmes
Kathryn Kell
Savignano Inv. LLC
Memorials, Honorariums and General Donations received 10-2-08 to 12-31-08

Joan Tolmie
Earl Wendel
**NAOMI HEINEMAN**
Dr. Clark and Igrid Stevens
**MARIE HELTON**
Dr. Craig Stater
**GEORGE HENDERSON**
Michael DeBolt
Gregory and Terri Ann Hendricks
**WILLIAM HERRICK**
Bruce Soukup
**ESTHER HILDEBRAND**
Michael Cavanagh
Gary Hildebrand
Kathryn Hildebrand
Barry Soukup
Angela Story
**REVA HOUSE**
Robert Krisinger
**FRED KENNIS**
ALCOA
Clark Almerrion
Margaret Beale
Dennis Comstock
Anita Holmes
Robert Karll
Louise Kennis
Dale Labath
Debra Pollitz
**DONALD E. KRACAW**
David Hill
**PRUDENCE LEACHMAN**
George and Jane Lamair
John Leachman
**LEOTA LOGAN**
Sonya Coobs
**CLARA JEAN LYON**
Jon Lenger
Guru and Marilyn Schumacher
Jeff and Tiffany VanZante
**MILDRED MASON**
Alan Geery
**CLAUDE MILLER**
Dennis Acker
Edward Stuebe
Thomas Stuebe
**ROBERT AND DORIS MILLER**
Frank Cruse
Gerald and Etta Mae Fisher
Betty Gryp
Cindy Hodson
Doloris Jensen
Cheryl Miller
Gregory Moroni
Karen Murphy
Rock River Rodgers Quad Cities
USA
Vickie Swift
John Vanhoutte
Elaine Woodrum
**ALICE MUMM**
James Barstow
Robert Barstow
Lynne Gonner
Alan Hathaway
Larry and Carolyn Makoben
Russell Mumm
Daniel Ralsfs
Bruce and Sally Shimkat
Philean Spencer
Alice Stoltenberg
**ALBERTHA NEWENDORP**
George Bishop
**CARL PARROTT**
Dorothy Parrott
**GERALD ‘BUD’ PAULLIN**
Susan Nelson
Nancy Paullin
Lee Schreurs
Scott Thompson
**JODY PECAUT**
Mary Ann Ferretti
Judith Johnson
Janice McFatter
**SAM C. POULOS**
Allen Poulos
Louis Trigas
**JAN QUERE**
Ralph Quere
**MARGARET RAHN**
Steven Rahn
**G. KENT RENEGAR**
John Bise
Martha Renegar
**JEAN RUSSELL**
Gloria Seacrist
**JAMES G. Sampson**
Davenport Postal Welfare
**ALDA SASSATELLI**
Sharon Beninato
William Gipple
Celia Rodine
**MARJORIE SCHERER**
Richard Clapp
**BRUCE SNYDER**
David and Barbara Brereton
**JAYNE STEBBINS**
Lee Luther
**ERNEST SWANSON**
Barbara Busby
A. Jacobs
Old Navy
Robert Schmidt
**LEONARD SWANSON**
Bituminous Insurance Co.
**DOLLA THARP**
Edward and Marita Campbell
Steve Campbell
**DOROTHY WILTMUTH**
**TOUSIGNANT**
Rollin Struss
**DENNIS VANLIEW**
David Carroll
Jane Hayes Davis
John Hayes
Frank and Catherine Hutchens
Jo Ann Klein
Kenton Klein, Sr.
Stanley & Esther Miller
Marcia Morris
Phyllis Morris
William Niebur
Mary Riley
Roth & Company, P.C.
**BILL VANZUIDEN**
Maynard Carlson
Cornelia Dowsett
Mr. and Mrs. Elwood Gustafson
Terry McClellan
**BETTY WEIERSHEUSER**
Jeff and Gracie Weiersheuser
**DOREEN V. WILBER**
James Barnett
Dr. Robert Burke
Karl Citurs
Tom Danielson
Donita Fatland
Ken Friday
Fred Griffin
JoAnn Griffin
Memorials, Honorariums and General Donations received 10-2-08 to 12-31-08

Merton Hawk
Jason Kern
Max and Ramona Kersey
John Robert Milligan
Dave Morgan
Rosemarie Olhausen
Herma Parr
Harold Ruth
Marie Smith
Elvin Thompson, D.D.S.
Dave Morgan
Rosemarie Olhausen
Herma Parr
Harold Ruth
Marie Smith
Elvin Thompson, D.D.S.

General Donations
James Agnew, Birdies for Charity, Colo Sherman / New Albany United, Robert Dee, Kristy Doyle, DM Parrot Head Club, Caroline Ebert, Feuerbacher/Wilkens Group, Robert Flowers, M.D., J. L. Foreman, Russell Gibbel, Chris Gilbertson, Wes Heitzman, Carrie Ann Hemingson, Nicole Hilton, Tetsuyuki Hirata, Donald Hiscox, Jody Hossle, Mark Imm, Marvin Johnson, Robert and Suzanne Johnson, Kappa Chi Chapter of the Theta Omega Sorority, Mary Ann and Donald Kelly, Debra Klinzing, Ron and Carla Klosterman, Raymond and Jayne Pigneri Lipovac, Bill McGovern, Tom McGovern, Jerry Melick, Agnes Miller, NAIFA, James and Jeanne O’Halloran, Kimberly O’Neill, Edward and Delores Pagliai, Pamela Penquite, Mrs. Gordon Quam, Janaa Redmond, Craig and Nancy Redshaw, Joseph Reutter, Joanne Roberts, Clarence & Linda Jo Robinson, Bill Rosebery, Kent and Melissa Schrof, Mark and Deborah Schiebert, Janice Scott, James Slavens, David and Jean Stanley, William Stradt, Gene Strawman, Stan and Dotty Thurston, Val Lanes,

Patricia Vickery, Michael Villirillo, John and Lois Watson, Westminster Presbyterian Church, Mark White, Linda Wilker, John and Mary Ann Yager and Leroy and Ruth Zack

“The Forum” Support Group for Early Onset/Early Stage Individuals

The Alzheimer’s Association is excited to present “The Forum”, a new support group for those with early onset/early stages of Alzheimer’s disease or dementia and their family caregivers. “The Forum” will meet at Olivet Baptist Church at 2743 82nd Place, Urbandale, IA, on the last Tuesday of every month from 6:00 to 7:30 p.m. Each month a relevant topic will be presented by a guest speaker with time for discussion and questions. On February 24, the speaker will be Scott Hartsook, attorney, discussing legal & financial concerns for persons with dementia.

Did you know...

In fiscal year 2008, over 7,300 individuals took advantage of the many family caregiver education programs offered by the Alzheimer’s Association, Greater Iowa Chapter.

Find programs, support groups and more at www.alz.org/greateriowa.
The Iowa General Assembly convened January 12. The Alzheimer’s Association will be focusing efforts on the following issues:

The Endangered Persons Alert—Law enforcement will be notified immediately if any adult with a cognitive impairment goes missing.

The Uniform Adult Guardianship Jurisdiction Act—Eliminates the paper work involved when a loved one with cognitive impairment crosses over state borders. Caregivers will no longer have to go to court to determine jurisdiction/guardianship when their loved one is in another state.

Ensure Access to Medicaid—Ensuring funding stays in place for those affected by Alzheimer’s that are not covered by any other insurance.

Surveillance—See article, next column.

To register as an advocate, contact Sue Norem, Public Policy Director, at 515.440.2722 or by emailing Sue.Norem@alz.org.

The Alzheimer’s Association is pleased to announce a new partnership with the Iowa Department of Public Health designed to gain a better understanding of the problem of Alzheimer’s in Iowa. Funding from the national Alzheimer’s Association and the Centers for Disease Control and Prevention (CDC) will allow for questions about cognitive impairment and its effects to be incorporated into the Health Department’s annual Behavioral Risk Factor Surveillance System (BRFSS). The BRFSS survey is a telephone-based process of gathering information on health behaviors, preventive health measures and health care access. Questions about cognitive impairment will be asked of Iowans who are surveyed between March and December, 2009.

Cognitive impairment does not have a single cause and is not limited to a specific age group. There are many conditions, such as Alzheimer’s disease, stroke, traumatic brain injury, and developmental disabilities that can cause cognitive impairment. Only recently has cognitive impairment come to the forefront as a public health issue. Several of the conditions resulting in cognitive impairment are associated with increasing age, specifically Alzheimer’s disease, a specific type of dementia. An estimated 5.1 million Americans age 65 and older have Alzheimer’s disease and by 2050 it is expected to increase to 16 million. The impact that Alzheimer’s disease will have on health care systems and aging services is beginning to be recognized by states and communities.

“We are pleased to collaborate with the Iowa Department of Public Health on this new initiative,” stated Carol Sipfle, Executive Director. “The information gained by surveying Iowans will give both organizations, as well as others who serve cognitively impaired clients, a better understanding of the scope of the problem in Iowa and assist in planning how to address it in the future.”

On-Line Advantages

The Alzheimer’s Association, Greater Iowa Chapter website is the premier source for information on support groups, education programs and special event information. From downloading the latest chapter newsletter to registering for a program or asking a caregiving question, this site is a constantly updated information resource. Go to www.alz.org/greateriowa and be sure to check back regularly for updates.

By choosing to receive the quarterly chapter newsletter by email rather than a printed copy, you will help us save money by reducing printing and mailing costs as well as reducing waste. Please call 515.440.2722 or email Gale.Brubaker@alz.org to update your preference.
Attend the 21st Annual Public Policy Forum

Caregivers, advocates and people living with Alzheimer’s disease are urged to attend the Public Policy Forum, scheduled March 23-25 in Washington, D.C.

With a new Congress and president, as well as competing national priorities demanding attention, it is more important than ever that the voices of those living with Alzheimer’s be heard.

While at the Public Policy Forum, advocates will receive training on our 2009 legislative priorities during visits on Capitol Hill, learn what can be done to make Alzheimer’s care and research a state and federal priority, and spearhead one-on-one meetings with congressional representatives.

There will also be opportunities to caucus with fellow advocates, attend a candlelight vigil at the Lincoln Memorial, and attend the award ceremony for the presentation of the Maureen Reagan Outstanding Advocate Award.

When: March 23-25, 2009
Where: Washington, D.C., at the Omni Shoreham Hotel
For information: Go to www.alz.org or call 515.440.2722.

Val Lanes Recreation Center in West Des Moines partnered with the Alzheimer’s Association November and December, 2008 and raised $1,000 for respite scholarships.

In November, bowlers were asked to make a donation to help support the chapter’s programs and services benefitting the 65,000 Iowans living with the disease. The bowlers also had an opportunity to purchase purple Alzheimer’s awareness beads during the evening visits and gather Alzheimer’s information from the chapter’s display anytime during the month. A total of $740 was raised in the donation cans.

Kristy Morse, Val Lanes General Manager, organized the “Rack Em Up for Respite” bowling day Saturday, December 27. “We’re proud to have raised $260 in just six hours for the Alzheimer’s Association,” said Morse.

Over 50 hours of respite care can be provided to families in need. Respite is often given to caregivers for attending a support group, attending an educational conference, or reimbursement for respite services. For more information about hosting a third party event, please visit www.alz.org/greateriowa.

Upcoming Education Programs

Creating a Safe Caregiving Environment
February 17 * 9:30-11 am
Alzheimer’s Association
1000 N. Roosevelt, Suite 8
Burlington, IA

Alzheimer’s Overview
March 11 * 10:30-11:30 am
Algona Public Library
210 N. Phillips St.
Charles City, IA

Partnering With Your Physician
March 25 * 11:30 am-1 pm
Pizza Ranch
1100 W. Main St.
Manchester, IA

Maintain Your Brain
March 31 * 9:30-11 am
Alzheimer’s Association
1000 N. Roosevelt, Suite 8
Burlington, IA

Maintain Your Brain
April 6 * 7-8 pm
First Presbyterian Church
702 West Prairie
Creston, IA

Alzheimer’s...An Overview
April 16 * 1:30-3:30 pm
Pocahontas Community Hospital
301 Hwy 75
Pocahontas, IA

* Please note, Alzheimer’s; Beginning the Conversation is offered monthly in several locations in Iowa and Illinois. For the latest information on the program closest to you, call 1.800.272.3900 or look on www.alz.org/greateriowa.
The Alzheimer’s Association recently trained ten new community volunteers to serve on the Speaker’s Bureau. This group provides presentations to school, civic organizations, service clubs, businesses and faith communities. Presentations include information about Alzheimer’s, the services and programs that help persons with the disease and their caregivers, and the latest on research. To request a presentation for your organization please call 1.800.272.3900.