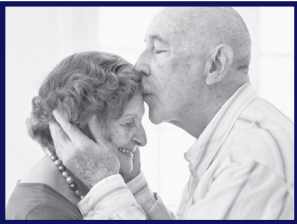


Alzheimer's Breakthrough Ride - page 7



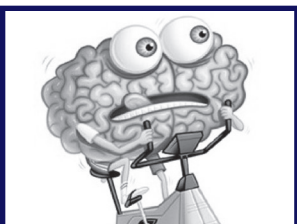
Alzheimer's Association memory walk¹⁰ - pages 4-6



New Savvy Caregiver - page 11



Launch of TrialMatch™ - page 17



Train Your Brain - page 19

Top Memory Walk Fundraiser Going Strong

Melody Hodgson, 54, finds it easy to educate others about Alzheimer's disease. As the primary caregiver to her late mother for nearly two decades, she knows what she's talking about.

Diagnosed with Alzheimer's in 1984, her mother battled the disease until 2002 when she passed away at the age of 69. This year marks the 16th year Melody will be involved in the Alzheimer's Association Central Illinois Chapter Annual Memory Walk. The Peoria Walk will be held **Sunday, October 3rd** at 2 p.m. at the Peoria Riverfront. (See pages 4-6 for all nine Memory Walk dates & locations)



Melody Hodgson, center, accepts an award for her top fundraising efforts.

"Participating in the Walks will go on forever. I don't want other people to go through this disease," says Melody. "I want it to be history."

Several of Melody's friends are now caring for loved ones with Alzheimer's, and turning to Melody with questions and for advice. She also frequently speaks at the Women's Club and Lions Club in Tremont to educate other caregivers on how to care for a loved one with Alzheimer's. This is her way of helping other individuals cope with the disease that affects more than 21,500 individuals in the 20 county area that the Central Illinois Chapter serves.

Alzheimer's disease is a growing epidemic that is now the seventh leading cause of death in the United States. It is estimated that someone in America develops Alzheimer's disease every 70 seconds. By mid-century estimates state that someone will develop Alzheimer's disease every 33 seconds.

For the past several years, Melody has been one of the top fundraisers in the Peoria area, particularly in 2005 when she raised \$5700. Last year, despite a troubling economy, she raised \$4,575.

Over the past 14 years she's recruited over 30

continued on page 7

Alzheimer's Disease to Cost United States \$20 Trillion Over Next 40 Years

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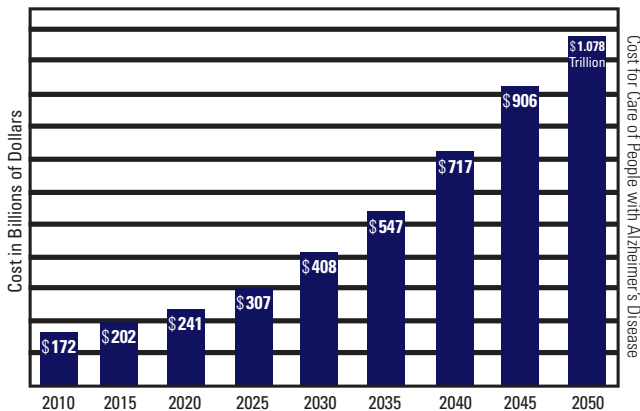
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Changing the Trajectory of Alzheimer's Disease

A new report from the Alzheimer's Association, *"Changing the Trajectory of Alzheimer's Disease: A National Imperative"* shows that in the absence of disease-modifying treatments, the cumulative costs of care for people with Alzheimer's from 2010 to 2050 will exceed \$20 trillion, in today's dollars. The report was released May 19th and examines the current trajectory of Alzheimer's based on a model developed by the Lewin Group for the Alzheimer's Association.

Total costs of care for individuals with Alzheimer's disease by all payers will soar from \$172 billion in 2010 to more than \$1 trillion in 2050, with Medicare costs increasing more than 600%, from \$88 billion today to \$627 billion in 2050. During the same time period, Medicaid costs will soar 400%, from \$34 billion to \$178 billion. One factor driving the exploding costs by 2050 is that nearly half (48%) of the projected 13.5 million people with Alzheimer's will be in the severe stage of the disease – when more expensive, intensive around-the-clock care is often necessary.

Ultimately solving the Alzheimer's crisis will mean addressing the chronic underinvestment in research. This forecast of a rapidly aging population and dramatic rise in the number of Alzheimer cases in the coming years should catapult the government into action.

The Association is working to enact critical legislation to address the issues highlighted in this report. The National Alzheimer's Project Act creates a national Alzheimer's Project Office and an inter-agency Advisory Council responsible for developing a national plan to overcome the Alzheimer's crisis.

The full report is available at www.alz.org/illinoiscentral.



The Central Illinois Chapter is a Heart of Illinois & Lee County United Way affiliate.

Follow [AlzheimersIL](#) on twitter...



Join Central Illinois Chapter Alzheimer's Association's Fan Page on facebook



Dear Friends,

By 2050 the price tag of Alzheimer's disease care will skyrocket, according to a "Trajectory Report" recently released by the national Alzheimer's Association. Cost of care is expected to increase from \$172 billion per year in 2010 to more than \$1 trillion per year in 2050. In all, the disease could cost the U.S. \$20 trillion over the next few decades.

But this trajectory can be changed with research, according to the Alzheimer's Association report. According to our national CEO and President, Harry Johns, "Today, there are no treatments that can prevent, delay, slow or stop the progression of Alzheimer's

disease. While the ultimate goal is a treatment that can completely prevent or cure Alzheimer's, we can now see that even modest improvements can have a huge impact."

In the United States today there are 5.3 million Americans who suffer from the disease and rely on the care of 10.9 million unpaid caregivers including family members and friends. In the state of Illinois, with the support of Senator Dave Koehler (Peoria) and Representative Don Moffit (Galesburg), House Bill 39 passed and became law on July 1, 2009. This bill established a pilot project in Illinois to allow qualified spouses to be paid to care for their seriously ill husbands or wives at home. The State is now evaluating the program to determine if it is cost neutral.

As a concerned community we need to talk to our legislators at both the federal and state levels to understand the significant impacts of Alzheimer's disease. This means increasing awareness and concern for the disease so that the public understands the 10 Warning Signs and what to do to maintain a healthy brain.

Memory Walks throughout the Central Illinois area, conducted by our Chapter, are one major way of increasing awareness and concern for the disease. In this issue, you will read about our nine walks and meet some of those who volunteer to make sure our communities are kept informed. Please MOVE with us, make your voices heard and be an advocate for the Breakthrough Act and National Alzheimer's Project Act.

Also in this issue you will read about our new program, the Savvy Caregiver. Through the generosity of some of our donors, this past May our program staff were trained as master trainers for this new program.

There are many activities going on in the chapter, including new information on our website, activities of the Advanced Learning Committee, and a diverse selection of education programs. We welcome the opportunity to serve you and your family.

Bestest,

Nikki M. Vulgaris-Rodriguez
Nikki

Staff Members

Nikki Vulgaris-Rodriguez: Executive Director
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Amy Voss: Quincy Area Program Specialist
Jenna Wachtveit: Rock River Program Specialist

A special thanks to our 2010 Memory Walk Sponsors

Illinois Valley

Baker Lake, Peru
Aug. 15TH, 1:00 p.m.

Presenting Sponsor



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Canton

Wallace Park
Aug. 28TH, 9:00 a.m.

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Quincy

Clat Adams Park
Sept. 2ND, 6:00 p.m.

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Memory Walk Sponsors

River Valley

St. Joseph Nursing Home, Lacon
Sept. 11TH, 10:00 a.m.

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Macomb

Citizens Bank Plaza
Sept. 18TH, 10:00 a.m.

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Hawthorne Centre, Galesburg
Sept. 25TH, 9:00 a.m.

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*Follow the Happy
Walker to additional
walks and sponsors.*

**Register for a Walk on-line at
www.alz.org/illinoiscentral**

alzheimer's
association®

Memory Walk Sponsors (continued)

Rock River

Lowell Park, Dixon
Sept. 25th, 9:00 a.m.

Presenting Sponsor



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The Lagoon, Pekin
Sept. 25TH, 9:00 a.m.

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Peoria

Peoria Riverfront
Oct. 3RD, 2:00 p.m.

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MOVE

alzheimer's association
memory walk¹⁰



Edison School students WALK to end Alzheimer's at the 2009 McDonough County Memory Walk, Macomb.

continued from front page

members of her family and friends to get involved in this event.

To support a team, join a team or register as an individual participant, call the Central Illinois Chapter at 800.272.3900, or 309.681.1100 or register online at www.alz.org/illinoiscentral.

Funds raised through the Memory Walk support agency services, including the 24-hour Helpline, care consultations, support groups, family education programs, professional training, Alzheimer's libraries, Medic Alert + Safe Return, and advocacy activities. Funds also support research to find a cure for Alzheimer's disease.

Join us for our 2010 Memory Walks!

Walk with us in:

Peru
Canton
Quincy
Lacon
Macomb
Galesburg
Dixon
Pekin
Peoria

Raise awareness of Alzheimer's and help the Central Illinois Chapter provide vital programs and services to our community. Visit www.alz.org/illinois-central to sign up today.

alzheimer's breakthrough ride

alzheimer's association®



July 15-September 21, 2010

Starting in California and culminating in Washington, D.C., the Alzheimer's Breakthrough Ride is an active way for researchers to support the fight against Alzheimer's disease — one that requires water bottles instead of test tubes, bike shorts instead of microscopes and helmets instead of safety goggles.

From July 15 to September 21, researchers will cycle across the country, relay-style, to collect 50,000 signatures in support of the Alzheimer's Breakthrough Act. On September 21, World Alzheimer's Day, all riders will gather in the nation's capital to deliver more than 50,000 signatures supporting the Alzheimer's Breakthrough Act to Congress.

In addition to collecting signatures, each cyclist will raise \$2,000 to benefit the care, support and research efforts of the Alzheimer's Association.

Alzheimer's Breakthrough Act

By calling for a significant increase in funding for Alzheimer's at the National Institutes of Health (NIH) to \$2 billion, the Alzheimer's Breakthrough Act authorizes investments that will restore momentum to the pursuit of better diagnosis, prevention and treatment. Advances and progress in the various areas of Alzheimer research have the potential to save millions of lives and save billions of dollars in federal spending.

Equally important as investing in the research is helping the nearly 10 million Alzheimer caregivers today who wrestle with the financial, physical, and emotional challenges of caring for a loved one with this disease. The Alzheimer's Breakthrough Act will provide them with vital resources and tools to assist them in this demanding role. It also calls for a National Summit on Alzheimer's to look at promising research avenues and programs that are important in fighting this disease and supporting those who are struggling with it.

The primary sponsors of this legislation are Senator Barbara Mikulski (D-Md.), Senator Christopher Bond (R-Mo.), Congressman Edward J. Markey (D-Mass.) and Congressman Christopher H. Smith (R-N.J.). *For more information visit www.alz.org/breakthroughride.*



A Round for the Cause

Sunshine, prizes, and grilled burgers greeted golfers at the 9th Annual Pro-Am Golf Tournament held July 16th at Spring Lake Country Club. Guests mingled and bid on silent & live auction items at a fabulous dinner hosted by Terrible's Mark Twain Casino the evening of July 15th, with proceeds benefitting the Quincy Area Branch.

A very BIG thank you to our Chairman, board member Marci Musolino, our hard working Pro-Am committee, and to our major corporate sponsors for their longstanding support:

Terribles Mark Twain Casino

Noxin Trucking

Gully Transportation

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WGEM

We'll be Smokin'

Join us Friday, August 20th, 11:00 a.m. – 2:00 p.m. for lunch at the Butcher Block. Board members and Quincy Area Branch staff will be serving up hot, sizzling brats, hamburgers and more as a kick-off to our Sept. 2 Memory Walk event. Butcher Block owner Dan Veihl is graciously donating a portion of every sandwich we sell to our cause so come early and come hungry.

Individual walkers and teams can pre-register for the Memory Walk, collect their t-shirts, and be entered into a drawing to win a \$100 gift card from Lowe's!

Quincy Raceways

We can't think of a better way to spend a summer night than at the local dirt track! We'll be selling 50-50 tickets at the races Sunday, August 22 as a fundraiser for our Memory Walk Committee team.

Mark your Calendar

Memory Walk, Sept. 2, Clat Adams Park

Registration and Picnic: 5:00 p.m.

Walk: 6:00 p.m.

Rock River News

Picture the Cure

Local photographer Heather Lanell helps us kick off World Alzheimer's Day by donating 10% of print orders placed at her Dixon studio from September 21 through November 30 in memory of her grandmother who had the disease. Contact Heather at www.heatherlanell.com to schedule a photography sitting and help us picture a cure for Alzheimer's!

2nd Annual Rock River Duck Race

As part of Reagan Trail Days the Rock River Branch will host our second fundraising Duck Race on the Rock River on August 14 at 10:00 a.m. Ducks will be launched from the Galena Street bridge and will float to the Peoria Street bridge. Ticket holders representing the first place duck will receive \$1000; second place \$250; third place \$100 and the laziest duck

(last to reach the Peoria bridge) will receive \$50. Purchase your tickets by contacting the RRB office. Prices are: two ducks for \$5; family of ducks 12 for \$25; and a flock of ducks (50) for \$100.

The Art of Dementia Care

Fifty two health care professionals attended the 13th Annual Rock River Branch Alzheimer's Education Conference held at Sauk Valley College on June 8. Conference speaker was Daniel Kuhn, MSW, Director of the Professional Training Institute from the Greater IL Chapter of the Alzheimer's Association, Chicago. Dan provided three workshops about understanding the holistic needs of persons with dementia and how to address those needs.

We extend our gratitude to SIU School of Medicine, KSB Hospital, Sauk Valley College, and United Way of Lee County for their generous contributions in helping us with this educational event.

A Summer Concert at the Winery

Three bands playing for three hours, three wine tastings, and our appreciation three times over! Thanks to everyone who joined us July 25th, the folks at Kickapoo Creek Winery, and the fantastic bands: West MacQueen Street Band, Pink Sushi, and Bonnie*Douglas Duo (Bonnie & Doug Malchow). Watch for us in the summer of 2011!



Run for the Roses

Hats off to our super committee and everyone who attended our Kentucky Derby Party! The event raised over \$33,000. Start getting your hat decorated for the 2011 Kentucky Derby scheduled for May 7, 2011.

Ride to Remember

Bring your motorcycle out for one more ride! Join us on Sunday, September 12th for a cruise around town ending at the ITOO Hall for fun and refreshments!

Call Marsha at 309.681.1100 for more details



Third Annual Maurice Cicciarelli Memorial Fishing Tournament

Our sincere thanks to the Cicciarelli family and all of the great fishermen who cast their lines for Maurice's favorite sport. In the past three years, the tournament has raised nearly \$75,000.

The fishermen:

- | | |
|-------------------------|-------------------------|
| <i>John Gardner</i> | <i>John Lavin</i> |
| <i>John Gardner, Jr</i> | <i>Matt Cicciarelli</i> |
| <i>De Hardenburg</i> | <i>Terry Setterlund</i> |
| <i>Tim Durdel</i> | <i>Jim Ostrom</i> |
| <i>James Schunk</i> | <i>Ryan Curry</i> |
| <i>Bert Boe</i> | <i>Matt Sheets</i> |
| <i>Edward Morrow</i> | <i>Mark Casey</i> |
| <i>Scott Meister</i> | <i>Kevin Wernsman</i> |
| <i>Don Brennan</i> | <i>Ken Lynch</i> |
| <i>Mike Chihoski</i> | <i>Glen Lynch</i> |
| <i>Bill Disomma</i> | <i>Tom Hammerton</i> |
| <i>Walt Frakes, Jr.</i> | <i>Joey Disomma</i> |
| <i>Tom Smith</i> | <i>Keith Woodruff</i> |

Special guest Fergie Jenkins, 1991 Chicago Cubs Hall of Fame pitcher, catches a big one at Hidden Lakes Farm in Knox County.

2010 Hiram Toraason Ornaments, (fourth in the series)

Hiram has created a deeper, richer ornament in the color scheme of merlot and chocolate with swirls and texture that add a new look and dimension. These make a wonderful holiday, wedding, birthday or nice gift to commemorate someone special. Ornaments will be available at the office on August 1st, as well as numerous local businesses. Call the office today to order yours. \$30, shipping and handling \$8.

Peoria:

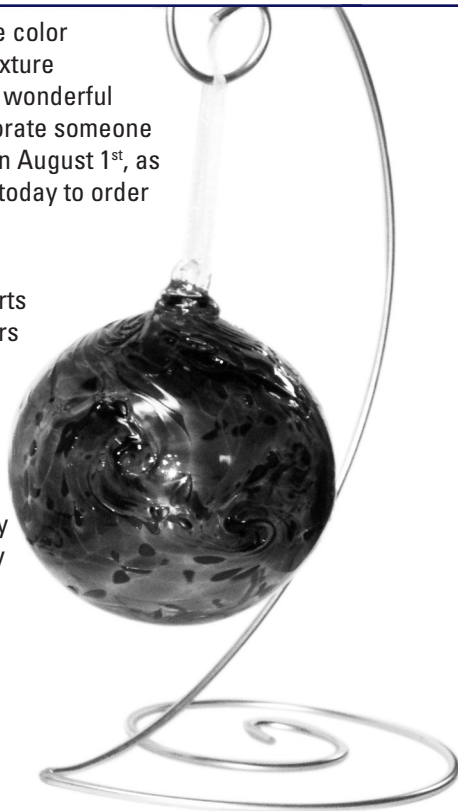
Belle Mie	Harp & Thistle Imports
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Broms	Picture This Gallery
Cyrus	Pottstown Meat,
Enchanted Florist &	Deli & Catering
Boutique	Preckshot Pharmacy
Exhibit A Gallery	The Framer's Gallery

Rock River Area:

Merlins Greenhouses & Flowers, Oregon
Country Floral, Polo
Country Floral Too, Milledgeville
SBM Equipment Center, Sterling
Golden Key Gifts, Sterling

Quincy:

Granite Bank Gallery
Quincy Steamboat



Commemorate National Alzheimer's Disease Awareness Month with Candlelight Service in Three Locations

Our annual Candlelight Service will be held Tuesday, November 16th. This service is a moving event where participants gather to light candles and share kind words in order to remember or honor loved ones touched by Alzheimer's disease. Please mark your calendar. All are welcome!

Dixon - Rock River Office, 93 S. Hennepin Avenue, 6:00 - 7:30 p.m.

Peoria - Chapter Office, 606 W. Glen Avenue - 6:00 p.m.

Quincy - Good Samaritan Home, 2130 Harrison
5:00 p.m. soup supper, 6:00 p.m. service

Go Green with the Association

The Central Illinois chapter is committed to continuing our tradition of serving families despite the challenging economic climate. Please help us streamline our costs by choosing to receive the tri-annual newsletter by email. To start receiving an e-subscription please email Nancy at Nancy.McGowan@alz.org or call 309.681.1100.

"I have not only learned facts and skills but I have gained insight to the entire Alzheimer's journey from many perspectives."

- Former Participant

Program staff of the Central Illinois Chapter has been busy training and prepping for a bold, new six-week course that will provide clinical – level training for family caregivers. A nationally recognized program, the "Savvy Caregiver" will deliver professional level training for non-professionals with classes set to begin this Fall in Peoria, Quincy, Peru and Sterling.

In May, Chapter staff Alisha Dault, Megan Reynolds, Jenna Wachtveitl, Brooke Robinson, Amy Voss and Nancy Sweitzer each received 14 hours of Savvy Caregiver training by a dementia care expert.

"This program is based on evidence that family members assume a caregiving role for which they are unprepared & untrained," said Nikki

Vulgaris-Rodriguez, Executive Director of the Central Illinois Chapter. "The Savvy Caregiver will provide families with the education, support and individual tools to navigate the Alzheimer's disease journey to the best of their abilities."

The secret of the program's success is the use of strategy when interacting with a loved one with Alzheimer's disease. Throughout the 12 hours of face-to-face training with dementia experts, participants are urged to learn, develop, and modify strategies to accomplish the goal for their particular caregiver situation.

Savvy Caregiver Program Dates:

Peoria

Wednesdays, Sept. 22 – Oct. 27
9:00 – 11:00 a.m.
Chapter Office

Quincy

Wednesdays, Oct. 13 – Nov. 17
1:00 – 3:00 p.m.
Quincy Senior Center

Peru

Wednesdays, Oct. 13 – Nov. 17
10:00 a.m. – Noon
Illinois Valley Community Hospital

Sterling

Mondays, Nov. 1 – Dec. 6
6:00 – 8:00 p.m.
Whiteside County Senior Center

Each program is limited to 15 participants per six week session.

This program coming to Hancock, Tazewell and Knox counties this Spring.

Program objectives:

- Increased personal knowledge
- Skills to assess abilities of a loved one with dementia
- Confidence to manage activities of daily living
- Perspective on the course of Alzheimer's and other dementias

Cost for the program is \$30 per person to cover materials. Participants will receive a caregiver manual, CD-Rom, and

certificate of completion. Registration is required. A registration form can be downloaded from the Chapter website: www.alz.org/illinoscentral or by calling the Chapter office at 309.681.1100.

We Can Help You Through Difficult Times

Remember that we're here for you 24 hours a day, 7 days a week, 365 days a year when you have questions or need information.

Call us at 309.681.1100, or 800.272.3900 any time.

Family Education

The Central Illinois Chapter offers many caregiver programs throughout its 20-county service area that focus on issues and concerns families face during the disease process. Our programs are underwritten through grants, Memory Walk events, and in-kind donations.

Legal & Financial Series

This program features local attorneys who discuss the legal and financial issues caregivers need to plan for the future.

What the Heck do we do Now?

This program emphasizes the importance of planning for the future. It explains the warning signs of when it is time to get outside help, respite and long term care and community options.

Personal Care & Safety

Providing personal care and creating a safe and supportive environment for the individual with Alzheimer's disease are important concerns. Participants will learn tips and strategies for assisting with routine personal care activities and simple steps to make the home safe and supportive.

Reconnect: Interacting with Dementia

This program provides strategies on improving overall communication skills in connecting with memory-impaired individuals. It also helps prepare caregivers for behavioral changes and ways to respond should they occur.

Beyond Bingo

Beyond Bingo explores creative ways to maintain meaningful activities for

people with Alzheimer's disease. It is designed to give family caregivers the tools to prevent or minimize disease specific behaviors caused by inactivity.

Since the House is on Fire

This program addresses coping with stress related to caring for individuals with Alzheimer's disease. We will examine the symptoms of caregiver stress and offer strategies towards becoming a healthier caregiver and setting realistic expectations for the individual and for the person he or she cares for.

The Long Goodbye

This program helps participants understand issues of late stage dementia, how to provide comfort care, connect through sensory stimulations and cope with caregiver stress and grief.

Now What Was I Saying?

A public health and education program to help participants understand steps they can take now to make brain health one of the overall goals of the healthy aging process.

Nuts & Bolts: Hardware of Alzheimer's Disease

The program consists of 8 thirty minute sessions providing basic information, knowledge and tools

to help caregivers better understand and care for people with Alzheimer's disease. During these sessions, care consultations will be offered on a first come first serve basis.

Alzheimer's 101

Alzheimer's 101 explores the common causes of memory loss, including Alzheimer's disease and other related dementias; the stages and symptoms of Alzheimer's, the importance of a good medical examination, current research and treatments.

Partnering with Your Doctor

Individuals learn strategies to establish a doctor/patient relationship that allows them to more effectively manage and be a part of their healthcare team in order to make informed healthcare decisions.

Holiday Stress

For most families, holidays mean togetherness, sharing, laughter and memories. But for those affected by Alzheimer's, holidays can also be filled with stress. This program will provide tips on how to lessen stress and anxiety during the holiday season, help understand feelings of loss and new ways of approaching the holiday season.

Peoria Area

Monthly events include *Thursday's Thoughts, Wednesday's Wisdom, & Third Thursdays* - lecture programs that showcase various subjects & experts from health related fields.

Wednesday's Wisdom

4:00 - 5:00 p.m.
Chapter Office
606 W. Glen Ave., **Peoria**

Wednesday, August 4
Dementia & Driving

Wednesday, September 1
The 40/70 Rule

Wednesday, October 6
Medicare Answers

Wednesday, November 3
Summary of Alzheimer's Disease Medications

Wednesday, December 1
Healthy Sleep for Caregivers

Third Thursdays

4:00 - 5:00 p.m.
Knox County Health Dept.
1361 W. Fremont St.,
Galesburg

Thursday, August 19
Diabetes

Thursday, September 16
In Home Care & Dementia

Thursday, October 21
Hearing Loss: Signs, Causes, Technology, Assistive Devices

Thursday, November 18
Hospice Care & Alzheimer's

Thursdays Thoughts

4:00 - 5:00 p.m.
LaSalle Public Library
305 Marquette St., **LaSalle**

Thursday, August 5
Talking to Your Aging Parents about Important Life Decisions

Thursday, September 2
What is Adult Day Care?

Thursday, October 7
Medicare Part D & Changes to Medi-Gap Plans for 2010

Thursday, November 4
Keeping Your Loved Ones at Home Longer

Tuesday, August 10
Beyond Bingo

1:00 - 3:30 p.m.
Walnut Library
101 Heaton St., **Walnut**
Co-funded by WIAAA
Fee: \$5 person; \$10 family
Registration Deadline: Aug. 9

Wednesday, August 11
Chapter Open House

Chapter Office
606 W. Glen Ave., Peoria

Tuesday, August 17
What the Heck do we do now?

1:00 - 4:00 p.m.
Bridges Senior Center
221 W. Etna, **Ottawa**
Co-funded by WIAAA
Fee: \$5 person; \$10 family
Registration Deadline: Aug. 16

Thursday, August 19
Reconnect: Interacting with Dementia

5:30 - 8:00 p.m.
Putnam County Public Library
214 N. Fourth St., **Hennepin**
Co-funded by WIAAA
Fee: \$5 person; \$10 family
Registration Deadline: Aug. 18

Mondays, August 23 & 30
Legal & Financial Forum

6:00 - 8:00 p.m.
Peru Municipal Building
1503 4th St., **Peru**
Co-funded by WIAAA
Registration Deadline: Aug. 20

Tuesday, August 24
Since the House is on Fire

9:30 a.m. - Noon
Knoxville Clinic Cottage
904 E. Main St., **Knoxville**
Co-funded by WIAAA
Fee: \$5 person; \$10 family
Registration Deadline: Aug. 23

Wednesday, September 8
Reconnect: Interacting with Dementia

1:00 - 4:00 p.m.
Lewistown Park District
Higgins Field
903 N. Broadway, **Lewistown**
Co-funded by CIAA
Fee: \$5 person; \$10 family
Registration Deadline: Sept. 7

Tuesday, September 14
Since the House is on Fire

1:30 - 4:00 p.m.
Chapter Office
606 W. Glen Ave., **Peoria**
Co-funded by CIAA
Fee: \$5 person; \$10 family
Registration Deadline: Sept. 13

Wednesday, September 15
The Long Goodbye

1:00 - 4:00 p.m.
State Bank of Toulon
102 W. Main St., **Toulon**
Co-funded by CIAA
Fee: \$5 person; \$10 family
Registration Deadline: Sept. 14

Thursday, September 16
Beyond Bingo

9:00 a.m. - Noon
Macomb Health Department
505 E. Jackson, **Macomb**
Co-funded by WIAAA
Fee: \$5 person; \$10 family
Registration Deadline: Sept. 15

Early Stage Support Group
Tuesday, Sept. 21 - Nov. 9

4:00 - 5:30 p.m., Peoria Office
For individuals with Alzheimer's disease & a concurrent group for family members. REGISTRATION REQUIRED. *Funding provided through HOIUW.*

Wednesdays, September 22 - October 27
Savvy Caregiver

(program overview on page 11)
9:00 - 11:00 a.m.
Chapter Office
606 W. Glen Ave., **Peoria**
Fee: \$30 person
Registration Deadline: Sept. 21

Peoria Area Programs (continued)

Thursday, September 23

Personal Care & Safety

9:00 a.m. - Noon

First United Methodist Church
221 Broadway, **Monmouth**
Co-funded by WIAAA

Fee: \$5 person; \$10 family
Registration Deadline: Sept. 22

Thursday, September 30

Beyond Bingo

10:00 a.m. - 1:00 p.m.

Graves-Hume Public Library
1401 W. Main, **Mendota**
Co-funded by WIAAA

Fee: \$5 person; \$10 family
Registration Deadline: Sept. 29

Mondays, October 4 & 11

Legal & Financial Forum

6:00 - 8:00 p.m.

Chapter Office
606 W. Glen Ave., **Peoria**
Co-funded by HOIUW

Registration Deadline: Oct. 1

Wednesdays

October 6 - November 10

Train Your Brain

(program overview on page 19)

6:00 - 7:30 p.m.

Chapter Office
606 W. Glen Ave., **Peoria**
Fee: \$30 person

Registration Deadline: Oct. 4

Thursday, October 7

Now What Was I Saying?!

2:00 - 4:30 p.m.

Morrison & Mary Wiley Library
206 W. Main St., **Elmwood**
Co-funded by HOIUW

Fee: \$5 person; \$10 family
Registration Deadline: Oct. 6

Wednesdays

October 13 - November 17

Savvy Caregiver

(program overview on page 11)

10:00 a.m. - Noon

Illinois Valley Comm. Hospital
925 West St., **Peru**

Fee: \$30 person
Registration Deadline: Oct. 11

Tuesday, October 19

Holiday Stress

1:00 - 4:00 p.m.

St. Margaret's Hospital, Room BD
600 W. First St., **Spring Valley**
Fee: \$5 person; \$10 family
Registration Deadline: Oct. 18

Thursday, October 21

Alzheimer's 101

9:00 a.m. - Noon

Monmouth City Hall
100 E. Broadway, **Monmouth**
Fee: \$5 person; \$10 family
Registration Deadline: Oct. 20

Tuesday, October 26

What the Heck do we do now?!

9:00 a.m. - 12:00 p.m.

Chapter Office
606 W. Glen Ave., **Peoria**
Co-funded by CIAA
Fee: \$5 person; \$10 family
Registration Deadline: Oct. 25

Friday, November 5

Reconnect: Interacting with Dementia

1:30 - 4:30 p.m.

Lillie M Evans Library
207 N. Walnut, **Princeville**
Co-funded by CIAA
Fee: \$5 person; \$10 family
Registration Deadline: Nov. 4

Tuesday, November 9

Holiday Stress

9:00 a.m. - Noon

McDonough District Hospital
525 E. Grant St., **Macomb**
Fee: \$5 person; \$10 family
Registration Deadline: Nov. 8

Thursday, November 11

Holiday Stress

1:00 - 4:00 p.m.

St. Margaret's Hospital, Room 4A
3374 Seminary St., **Galesburg**
Fee: \$5 person; \$10 family
Registration Deadline: Nov. 10

Facing New Challenges

Participants learn the basics of Alzheimer's disease, new communication approaches & ways to plan for the future.

4:30 - 6:30 p.m.

OSF Center For Health
8600 N. State Rt. 91, **Peoria**

Monday, August 16

Registration Deadline: Aug. 13

Monday, September 20

Registration Deadline: Sept. 17

Monday, October 18

Registration Deadline: Oct. 15

Monday, November 15

Registration Deadline: Nov. 12

Rock River Branch

Brown Bag

12:15 - 1:15 p.m.

Rock River Branch
93 S. Hennepin, **Dixon**

Wednesday, August 18

Healing Touch

Wednesday, September 15

Reverse Mortgages

Wednesday, October 20

Financial Forum

Wednesday, November 17

Long Term Care Planning

Tuesday, August 3

Alzheimer's 101

12:30 - 2:30 p.m.

Whiteside Co. Senior Center
1207 W. 9th, **Sterling**

Tuesday, August 3

Alzheimer's 101

6:00 - 8:00 p.m.

Rock River Branch
93 S. Hennepin, **Dixon**

Friday, August 13

Alzheimer's 101

12:15 - 1:15 p.m.

Nash Recreation Center
304 S. 5th St., **Oregon**

Reach Your Audience

Advertise your business in the next Memory Matters newsletter and reach over 17,000 families & professionals in our 20-county service area. Call Janet at 217.228.1111 for ad rates & sizes.

Tuesday, August 24

Alzheimer's 101

12:00 - 2:00 p.m.
Hub City Senior Center
401 Cherry Ave., **Rochelle**

Wednesday, September 8

Partnering with your Doctor

6:00 - 8:00 p.m.
Rock River Branch
93 S. Hennepin, **Dixon**

Mondays,

September 13 - October 18

Train Your Brain

(program overview on page 19)

6:00 - 7:30 p.m.
Rock River Branch
93 S. Hennepin, **Dixon**

Fee: \$30 person

Tuesday, September 14

Partnering with your Doctor

10:00 a.m. - Noon
Mt. Morris Senior Center
9 E. Front, **Mt. Morris**

Tuesday, September 21

Partnering with your Doctor

2:00 - 4:00 p.m.
Good Neighbor Care
2705 Avenue E., **Sterling**

Tuesday, October 5

What the Heck do we do now?

1:00 - 3:00 p.m.
Sterling Public Library
102 4th Ave., **Sterling**

Tuesday, October 12

What the Heck do we do now?

1:00 - 3:00 p.m.
Rock River Branch
93 S. Hennepin, **Dixon**

Tuesday, October 12

What the Heck do we do now?

5:00 - 7:00 p.m.
Polo Rehab & Health Center
703 E. Buffalo, **Polo**

Mondays,

November 1 - December 6

Savvy Caregiver

(program overview on page 11)

6:00 - 8:00 p.m.
Whiteside Co. Senior Center
1207 W. 9th, **Sterling**
Fee: \$30 person

Quincy Area Branch

Memory Café

Memory Cafe is a new social program for individuals with early stage Alzheimer's & their caregivers.

2:30 - 4:30 p.m.
Quincy Senior Center
639 York St., **Quincy**

Thursday, August 19

Thursday, September 16

Thursday, October 21

Thursday, November 18

First Fridays Lunch & Lecture Series

11:45 a.m. - 1:00 p.m.
Quincy Senior Center
639 York St., **Quincy**
Funded by WCIAAA

Friday, August 6

Friday, September 3

Friday, October 1

Friday, November 5

Third Tuesdays Lunch & Lecture Series

11:45 a.m. - 1:00 p.m.
Pike County Senior Center
220 W. Adams St., **Pittsfield**
Funded by WCIAAA

Tuesday, August 17

Tuesday, November 9

Holiday Stress

1:00 - 3:00 p.m.
Rock River Senior Center
215 W. Washington, **Oregon**

Tuesday, November 9

Holiday Stress

6:00 - 8:00 p.m.
Rock River Branch
93 S. Hennepin, **Dixon**

Tuesday, November 23

Holiday Stress

1:00 - 3:00 p.m.
Rock Falls Library
1007 7th Ave., **Rock Falls**

Tuesday, September 21

Tuesday, October 19

Tuesday, November 16

Thursday, August 12
Meet The Alzheimer's Association

9:30 - 10:45 a.m.
Schuyler Co. Senior Center
250 N. Monroe, **Rushville**

Thursday, August 26
Now What Was I Saying?!

6:00 - 8:00 p.m.
Pike County Senior Center
220 W. Adams St., **Pittsfield**

Thursdays,
September 9 - October 14
Train Your Brain

(program overview on page 19)

6:00 - 7:30 p.m.
Quincy Senior Center
639 York St., **Quincy**
Fee: \$30 person

Tuesday, October 12
Nuts & Bolts

9:00 a.m. - 3:30 p.m.
Schuyler Co. Senior Center
250 N. Monroe, **Rushville**

Wednesdays,
October 13 - November 17
Savvy Caregiver

(program overview on page 11)

1:00 - 3:00 p.m.
Quincy Senior Center
639 York St., **Quincy**
Fee: \$30 person

Thursday, November 4
Holiday Stress

6:00 - 7:30 p.m.
Quincy Senior Center
639 York St., **Quincy**

Tuesday, November 9
Personal Care & Safety

1:30 - 4:30 p.m.
Bethel Presbyterian Church
1421 Broadway, **Hamilton**

Healthcare Professionals Upcoming Trainings



To download a training brochure,
please visit:

[www.alz.org/illinoiscentral/
professional training](http://www.alz.org/illinoiscentral/professionaltraining)

Engaging Consumers with Alzheimer's Disease & Developmental Disabilities

Thursday, August 26th

Registration - 8:00 a.m.
Program - 8:30 a.m. - 12:00 p.m.
Chapter Office
606 W. Glen Avenue
Peoria, IL 61614

\$60 Registration Fee

You'll receive a certificate of completion and CEU credit is available for an additional \$10.

\$50 Registration Fee for Central Illinois Chapter Support Group leaders and those who register by August 12th.

Topics:

- The Alzheimer's disease process
- The impact of Alzheimer's disease on people with intellectual developmental disabilities
- Effective strategies for working with consumers with Alzheimer's disease

Illinois Dementia Care Train-the-Trainer

Thursday, September 30th

Registration - 8:30 a.m.
Program - 9:00 a.m. - 4:30 p.m.
Chapter Office
606 W. Glen Avenue
Peoria, IL 61614

\$85 Registration Fee

You'll receive a certificate of completion and CEU credit is available for an additional \$10.

\$75 Registration Fee for Central Illinois Chapter Support Group leaders and those who register by September 16th.

Topics:

- Identify the difference between dementia and Alzheimer's
- Explain the difference between verbal and non-verbal communication
- List the three components of person centered activity programming

Advanced Topics in Alzheimer's Care (ATAC) 1/2 Day Train-the-Trainer

Wednesday, November 10th

Registration - 8:00 a.m.
Program - 8:00 a.m. - 4:30 p.m.
Chapter Office
606 West Glen Avenue
Peoria, IL 61614

\$60 Registration Fee

You'll receive a certificate of completion and CEU credit is available for an additional \$10.

\$50 Registration Fee for Central Illinois Chapter Support Group leaders and those who register by October 27th.

Topics:

- Making Mealtimes Matter
- Understanding Exit-Seeking Behavior
- Recognizing and Reporting Pain
- Communication through Storytelling

In mid-July the Alzheimer's Association announced the launch of Alzheimer's Association TrialMatch™, a confidential and free tool that provides comprehensive clinical trial information and an individualized trial matching service for people with Alzheimer's disease and dementia.

The Internet (www.alz.org/TrialMatch) & phone-based (800-272-3900) service debuted during the Alzheimer's Association's 2010 International Conference on Alzheimer's Disease (ICAD) in Honolulu, HI.

"Alzheimer's disease is reaching epidemic proportions with devastating impact on families, and the potential to wreck Medicare, Medicaid and the health care system," said William Thies, PhD, Chief Medical and Scientific Officer at the Alzheimer's Association. "The immediate need for advances in diagnosis, treatment and prevention has led to an unprecedented need for clinical study participants. This, combined with challenges specific to recruitment and retention of participants with Alzheimer's, has created a particularly difficult situation for the field. That's why the Alzheimer's Association has launched Alzheimer's Association TrialMatch."

Recruiting and retaining participants for clinical studies is one of the greatest obstacles to developing the next generation of Alzheimer's treatments.

"Only one percent of eligible participants are enrolling in trials, and we're looking to physicians to play a leadership role in referring their patients to clinical trials in Alzheimer's and dementia," said Marilyn Albert, PhD, Professor of Neurology at Johns Hopkins and

Director of their Division of Cognitive Neuroscience. "As healthcare professionals, there is more we can do to help our patients post-diagnosis. By referring our current patients to trials, we offer access to potential cutting-edge treatments while unlocking the door to potentially more widely-available treatments for people with Alzheimer's in the future."

There are no treatments available to slow or stop the brain cell deterioration that occurs with Alzheimer's.

However, more than 100 clinical studies in Alzheimer's and dementia are currently taking place and dozens more experimental compounds are moving from the laboratory to clinical testing.

"Families affected by Alzheimer's need better diagnostic and treatment options now, and the lack of participants in clinical studies is a significant public health issue," Dr. Thies said. "Alzheimer's Association TrialMatch is a powerful and user-friendly tool for people

with Alzheimer's, their healthcare professionals, caregivers, and healthy volunteers to learn about and take part in cutting-edge research going on right now. By volunteering for clinical studies, people with Alzheimer's and their caregivers can play a more active role in their own treatment while also contributing to scientific discovery and benefiting future generations. It is public service in the best possible sense."

Alzheimer's Association

Continued next page

page 17



Alzheimer's



...It's more than being a little forgetful!



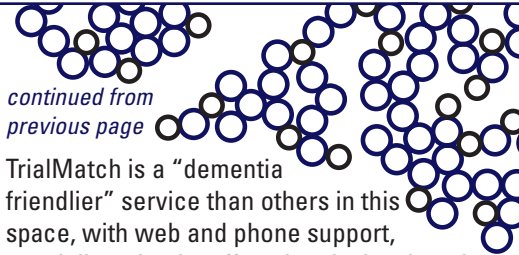
Our area Petersen Health Care facilities provide Alzheimer's services designed to maintain or increase Quality of Life.

- Medicare & Medicaid Certified
- Licensed Alzheimer's Program
- Specialized Programming
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To find a facility specializing in Alzheimer's near you, call us or visit our website today!

309.691.8113

www.petersenhealthcare.net



continued from previous page

TrialMatch is a "dementia friendlier" service than others in this space, with web and phone support, specially trained staff, and tools developed with input from people with Alzheimer's.

The strength of this Web- and national 800 line-based service is that Alzheimer's Association TrialMatch contains a comprehensive, constantly updated database of institutional review board-approved Alzheimer's, mild cognitive impairment and other dementia trials taking place across the U.S. Specialists at the Alzheimer's Association's national Contact Center – available 24-hours a day – assist in the process of matching individuals to clinical trials for which they are eligible based on study inclusion/exclusion criteria, diagnosis, treatment history and location.

Alzheimer's Association Contact Center specialists will not recommend any particular clinical trial, but will describe all studies for which the person is eligible. They will answer questions about the trial process and connect individuals with trial sites based on their unique profile. Patients and caregivers will be encouraged to share their trial matches with their healthcare professionals to help decide whether a clinical trial is appropriate.

Alzheimer's Association TrialMatch can be accessed at www.alz.org/TrialMatch or by calling toll-free, (800) 272-3900.

Did you Know????

We have nearly 35 support groups for caregivers and persons with early stage Alzheimer's disease in our 20 county area. Call any of our three office locations or visit us online at www.alz.org/illinoiscentral.

New Brain Program for Middle Aged and Healthy Seniors

The Central Illinois Chapter is looking for individuals in their 40s and older and healthy seniors to participate in a new healthy aging program, "Train Your Brain."

The six-week program will begin in Dixon, Quincy and Peoria this Fall.

Each week will feature a brain related topic and a guest speaker. Topics include:

- **Now What Was I Saying?**

A public health and education program that teaches participants steps they can take now to make brain health one of the overall goals of the healthy aging process.

- **How Diet Affects the Brain**

- **Physical Activity and Exercise keep the Brain Alert**

- **The Importance of socialization**

- **Memory Techniques to Manage Stress**

- **Graduation Party**

"We now know there's a lot you can do to help keep your brain healthier as you age," said Nikki Vulgaris-Rodriguez, Chapter Executive Director. "We have developed this program as part of our

mission to reduce the risk of dementia through the promotion of brain health." Cost for the program is \$30 per person and includes an Association tote bag, the Big Brain Puzzle Book, handouts for each session and a certificate upon program completion. Registration is required by calling the Peoria, Dixon or Quincy office.

Program Dates & Locations:

Peoria

Wednesdays,
Oct. 6 – Nov. 10
6:00 - 7:30 p.m.
Chapter Office
606 W. Glen Ave.

Rock River

Mondays,
Sept. 13 – Oct. 18
6:00 – 7:30 p.m.
Rock River Office
93 S. Hennepin, Dixon



Quincy

Thursdays, Sept. 9 – Oct. 14
6:00 – 7:30 p.m.
Quincy Office, 639 York Street

Nurturing Nuggets® For Dementia Caregivers

25 Supportive Strategies In Caring For Persons With Dementia

The caregivers of persons with dementia are often overlooked, yet their challenges are remarkable. This book offers comfort and reassurance to these caregivers in the form of *Nurturing Nuggets®* or "word bites for the heart". To all the caregivers of persons with dementia, whether at home or in a facility setting, we thank you for your tireless care!

This book will help you:

- Comfort the caregivers of persons with dementia
- Support dementia and Alzheimer's causes worldwide
- Provide a unique gift to an overlooked market segment

- Available at the Chapter Office library -

BOOK REVIEW

"Nurturing Nuggets For Dementia Caregivers is a gem of a book filled with sound ideas and levity designed to help caregivers through the journey of living with adult dementia."

Joanne Koenig Coste, Author
Learning To Speak Alzheimer's

You can make a difference in the fight against Alzheimer's. And your financial future.

Help end Alzheimer's disease with a Charitable Gift Annuity.

By investing in the fight against Alzheimer's with a Charitable Gift Annuity, you're helping future generations while making a smart financial decision. Because this charitable option offers you a steady stream of fixed payments to supplement your income for life. You will also benefit from an income tax deduction and possible federal estate tax savings. You can make a difference in the fight against Alzheimer's; a Charitable Gift Annuity can make a difference in your financial future.

To learn more, call us at 866-233-5148 or visit alz.org/plannedgiving.

Deferred Option. Minimum age is 60. Payments must be deferred by 1 year.



alzheimer's
association®

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The Alzheimer's Association, Central Illinois chapter, gratefully acknowledges the following individuals, businesses, and organizations who have made contributions to our Chapter from March 1, 2010 to June 5, 2010.

GIFTS IN HONOR OF

THE BURGESS CHILDREN

Mr. & Mrs. David Burgess

MARY GROB

Mr. Jim Grob

JOAN HEERMAN'S 80TH BIRTHDAY

Ms. Caron Prettyman

LAWRENCE HEFFERN

Mr. Jim Heffern

IRV MARCUS' 85TH BIRTHDAY

Ms. Sande Bjergo

CLARENCE SHUMAKER

Mr. & Mrs. Michael King

WILLIAM & MINNIE STEELE'S ANNIVERSARY

Mrs. Ruby G. Arms

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 Ms. Sandra Ullman
 Mr. Steven Wander
 Dr. & Mrs. Robert & Gale White
 Mr. & Mrs. Nick Yates

CORPORATE GIFTS OF \$1000+

1, 2, 3 You 'n Me
 Altorfer Cat
 Alzheimer's Women's Association
 Backwaters
 Catalyst Health Solutions
 Caterpillar Foundation
 Community Foundation of the
 Quincy Area from the Joe & Jill
 Tracy Family Fund
 Connor Co.
 Coyle Insurance Agency, Inc.
 Cusack, Gilfillan & O'Day LLC
 Dot Foods
 Entec Services, Inc.
 Envision
 Gully Transportation
 HCH Administration Parking Lot
 Hi Line Supply Company
 Illinois Mutual
 Lynch Aluminum
 M & O Insulation Company
 Maloof Commercial Real Estate
 Miller Dredge Insurance
 Mississippi Belle Dist. Co., Inc.
 Noxin Trucking LLC
 OSF Saint Francis Healthcare System
 Oberlander Electric Company
 PIPCO Companies
 PJ Hoerr, Inc.
 PNC - National City
 Parsons Company, Inc.
 River City Construction
 Saint Francis Medical Center
 Smith Barney
 Springfield Electric Supply Co.
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 The Business Centre of Quincy
 Thrivent for Lutherans
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 Tracy Family Foundation
 Western Catholic Union
 Yeomans Distributing Co.

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FOR FAMILIES & PROFESSIONALS

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