


***Giving Up the Keys:  
Driving and Dementia***

***Alzheimer's from  
the Frontlines:  
Challenges that a  
National Alzheimer's  
Plan Must Address***

***You Can Effect Change:  
Get Involved in Advocacy***



***Why Advocate?***  
**Because the End  
of Alzheimer's  
Begins with You**



# A CURE IS THE GOAL. YOU ARE THE HOPE.



## Introducing Alzheimer's Association TrialMatch™ – Our Clinical Studies Matching Service.

Far too many Americans have Alzheimer's disease, currently an estimated 5.4 million people. That number is expected to triple by 2050. Volunteering for clinical trials is one of the most immediate ways you can make a difference, not only for yourself, but also for generations to come. Without volunteers, finding a cure is virtually impossible. With so many new treatments being developed, chances are there are Alzheimer's clinical studies going on near you. Alzheimer's Association TrialMatch will help you find the right one; there's no cost and it's easy to use. Be a hero and get started today. Talk to your doctor, call 800.272.3900 or visit [alz.org/trialmatch](http://alz.org/trialmatch).

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

Follow the Alzheimer's Association – Greater Illinois Chapter on



### our mission

To eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

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### alzheimer's association Greater Illinois Chapter

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[www.alz.org/illinois](http://www.alz.org/illinois)

Our vision is a world without Alzheimer's.

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## a message from erna...

“**Y**ou can't fight city hall!” Once upon a time, some of us believed that. What use was it to speak up as citizens of this great nation, only to be rebuffed by politicians and bureaucrats who ignored our pleas.

How wrong we were! Time and time again, we have seen citizens rise up, reclaim their constitutionally-given rights and change public opinion, change the political position of elected officials, and convince bureaucrats to change policies and procedures. Sometimes it's as simple as redirecting a bike path. Other times it's ensuring that everyone is treated equally under the law.

We have seen success in our own arena — in the **advocacy and public policy activities** of the Alzheimer's Association®. There are many examples.

- Adding Alzheimer's to the list of compassionate allowances for Social Security Disability.
- The Illinois Legislature adopting a state plan for Alzheimer's disease.
- U.S. Congress passing legislation to create a *National Alzheimer's Plan*.
- Achieving *Uniform Guardianship* standards in Illinois when guardianship for a loved one dealing with Alzheimer's becomes so important for his/her protection.
- Illinois approving minimum training standards for certified nurse's aides that emphasize specialized care for individuals with dementia.
- Adding Alzheimer's drugs to Illinois' pharmaceutical assistance program for low-income seniors.
- Rescuing state funding for the state's three *Alzheimer's Disease Research Centers*.
- After several years of work, Illinois created regulations to govern operations of and minimum training for staff working on special care units for people with dementia.
- And the list goes on.

I admit I have a taste for politics. My first job after college was working in the United States Senate for Illinois Senator **Charles Percy**. I've never quite gotten over the adrenaline rush that comes with a successful legislative effort after months, sometimes years, of work. I've never let go of the challenge of creating change.

That's why being a part of the Association is so great. Not only do we help individual lives one at a time, but we help whole communities, indeed all citizens in our state and across the country, affected by Alzheimer's through our public policy and advocacy efforts.

**Join us and experience the rush for yourself.**

Erna Colborn, *President & CEO*

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***Why Advocate?*** **Because the End of Alzheimer's Begins with You**

*Becoming an advocate may sound like a daunting task — but it's actually very simple.*

**The most important ingredient is you** — your personal experiences and your commitment to help make a difference. You probably do not realize it, but you advocate every day in various ways.

**A** parent advocates when they go to a parent-teacher conference and make sure their child is getting an adequate education. A citizen advocates for what they believe will be good government when they vote. A family member acts as an advocate when they have a loved one that is sick and they ask questions of the doctor to make sure that appropriate treatment and care is given. Becoming an advocate simply means actively supporting a cause.

The Alzheimer's Association works on specific types of advocacy — we advocate for public policy measures that will improve the lives of those diagnosed with Alzheimer's disease and their caregivers. Examples include asking the State of Illinois or the federal government to create specific policies or laws, asking constituents to contact their representatives to support or oppose a particular piece of legislation and helping volunteer advocates contact and interact with their elected officials.

**Advocacy is an extremely valuable tool in the fight to make Alzheimer's disease a priority — on both the National and State levels.** If we don't share our feelings and act for change, how will our legislators know that we care? If we don't provide them with the essential facts, how will they learn the devastation this disease creates? If we don't organize and work together, how will they understand that millions are waiting for a cure? Change, progress and ultimately a cure lies with you — your voice is powerful, OUR collective voices will create a world without Alzheimer's.

## How You Can Effect Change

**The Alzheimer's Association needs your help!** We need you to become an advocate and begin working with us to achieve great strides. The success of our efforts is rooted in the willingness of advocates to actively work for change. There are several levels of advocacy commitment you can choose from. Please review the options below and pick the level that best suits your schedule at this time.

- **E-Advocate:** You will be kept up-to-date on advocacy issues and have the opportunity to participate in grassroots advocacy activities, including action alerts, when we need you to contact your elected officials. Lawmakers must enact public policies aimed at preventing this disease, as well as providing better health and long-term care coverage to ensure high-quality, cost-effective care for people with Alzheimer's. You'll help deliver that message.
- **Lead Advocate:** You will maintain a greater level of involvement in Association's policy work at the State level, both developing and sustaining relationships with state legislators. We will provide training, so you feel comfortable interacting with your legislator. Some examples of ways we will ask for your help include: visiting your State Representative's or State Senator's office, attending one of his/her town hall meetings,



Advocates ready to go to Capital Hill; (LEFT TO RIGHT) **Cathy Perkowitz, Grace Perkowitz, Cathy Edge, Lou Holland**

or attending our Springfield advocacy day. Our goal is to have a Lead Advocate in every legislative district within our Chapter's service area.

- **Ambassador:** You will be a grassroots volunteer, trained to serve as the main point person for a specific member of Congress. You will play a critical role in helping the Alzheimer's Association meet its federal legislative goals by working directly with your Congressperson — building a relationship with him/her and holding them accountable to their commitment to fight Alzheimer's.

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## becoming an advocate



UPPER LEFT: Advocates **Dani Jachino** (LEFT) and **Stephanie Hero** take a break in the Capital building in D.C. before their next Legislator visit.

LOWER LEFT: Advocates at the **2011 Illinois Action Summit** in Springfield.

UPPER RIGHT: Candlelight vigil in Washington, D.C. during the **Alzheimer's Association Advocacy Summit**.

CONTINUED FROM PAGE 5

If you are interested in becoming an Advocate, Lead Advocate or Ambassador, please visit our website at [www.alz.org/illinois](http://www.alz.org/illinois) and click on the *Advocate* link. Each level of commitment can be deeply rewarding and help play a tremendous role in advancing issues critical to those affected by Alzheimer's disease. We CAN show our legislators that the key to eradicating Alzheimer's is a combination of the *Compassion to Care* and the *Leadership to Conquer*<sup>®</sup>. Together, this is a fight we can win!

### New Legislation

The General Assembly concluded their 2011 legislative session in December and will be returning to Springfield to discuss new Bills at the end of January. The Association has begun meeting with many of your State Representatives and State Senators to discuss critical legislation we plan to propose during the Spring session — and we look forward to working with each legislator, as we advance policies that will improve the lives of Illinois residents affected by Alzheimer's disease.

As the legislation works through the House and Senate, we will be contact advocates to make you aware of the Bills and to ask for help. If you aren't already signed up to be an advocate, please do so today by visiting: [www.alz.org/illinois](http://www.alz.org/illinois).

With your help, we look forward to a very productive upcoming legislation session! ●

### Advocates for Alzheimer's Contest

**K**now a student or young professional with a passion for fighting Alzheimer's disease? Spread the word about our *Advocates for Alzheimer's Contest*.

The purpose of this competition is to recruit and engage young adults, ages 18 – 30 in the advocacy process. We want young adults to understand that their voices, their efforts and their dedication will pay off and have meaningful results.

Applicants will create a 1- to 2-minute video explaining why advocacy is important — specifically, advocating for Alzheimer's disease. There are no requirements or constraints on the level of creativity used to make a video, but the judges will chose a winner based primarily on the substance of the message.

The winner will receive an **all-expenses paid trip to Washington, D.C.** to attend our *Annual Alzheimer's Association Advocacy Forum in April*. The trip will provide an incredible opportunity for the winner to interact with Illinois' Congressional delegation, our U.S. Senators and other advocates while enjoying a trip to our Nation's capital.

For more details and to sign up, please visit our website: [www.alz.org/illinois](http://www.alz.org/illinois). ●

## Illinois Alzheimer Legislator Alliance

Last year, the Alzheimer's Association® approached State Representative **Patti Bellock** and State Representative **Sandra Pihos** to discuss the creation of an *Alzheimer Legislator Alliance* in Illinois. The Representatives not only agreed to participate, but they also became the Founders of the Alliance and immediately began recruiting their colleagues to join this dynamic bipartisan group of legislators. The goal has been to raise awareness of Alzheimer's disease and related dementias within the Illinois legislature. With home- and community-based service needs, funding for those with Alzheimer's disease on the rise, and caregiver stress at an all-time high, the people of Illinois needed a bipartisan Alliance of Illinois legislators that would make the disease a top public priority. We are happy to report that that Alliance now exists and is flourishing with a steady flow of new memberships. Following is a list of those legislators that have already become Alliance members — we thank them all for their dedication!

Alzheimer Association, Greater Illinois Chapter President and CEO, **Emma Colborn (CENTER)**, with Representatives **Patti Bellock**, (LEFT) and **Sandra Pihos** (RIGHT).



**Representative Bellock** describes her commitment to ending Alzheimer's disease during the 2011 Illinois Action Day in Springfield.

Senator Pamela Althoff (R-32)  
Senator William "Bill" Brady (R-44)  
Senator James Clayborne (D-57)  
Senator William Haine (D-56)  
Senator Don Harmon (D-39)  
Senator David Koehler (D-46)  
Senator William "Sam" McCann (R-49)  
Senator Suzi Schmidt (R-31)  
Senator Heather Steans (D-7)  
Senator Dave Syverson (R-34)  
Representative Edward Acevedo (D-2)  
Representative Jason Barickman (R-105)  
Representative Dan Beiser (D-111)  
Representative Patricia Bellock (R-47)  
Representative Maria "Toni" Berrios (D-39)  
Representative Daniel Biss (D-17)  
Representative Dan Brady (R-88)  
Representative William Davis (D-30)  
Representative Lisa Dugan (D-79)  
Representative Keith Farnham (D-43)  
Representative Sara Feigenholtz (D-12)  
Representative Jehan Gordon (D-92)  
Representative Norine Hammond (R-94)

Representative Greg Harris (D-13)  
Representative Elizabeth Hernandez (D-24)  
Representative Thomas Holbrook (D-113)  
Representative Chuck Jefferson (D-67)  
Representative Camille Y. Lilly (D-78)  
Representative Donald Moffit (R-74)  
Representative Sandra Pihos (R-42)  
Representative Keith Sommer (R-106)  
Representative Jill Tracy (R-93)  
Representative Michael Unes (R-91)  
Representative Dave Winters (R-68)

If you do not see your State Senator and your State Representative's names on this list, please contact them and ask that they join. To find your legislators, please visit: [http://act.alz.org/site/PageNavigator/Elected\\_Official\\_Search](http://act.alz.org/site/PageNavigator/Elected_Official_Search) and type in your address.

More details about the Alliance can be found at: [www.alz.org/Illinois](http://www.alz.org/Illinois) and click on *Advocate*. ●



## Lt. Governor Sheila Simon Co-Hosts Illinois Action Summit

**T**he Alzheimer's Association®, Illinois Chapter Network is pleased to announce that **Lt. Governor Sheila Simon** has graciously decided to sponsor a *Meet and Greet* in her Springfield office with state legislators and Alzheimer's advocates at **1:00 p.m. on Tuesday, March 27** for our **2012 Illinois Action Summit**. As the Ambassador to the event, Lt. Governor Simon is leading the charge for a world without Alzheimer's disease.

Alzheimer Association, Greater Illinois Chapter President and CEO, **Erna Colborn** (LEFT) with **Lt. Governor Sheila Simon** during the 2011 Illinois Action Day.

We recently sat down with her to discuss how our Alzheimer's advocates can be effective in their lobbying efforts.

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**Thank you so much for agreeing to be an Ambassador to the Alzheimer's Association for our 2012 Illinois Action Summit in Springfield on Tuesday, March 27, 2012. Having been an advocate and champion on so many important issues, can you give some personal insight about how effective**

**and rewarding lobbying for a cause can be to our readers?**

Lobbying in the big picture can happen in all sorts of ways, such as going to Springfield, meeting with a legislator in their district office, or running into them at the grocery store or recreation center. It is really important that people who are elected representatives hear about what is going on and how it impacts individuals — that is how change is made. That is why organized events like this are significant — so the policy makers can make informed decisions.

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**Given your background successfully advocating for people facing domestic violence and discrimination, in addition to leading the charge for ethics reform in Illinois, what advice would you offer to Alzheimer's Advocates when working with state legislators?**

The best piece of advice I can offer is to **make sure you share your own story!** Oftentimes, policy makers have vague picture of an issue and how it affects people across the state. But, that is not as motivating as how, Alzheimer's disease for example, affects one person or one family, so take the opportunity to tell your story. This is also something that will stick in the legislators mind — and is much more memorable than a one-page fact sheet.

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**Since every 69 seconds someone develops Alzheimer's, do you have any thoughts on how our Advocates can create a sense of urgency within the state government about the rising Alzheimer's epidemic?**

You must speak up to help change our societal attitudes about what is acceptable. I think for so long we accepted, as a nation,



## About Lieutenant Governor Sheila Simon

### Lieutenant Governor Sheila

**Simon** offers a lifetime and legacy of public service. She is a lawyer, teacher and working mother.

Her record includes four years as a Jackson County prosecutor, a decade as a Southern Illinois University law professor and participation in the Illinois Reform Commission, which aimed to restore ethics and trust in government.

As Lieutenant Governor, Simon is the second highest executive officer in Illinois, and her mission is to make government more accountable, accessible and transparent for the taxpayers of Illinois.

She acts as the Governor's point person on education reform and is leading efforts to increase college completion, inspire ethical government, protect our military bases from closure, improve services in



rural areas and keep our waterways clean and safe.

In her first year in office, Simon toured each of the state's 48 community colleges to highlight the role they play in increasing the state's college completion rate. Simon wants 60 percent of working-age adults to hold meaningful college degrees or certificates by 2025, up from about 40 percent today.

Simon is setting a higher standard for ethical leadership by releasing detailed financial profiles of herself and her senior staff each year so the public can see if any potential conflicts of interest exist. To safeguard taxpayer dollars, she requested a 2012 budget that is a fraction of a percent of the state's overall spending and equal to the lowest appropriation request for the office in the last 15 years.

that as we age we would lose our abilities. I don't think we should tolerate that — this is not something that simply comes with growing older! We must do more research on, and address Alzheimer's disease in more effective ways.

**I know one of your passions is education, what suggestions do you have for making sure that health care professionals and caregivers are given adequate education — not only about Alzheimer's disease but also about utilizing resources and programming available to them?**

I believe we need to pay special attention to our community college systems — particularly in terms of educating our health care providers. I recently visited all 48 institutions and witnessed some amazing programs related to health care providers. Community colleges are a great way for

folks to become involved at the local level, and to make sure future health care providers know what resources are available.

**As you know African-Americans and Hispanics are considerably more likely to develop Alzheimer's disease than Caucasians, what advice do you have for our advocates who want to help engage underserved communities?**

We need to make sure we maintain an all inclusive focus — everyone must be involved in the process of health care and democracy in general — it will make us a better country. We need to make sure Alzheimer's advocates know that there are some gaps in term of services, and together we must find ways to address them. All populations must be included as we create good public policy, advocate for critical issues and support educational efforts.

The Alzheimer's Association should strive for a communication strategy that reaches across lines that often divide people.

**Is there anything else you would like to add?**

First, I would like to thank you and the Association for your efforts!

My Grandmother suffered from dementia and it had a great impact on our whole family. I remember getting a phone call in the middle of the night and Grandma would have all the facts right but she would be about a decade off. The personal frustration of not being able to help is something I identify with. So, I understand the passion behind all the advocates you are working with and appreciate what you are doing! ●

*For more information about the 2012 Illinois Action Summit contact Jennifer Belkov, Senior Manager of Advocacy, at 847.933.2413 or by e-mail [Jennifer.belkov@alz.org](mailto:Jennifer.belkov@alz.org).*

## making alzheimer's disease a national priority



Advocates delivering advocacy cards to Senator Kirk's office: (LEFT TO RIGHT) Joseph Harrington, Erna Colborn, Senator Mark Kirk, Dani Jachino, Angela Riley, and Nick Tzitzon

## Advocates Meet with Senator Mark Kirk (R-IL)

On Wednesday, October 26, 2011 Alzheimer's Advocates delivered more than 4,600 signed advocacy cards to **Senator Mark Kirk (R-IL)** requesting his help to make Alzheimer's disease become a national priority. Cards were signed and collected at 18 *Walk to End Alzheimer's®* events throughout Illinois.

"The impact of Alzheimer's disease on seniors, families, and the community as a whole, cannot be overstated," Senator Kirk said. "I commend the Alzheimer's Association for their dedication to Alzheimer's research and tremendous efforts to both prevent the disease and assist those affected."

In the United States, an estimated

5.4 million people are living with Alzheimer's disease, and someone develops the disease every 69 seconds. In Illinois, the number of people aged 65 and older with Alzheimer's is 210,000; the number is expected to increase by 14% to 240,000 in the next fifteen years. Alzheimer's is a brain disease that causes a slow, steady loss of memory, reasoning and other thinking tasks. Eventually, Alzheimer's kills, but not before it takes everything away from you. It steals a person's memories, independence and dignity. It robs spouses of lifetime companions and children of parents and grandparents. It destroys the security of families and depletes billions of dollars annually from family and government

budgets. The costs associated with Alzheimer's disease and other dementias are substantial — and if left unaddressed will bankrupt our State. In Illinois, nearly 580,000 caregivers, contribute more than 659 million hours of unpaid care, at an estimated value of more than \$7.8 billion.

The Alzheimer's Association, Greater Illinois Chapter thanks Senator Kirk for inviting us into his office, his receptiveness and sensitivity regarding Alzheimer's disease and for taking time out of his busy schedule to meet with us. We look forward to working together in the future — as we strive to create a world without Alzheimer's. ●

# Support Group Listings By City

Please note that support group meeting dates are subject to change, particularly if the posted meeting date happens to fall on or near a holiday. If you have a question about a group's posted meeting date, please call the Helpline at 800-272-3900.

**Unless otherwise noted, most support groups are for general caregiving.**

## Arlington Heights

Lutheran Home & Services  
800 West Oakton  
2nd Thursday; 1:00 p.m.

## Arlington Heights

Village Hall, 33 S. Arlington Hts. Rd.  
4th Monday; 7:00 p.m.

## Aurora

Rachel's Place Adult Day  
309 West Park Ave.  
3rd Wednesdays; 1:00 p.m.

## Barrington Early Stage

Barrington Area Council on Aging,  
Early Stage Support Group  
28156 W. Northpointe Parkway  
Every Thursday – 10:30 a.m.

*Two early stage groups are available — one for people diagnosed under the age of 65 (young onset) and one for all ages of people in early stage.*

## Barrington

The Lutheran Church of  
the Atonement  
909 E. Main St.  
2nd Thursday, 1:30 – 3:00 p.m.  
*Please note: people with memory loss are welcome to attend.*

## Bloomington

Luther Oaks  
601 Lutz Road, Commons Room  
1st Monday, 6:00 p.m.

## Bloomington

Our Redeemer Lutheran Church  
1822 E. Lincoln Street  
1st Friday, 9:00 a.m.

## Bolingbrook

Adventist Bolingbrook Hospital  
431 Remington Blvd.  
3rd Thursdays, 6:30 p.m.

## Camargo

United Methodist Church  
103 E. Main Street  
Last Thursday; 2:00 p.m.

## Carol Stream Spouses Only

Belmont Village  
545 Belmont Lane  
3rd Monday, 10:00 a.m.

## Cary

Holy Cross Lutheran Church  
2107 Three Oaks Road  
2nd Tuesdays, 6:30 – 8:30 p.m.

## Champaign

Circle of Friends Adult Day Center  
609 W. Washington  
3rd Wednesday, 12:00 p.m.  
*Caring for someone with any type of dementia and/or senior health issues. Call 217-359-7937 if supervision during group for the person diagnosed is needed.*

## Chenoa

Meadows Chapel  
24588 Church Street  
4th Thursday, 2:00 p.m.

## Chicago Adult Children

Northwestern Memorial Hospital  
251 East Huron, Feinberg Building,  
Room B  
1st Monday, 6:00 – 7:30 p.m.

## Chicago Spouses Only

Northwestern Memorial Hospital /  
Geriatric Evaluation Services  
645 N. Michigan Avenue  
Suite 630 - Conference Room  
4th Monday, 10:30 a.m.

## Chicago

Rush University Medical Center  
Ann Byron Waud Resource Center  
710 S. Paulina, Suite 438  
2nd Monday, 6:00 p.m.

## Chicago

Northwestern Memorial Hospital,  
Frontotemporal Dementia (FTD)  
or Primary Progressive Aphasia  
(PPA) Caregivers Support Group  
Feinberg Pavilion, 251 E. Huron,  
Conference Room C  
3rd Monday, 6:00 p.m.

## Chicago

Resurrection Hospital  
7435 W. Talcott Ave.  
2nd Monday, 2:00 p.m.

## Chicago

University of Chicago Hospital /  
Outpatient Senior Health Center  
7101 South Exchange  
1st Thursday, 1:00 p.m.

## Chicago

Weiss Memorial Hospital  
4646 N. Marine Drive  
3rd Tuesday, 7:00 p.m.

## Chicago Early Stage

University of Chicago Hospital /  
Outpatient Senior Health Center  
Contact: Jeff Solotoroff at  
773.702.9037 or Pat Mac Clarence  
at 773.702.4269

## Chicago Early Stage

Northwestern University Cognitive  
Neurology and Alzheimer's  
Disease Center Early Stage PPA  
Education and Support Group  
(for diagnosed individuals)  
Contact: Mary O'Hara  
312.503.0604

## Chicago Early Stage

Northwestern University Cognitive  
Neurology and Alzheimer's  
Disease Center Early Stage  
Memory Loss Group  
Contact: Mary O'Hara  
312.503.0604

## Chicago

Chicago State University  
9501 S. King Drive, Rm. 132  
Last Friday, 4:00 p.m.

## Chicago

University of Chicago Hospital /  
Outpatient Senior Health Center  
7101 South Exchange  
1st Thursday, 1:00 p.m.

## Chicago

Advocate Medical Group  
Hyde Park  
1301 E. 47th St.  
Every Thursday, 5:30 p.m.

## Chrisman

Pleasant Meadows  
Christian Village  
400 Washington Ave.  
2nd Thursday, 2:00 p.m.;  
4th Thursday; 6:00 p.m.

## Clarendon Hills

The Birches  
215 55th Street  
3rd Wednesday, 6:30 p.m.



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## support group listings by city

Continued from page 11

### Crest Hill

The Inn at Willow Falls  
1681 Willow Circle Drive  
2nd Wednesday, 1:00 p.m.

### Crestwood

Crestwood Care Center  
14255 S. Cicero Avenue  
2nd Tuesday, 2:00 p.m.

### Danforth

Prairieview Lutheran Home  
Corner of 4th and North  
2nd Tuesday; 2:00 p.m.

### Danville

The Key Club  
1225 N. Jackson  
3rd Wednesday, 3:00 p.m.

### Danville

VA Medical Center, Building 101 -  
Conference Room 138E  
1900 E. Main Street  
2nd Wednesday, 2:00 p.m.

### DeKalb *Early Stage*

Alzheimer's Association,  
Early Stage Group  
Contact: Elena Godfrey at  
815.484.1301

### DeKalb

DeKalb Adult Day Center  
126 S. Fourth St.  
3rd Tuesday, 1:00 p.m.

### Downers Grove

Gloria dei Lutheran Church  
4501 Main Street  
1st Tuesdays, 7:00 – 8:30 p.m.

### Downers Grove

Good Samaritan Hospital  
3815 Highland Ave  
3rd Friday, 1:30 p.m.

### Elgin

Oak Crest Hope Cottage  
Memory Center  
204 South State Street  
3rd Tuesday, 10:00 a.m.

### Evanston *Moderate to Late Stage Caregiver Group*

Mather Pavilion  
820 Foster Street  
2nd Wednesdays, 1:00 – 2:30 p.m.



### Fairbury

Fairview Haven  
605 North 4th Street  
4th Tuesday, 7:00 p.m.

### Geneva

Geneva United Methodist Church  
211 Hamilton Street  
3rd Monday, 10:30 a.m.

### Girard

Pleasant Hill Residence,  
Conference Room  
1016 West North Street  
1st Tuesday, 2:00 p.m.

### Glen Ellyn

Arden Courts of Glen Ellyn  
2 South 706 Park Boulevard  
2nd Thursday, 7:00 p.m.

### Glenview

The Abington of Glenview  
3901 Glenview Road  
2nd Thursday; 7:00 p.m.

### Glenview

Belmont Village at Glenview  
2200 Golf Rd., 1008 S. Logan  
2nd Tuesday, 7:00 p.m.

### Greenville

Greenville Hospital –  
Community Room  
200 Healthcare Drive  
3rd Tuesday, 6:00 p.m.

### Gurnee *Adult Children*

Gurnee Village Hall  
325 North O'Plaine Road  
2nd Tuesdays, 7:00 p.m.

### Joliet *Early Stage*

St. Edwards Episcopal Church  
206 N. Midland Avenue  
3rd Tuesday, 11:00 a.m.

### Kankakee

Westwood Oaks Card Room  
100 Westwood Oaks  
3rd Tuesday, 5:30 p.m.

### La Grange

Adventist La Grange  
Memorial Hospital  
5101 South Willow Springs  
1st Tuesday, 7:00 p.m.

### La Grange *Late Stage*

Aging Care Connections  
111 West Harris Avenue  
Contact: Ruth Folkening at  
708.354.1323

*Please note: Time Limited Group*

### La Grange *Early Stage*

Aging Care Connections  
Contact: Ruth Folkening at  
708.354.1323

### La Grange

Aging Care Connections  
111 W. Harris  
1st Tuesday, 1:30 p.m.

### La Grange Park

Beechwood Manor  
1529 West Ogden  
Last Mondays, 7:00 p.m.

### Lombard

Beacon Hill, 2400 S. Finley Road  
3rd Thursday, 6:15 p.m.

### Marion

Parkway Manor  
3116 Williamson County Parkway  
Last Tuesday, 12:30 p.m.

### Matteson

New Faith Baptist Church  
25 S. Central Avenue  
2nd Saturdays, 10:00 a.m.

### Metamora

Snyder Village Nursing Home  
1200 E. Partridge Street  
2nd Monday, 1:45 p.m.

### Morton Grove

The Bethany Terrace  
8425 Waukegan  
3rd Fridays, 1:30 – 2:30 p.m.

### Naperville *Early Stage*

Alzheimer's Association  
Contact: Danielle Dodson at  
847.779.6963.

### Naperville

Riverwoods Office Condos  
620 N. River Road  
1st Thursday, 6:30 p.m.

### Naperville *Spouses Only*

Samaritan Center  
1819 Bay Scott Center #109  
3rd Saturday, 10:15 a.m.

### New Lenox

New Lenox Library  
120 Veterans Parkway  
3rd Monday; 6:30 p.m.

### Niles

Regency Senior Day Care  
6625 N. Milwaukee Avenue  
4th Wednesday, 7:00 p.m.  
*Please note: temporary road  
construction on Milwaukee;  
however group is still meeting.  
Call 847-588-2000 for more  
information or directions.*

### Normal

Calvary United Methodist Church  
1700 N. Towanda Avenue  
2nd Tuesday, 7:00 p.m.

### Normal

Adelaide Apartments  
505 N. Adelaide  
3rd Thursdays, 6:30 p.m.  
*Located in the lounge.*

### Norridge

Central Baptist Village  
4747 North Canfield Avenue  
2nd Saturday, 10:30 a.m.

if you prefer, call our 24-hour helpline – 800.272.3900

**Northbrook**

Covenant Village of Northbrook –  
North Village Room  
2625 Techny Road  
3rd Thursday, 7:00 p.m.

**Oak Brook**

Christ Church of Oak Brook,  
Room 264  
501 Oak Brook Rd.  
Last Wednesday, 2:00 p.m.

**Oak Park**

Belmont Village  
1035 Madison Street  
3rd Saturday, 9:00 a.m.

**Orland Park**

Smith Crossing  
10501 Emilie Lane  
1st Thursday, 6:30 p.m.

**Orland Park**

Heart to Heart Services  
Senior Day Care  
15851 Parkhill Drive  
4th Friday, 4:30 p.m.

**Palatine**

Palatine Township Senior Center  
505 S. Quentin Road  
1st & 3rd Thursday, 11:00 a.m.  
Starting in July: 1st and 3rd  
Thursdays at 11:00 a.m.

**Palos Park**

Peace Memorial Church,  
Family Life Center  
10300 W. 131st Street  
3rd Tuesday; 7:00 p.m.  
*Supervision for person diagnosed  
available, please call 708-567-4803  
to reserve.*

**Park Forest**

Hallelujah Temple Church  
1 Dogwood Street  
1st Friday, 6 p.m.

**Park Ridge**

Advocate Medical Group at  
Nesset Pavilion  
1775 W. Ballard Road  
3rd Thursday, 1:30 p.m.

**Riverside**

Riverside Public Library  
1 Burling Road  
1st Tuesday, 7:00 p.m.

**Robinson**

Highland Church of Christ  
500 West Highland Avenue  
3rd Thursday, 4:00 p.m.

**Rockford Adult Children**

Mt. Olive Lutheran Church  
2001 North Alpine Road  
2nd Wednesday, 6:30 p.m.

**Rockford**

Wesley Willows Healthcare  
Center  
4141 N. Rockton Avenue  
2nd Thursday, 11:30 a.m.

**Rockford**

P.A. Peterson Center for Health  
1311 Parkview Avenue  
3rd Thursday, 1:00 p.m.

**Rockford Early Stage**

Alzheimer's Association  
Contact: Elena Godfrey at  
815.484.1301

**Rockford**

Rockford Public Library  
215 N. Wyman Street  
1st Tuesday; 6:00 p.m.

**Sandwich**

Fox Valley Older Adult Services  
1406 Suydam Rd  
3rd Thursday, 1:00 p.m.

**Schaumburg, Hoffman Estates**

Schaumburg Township  
One Illinois Boulevard  
1st Thursday, 7:00 p.m.  
*Supervision for person diagnosed  
available.*

**Skokie**

Home Instead Senior Care  
8816 Bronx Avenue  
1st Tuesdays, 7:00 p.m.

**Springfield Early Stage**

Southern Illinois University School  
of Medicine Center for  
Alzheimer's Disease and  
Related Disorders –  
Early Stage Group  
553 S. Walnut  
Contact: Greg Kyrouac at  
gkyrouac@siumed.edu or  
Ann Popovich at  
apopovich@siumed.edu.

**Springfield**

Hope Presbyterian Church  
2211 Wabash Avenue  
2nd Thursday, 6:00 p.m.

**St. Charles**

Delnor Glen Senior Living  
975 N. 5th Avenue  
4th Tuesday, 7:00 p.m.

**St. Charles**

St. Charles Chamber of Commerce  
3755 E. Main Street Suite 140  
2nd Wednesday, 5:30p.m.

**Tinley Park**

Faith Christian Reformed Church  
8383 West 171st Street  
2nd Thursday, 7:00 p.m.

**Urbana**

The Sunshine Center  
500 S. Art Bartell Drive  
3rd Wednesday, 10:00 a.m.  
*Supervision for person diagnosed  
available.*

**Watseka**

First United Methodist Church  
301 S. Fourth St.  
1st Monday, 6:30 p.m.

**Waukegan**

Park Place  
414 S. Lewis Ave  
4th Monday, 10:00 – 11:30 a.m.

**West Dundee**

Cherished Place  
Adult Day Services  
417 W. Main St.  
3rd Monday, 2:00 p.m.

**Wheaton**

DuPage County  
Convalescent Center  
400 N. County Farm Rd.  
3rd Wednesday, 11:30 a.m.

**Wilmette**


Wilmette Public Library  
1242 Wilmette Avenue  
Last Monday, 7:00 p.m. ●

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# Challenges Must Be Addressed

## Report captures insights on challenges a national Alzheimer's plan must address

A new report, *Alzheimer's from the Frontlines: Challenges a National Alzheimer's Plan Must Address*, offers the insights, perspectives and views from individuals across the country who participated in the Alzheimer's Association's® public input process. Building on the Association's commitment to provide a platform for those directly affected by Alzheimer's, the Association and its more than 70 chapters nationwide hosted 132 input sessions throughout the country.

*Alzheimer's from the Frontlines* provides a rare and unique window into the real, unrelenting challenges the disease forces on families year after year. Currently the sixth-leading cause of death, Alzheimer's is the only cause among the top 10 in the United States without a means to prevent, cure or even slow its progress.

Today, an estimated 5.4 million Americans are living with Alzheimer's disease, and by 2050 as many as 16 million Americans will have the disease. Beyond the sheer numbers of lives touched by the disease, Alzheimer's will also be a financial albatross to the nation's health care system, surpassing \$1 trillion in costs annually by mid-century unless the trajectory of the disease is changed.

Advocates from across the nation were essential to the enactment of the *National Alzheimer's Project Act (NAPA)*, which creates a framework for a national plan and coordinates efforts across the federal government. Galvanized by the historic

opportunity of creating a national Alzheimer's plan, more than 43,000 people from all 50 states, the District of Columbia and Puerto Rico engaged in the public input

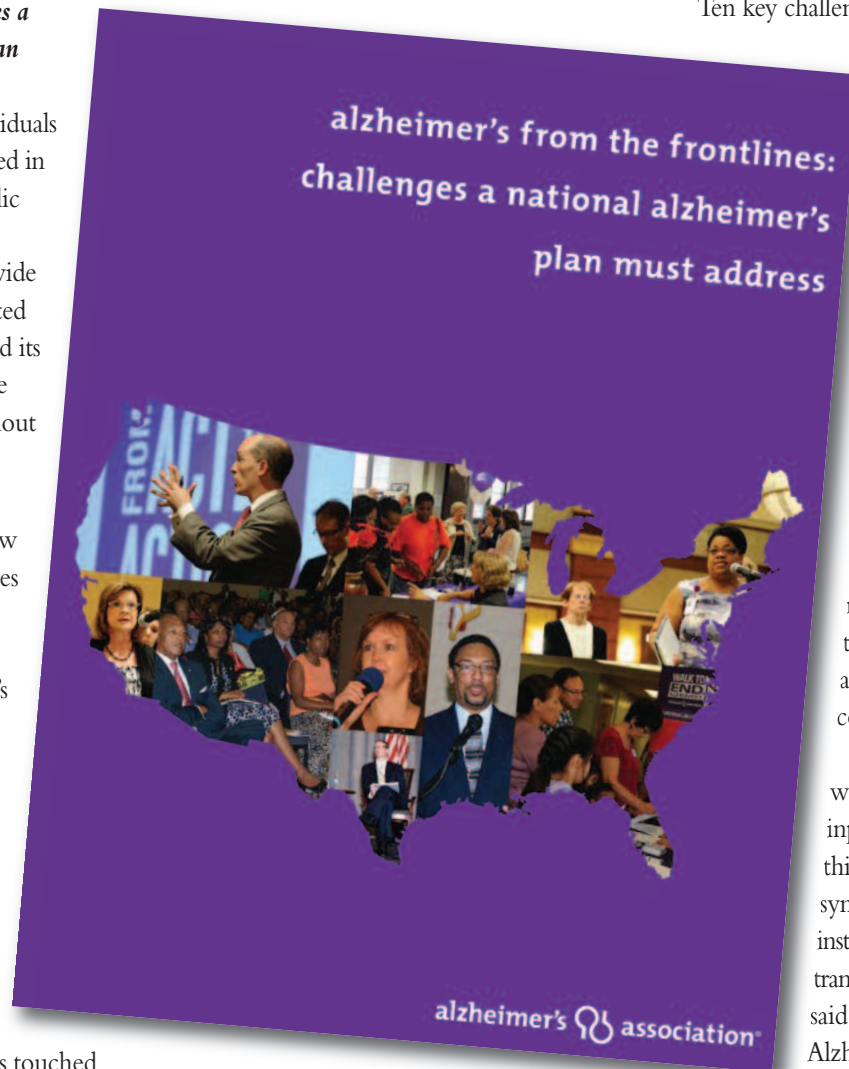
leaders to know Alzheimer's forever changes lives. In the end, these individuals want and deserve a transformational plan that urgently addresses their needs."

Ten key challenges emerged repeatedly throughout the public input process, among them increasing awareness of the impact of Alzheimer's; fostering an environment that offers more effective treatments faster; providing better care throughout the disease process; ensuring better support today for caregivers; and reducing the disparities that exist among diverse and underserved communities.

"It's clear that those who participated in these input sessions do not want this opportunity to be a symbolic overture but instead the beginning of real, transformational action," said **Robert Egge**, Alzheimer's Association vice president of public policy.

"We hope those developing the *National Alzheimer's Plan* will be inspired and guided by the challenges, experiences and needs echoed throughout the report."

The full text of the Alzheimer's Association's *Alzheimer's from the Frontlines: Challenges a National Alzheimer's Plan Must Address* report can be viewed at [www.alz.org/napa](http://www.alz.org/napa).



process, including people living with the disease, caregivers, families, researchers, health care professionals, community leaders and many others.

"Individuals, families and communities are at the center of the escalating Alzheimer's crisis. Thousands of these individuals shared their experiences from the frontlines," said **Harry Johns**, president and CEO of the Alzheimer's Association. "Americans who participated in this process want the nation's

### Advisory Council on Alzheimer's Research, Care and Services Holds First Meeting

Recently, the first meeting was held of the **Advisory Council on Alzheimer's Research, Care and Services**. The Advisory Council, comprising a diverse group of stakeholders from the Alzheimer's community as well as designees from those federal agencies with Alzheimer's and dementia programs or initiatives under their purview, is charged with advising the Secretary of Health and Human Services on the development of a national strategy to address Alzheimer's disease. The council was created by the **National Alzheimer's Project Act (NAPA)**, which was signed into law early this year by **President Obama**. **Harry Johns**, president and CEO of the Alzheimer's Association, is a member of the Advisory Council.

"The scale of the Alzheimer's public health crisis is clear. As many as 5.4 million Americans are living with Alzheimer's today, with an economic toll on the nation of \$183 billion per year," said Johns. "Our community understands the gravity of this opportunity and the importance of developing a strong strategic plan that would change the trajectory of the disease

and end its devastating and heartbreaking effects on millions of families."

The morning portion of the day-long meeting began with reports from various federal agencies that have conducted assessments on the current Alzheimer's and dementia-related programs and initiatives, including inventory presentations on research, clinical care services and long-term care services and supports. The meeting also included a gap analysis presentation that outlined where opportunities exist to make greater strides in advancing progress in Alzheimer's disease.

The afternoon portion of the meeting focused on the steps needed to create a plan that is sufficient to fully address the disease. The council members delved into issues such as gaps in knowledge and information about basic and translational research, how best to attract participation in large scale Alzheimer's clinical trials, how best to improve the care service delivery system and how to enhance home- and community-based services and resources that support the growing number of Alzheimer's families. Advisory Council members also discussed

how best to structure the national plan and what broad areas and goals should be included in the report. The Secretary of Health and Human Services will create the national plan and provide a draft to Advisory Council members by December. In January, the Advisory Council will meet to discuss the initial draft.

"Today was a very productive meeting," said Johns. "I believe we've taken an important step in this process. The information shared and the positive exchanges will bring us a closer to executing the urgent and transformational work necessary to overcome the Alzheimer's disease crisis."

The 22-member Advisory Council includes federal representation from the Surgeon General and officials from the Administration on Aging, the Agency of Healthcare Research and Quality, the Centers for Disease Control and Prevention, the Centers for Medicare and Medicaid Services, the Department of Veterans Affairs, the Food and Drug Administration, the Indian Health Service, the National Institutes of Health and the National Science Foundation.

## Reach the Alzheimer's Community

We are offering advertising space in upcoming issues of our quarterly magazine. Please contact **Nancy Rainwater** for rates & information at **847/324-0373** or **nancy.rainwater@alz.org**

**Winter 2011 Issue: Space Reservation: 2/15/12 • Material Due: 2/27/12**

All advertising is subject to acceptance upon approval of the publisher as space permits.  
All cancellations must be made in writing before the material is due.

alzheimer's  association®

Greater Illinois Chapter

# Updates on Alzheimer's

## Certification program recognizes family and professional caregivers

If you provide care for someone with Alzheimer's or dementia, the *Alzheimer's Association*® *essentiALZ*™ certification program is a convenient way for individuals to be recognized for learning quality dementia care practices. Both family members and professional care providers can benefit from this program.

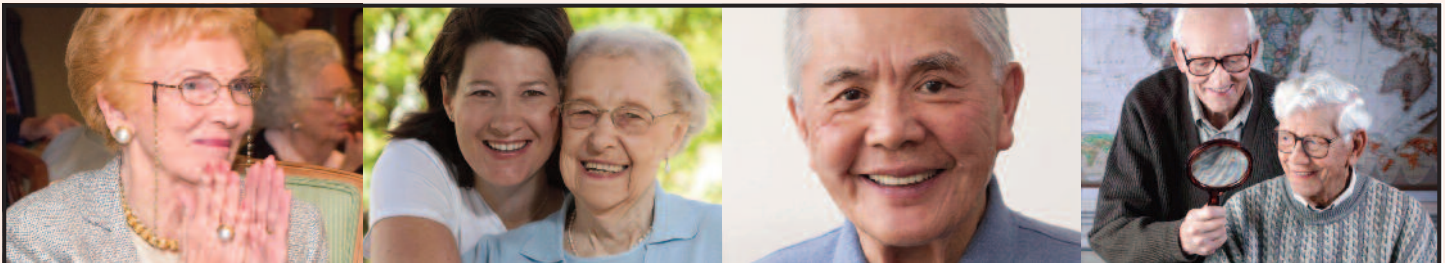
The *essentiALZ* program combines select *HealthCare Interactive*® *CARES*® online dementia care training with Alzheimer's Association online certification exams. The *essentiALZ* program was developed to recognize the knowledge of any caregiver who fulfills the certification requirements, regardless of whether they are paid or unpaid for their care of people with dementia.



Both family members and professional care providers can benefit from this program. Benefits of *essentiALZ* are:

- **Learn techniques** for caring for people with dementia by completing approved prerequisite dementia care courses prior to taking the *essentiALZ* certification exam.
- **Be recognized** as someone who has a basic understanding of symptoms of Alzheimer's and other dementias by successfully passing the Alzheimer's Association *essentiALZ* exams.
- **Demonstrate knowledge** of evidence-based dementia care practices, which are

promoted in the nationally recognized *Alzheimer's Association Dementia Care Practice Recommendations* and supported by more than **30 leading health and senior care organizations**.



### HAVE YOU NOTICED A LOVED ONE:

### BUT WOULD RATHER SEE:

- |   |  |
|---|--|
| ✓ unsure of what to do during the day .....         | a variety of engaging activities.  |
| ✓ becoming forgetful and confused .....             | a safe environment where expert staff is an extension of family.                               |
| ✓ needing assistance with some daily routines ..... | compassionate staff providing just the right amount of support while encouraging independence. |
| ✓ finding managing medications confusing .....      | making sure medications are ordered, organized and administered per physician instructions.    |

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## updates on alzheimer's

### More information about the link between BMI and Alzheimer's

A new study published in the journal *Neurology* found that people in the earliest stages of Alzheimer's are more likely to have a low **Body Mass Index (BMI)**, possibly reflecting the variety of changes throughout the body that occur as a result of the disease. In this new study, the evidence is fortified by the researchers' use of Alzheimer's biomarkers, including advanced brain imaging techniques and cerebrospinal fluid. A greater investment is needed in research so we can learn more about the relationship between BMI, age and Alzheimer's.

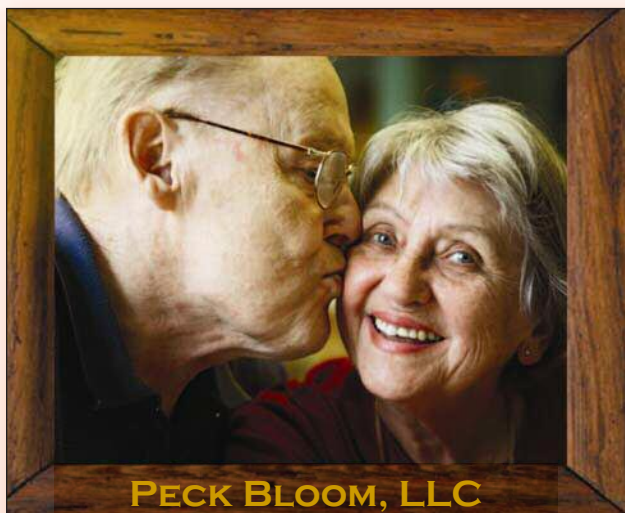
### Common medications may block benefit of Alzheimer's drugs

Some people with Alzheimer's who take **cholinesterase inhibitors** to treat symptoms of the disease may also be taking medications that counter the effects of those drugs, according to a new study of more than 5,600 people aged 50 or older. Researchers say that properties often found in drugs used for gastrointestinal

disorders, allergies, urinary incontinence, depression and Parkinson's disease can have negative effects on cognitive function in the elderly.

### Risk of dementia rises with depression, study shows

People with type 2 diabetes are twice as likely to develop dementia if they've also been diagnosed with depression, a new study in the Archives of General Psychiatry. Diabetes and dementia separately are known risk factors for dementia. It's important to note that modifying certain behaviors can lower the risk of diabetes, and effective treatments exist for both diabetes and depression. ●



*Peck Bloom is proud to support The Alzheimer's Association. Kerry Peck is a speaker for Alzheimer's Association sponsored educational programs.*

## SERVING SENIORS GUIDING FAMILIES

**Do you have a family member recently diagnosed with Alzheimer's disease?**

Peck Bloom's elder law attorneys will assist you in meeting your family's needs to protect quality of life and financial security for the entire family.

**Do you have a family member in the later stages of Alzheimer's disease without advanced planning in place?**

Peck Bloom's elder law attorneys possess unique expertise to provide guidance and implement legal solutions to protect your family.

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save these dates

# Educational Programs

## Chicago Area Programs

To register for Chicago programs call 847.933.2413 or visit [www.alz.org/illinois](http://www.alz.org/illinois).

**Thursday, January 12**

7:00 – 8:30 p.m.

**Memory Loss, Dementia and Alzheimer's Disease: The Basics**

Addison Public Library  
4 Friendship Plaza, Addison

**Thursday, February 2**

7:00 – 8:00 p.m.

**The Boomer Generation: What you need to know about Alzheimer's disease**

Addison Public Library  
4 Friendship Plaza, Addison

**Monday, February 6**

10:00 – 11:00 a.m.

**Know The Ten Signs: Early Detection Matters**

Maine Township  
1700 Ballard Rd., Park Ridge

**Monday, February 13**

1:30 – 2:30 p.m.

**The Boomer Generation: What you need to know about Alzheimer's disease**

John Merlo Library  
644 W. Belmont, Chicago

**Monday, February 23**

1:30 – 2:30 p.m.

**Boomer Generation: What you need to know about Alzheimer's Disease**

AARP Lakeview East Chapter  
John Merlo Library  
644 W. Belmont, Chicago

**Wednesday, February 29**

6:00 – 7:00 p.m.

**The Boomer Generation: What you need to know about Alzheimer's disease**

The Wealshire and the Ponds  
150 Jamestown Lane, Lincolnshire



**Thursday, March 8**

6:00 – 7:30 p.m.

**Know the 10 Signs: Early Detection Matters**

Brighton Gardens of Wheaton  
831 E. Butterfield Rd., Wheaton

**Monday, March 19**

7:00 – 8:30 p.m.

**Know the 10 Signs: Early Detection Matters**

Lutheran Church of St. Luke  
410 S. Rush Street, Itasca

**Wednesday, March 21**

10:00 – 11:00 a.m.

**Know the 10 Signs: Early Detection Matters**

Christ Deliverance Church  
8226 S. Muskegon, Chicago

**Wednesday, March 21**

1:00 – 2:00 p.m.

**Know the 10 Signs: Early Detection Matters**

Lake Forest – Lake Bluff Senior Center  
100 East Old Mill Rd., Lake Forest

**Thursday, March 22**

6:30 – 7:30 p.m.

**Know the 10 Signs: Early Detection Matters**

The Scottish Home  
2800 Des Plaines, North Riverside

**Saturday, March 31**

10:00 – 11:00 a.m.

**Boomer Generation: What you need to know about Alzheimer's Disease**

Terrace Gardens Assisted Living & Bethany Terrace  
8415 N. Waukegan, Morton Grove

## Joliet Area Programs

To register for Joliet programs call 815.744.0804 or visit [www.alz.org/illinois](http://www.alz.org/illinois).

**Thursday, January 19**

2:00 – 3:00 p.m.

**Know the 10 Signs: Early Detection Matters**

Asbury Gardens Supportive Living  
210 Airport Road, North Aurora

**Tuesday, January 24,**

Breakfast & Check-In:

8:30 – 9:00 a.m.

Program: 9:00 – 10:00 a.m.

**Boomer Generation:**

**What you need to know about Alzheimer's Disease**

Fairview Care Center  
222 N. Hammes Ave., Joliet

**Wednesday, February 22**

10:00 – 11:00 a.m.

**Memory Loss, Dementia and Alzheimer's Disease: The Basics**

U of I Extension  
1650 Commerce Dr., Bourbonnais

**Thursday, February 23**

11:30 a.m. – 12:30 p.m.

**Know the 10 Signs: Early Detection Matters**

Plainfield Township  
22525 W. Lockport Rd, Plainfield

**Tuesday, March 20**

1:00 – 2:00 p.m.

**Know the 10 Signs: Early Detection Matters**

Romeoville Rec. Center  
900 W Romeo Rd, Romeoville

**Friday, March 23**

Breakfast & Check-In:

8:30 – 9:00 a.m.

Program: 9:00 – 10:00 a.m.

**Know the 10 Signs: Early Detection Matters**

Saratoga Grove  
3460 Saratoga Ave, Downers Grove

**Saturday, March 24**

2:00 – 3:00 p.m.

**Know the 10 Signs: Early Detection Matters**

Timbers of Shorewood  
1100 N. River Road, Shorewood

## educational programs

### Rockford Area Programs

To register for Rockford programs call 815.484.1300 or visit [www.alz.org/illinois](http://www.alz.org/illinois).

**Saturday, January 21**

11:00 – 2:00 p.m.

**HBO The Alzheimer's Project Series  
Part II: Grandpa, Do You Know  
Who I Am?**

Village at Victory Lakes  
1075 Victory Dr, Lindenhurst

**Saturday, January 28**

11:00 – 2:00 p.m.

**HBO The Alzheimer's Project Series  
Part II: Grandpa, Do You Know  
Who I Am?**

Village at Victory Lakes  
1075 Victory Dr, Lindenhurst



**Thursday, February 23**

7:00 – 8:00 p.m.

**Meaningful Activities to Address  
Challenging Behaviors**

McHenry Public Library  
809 N Front St., McHenry

**Saturday, February 25**

12:00 – 1:00 p.m.

**Tips and Tricks for Caregivers  
Lunch Provided**

Sunrise Senior Living of Gurnee  
500 N Hunt Club Rd, Gurnee

### Springfield Area Programs

To register for Springfield programs call 217.726.5184 or visit [www.alz.org/illinois](http://www.alz.org/illinois).

**Thursday, January 12**

6:30 – 7:30 p.m.

**Communication is Key**

Mill Creek  
3319 Ginger Creek Dr., Springfield

**Wednesday, February 1**

12:00 – 1:00 p.m.

**Audio Conference: Open Forum:  
Questions & Suggestions**

**Wednesday, March 7**

12:00 – 1:00 p.m.

**Audio Conference:  
Breaking through Barriers**

## Until the Puzzle of Alzheimer's is Solved, The Bethany Terrace is Here for You



Researchers are coming close to solving some of the mystery of Alzheimer's disease. However, the toughest part of the disease process is still trying to find appropriate and therapeutic solutions for the person with Alzheimer's, their family and caregiver.

For over 25 years, The Bethany Terrace has been a pioneer in activity-based programming for persons with Alzheimer's disease and other dementias, offering up to 12 hours a day of supervised activity helping to lessen disorientation and redirect energies. Our multidisciplinary team works together creatively to nurture the physical, emotional and spiritual needs of both the individual with dementia and their family.

And, opening in January 2011, Terrace Gardens Assisted Living will continue that tradition for persons with early stage dementia. **For more information, please call (847) 965-8100.**



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# Special Thanks to Our 2012 Walk Premier Sponsors

The successes of our *Walk to End Alzheimer's*<sup>®</sup> events throughout Illinois are heavily reliant on participation — participation of both walkers and sponsors. The Greater Illinois Chapter was very fortunate to have fantastic representation in both areas. There were 12,238 walkers throughout the state raising more than \$1.7 million. Nearly \$200,000 raised through sponsorship. We were fortunate to have four Premier Sponsors supporting us this year: **Advocate Health Care** for the Chicago *Walk*; **Senior Star at Weber Place** in Joliet; **Fred's Forget-Me-Nots** in Bloomington; and **Imboden Creek** in Decatur.

## Advocate Health Care

**Advocate Health Care** is the largest fully integrated not-for-profit health care delivery system in the Midwest and is recognized among the top systems in the country. Advocate is an organization of physicians, nurses and health care professionals dedicated to serving the health needs of individuals, families and communities. Advocate operates more than 250 sites of care, including ten acute care hospitals, two integrated children's hospitals, five Level I trauma centers (the state's



**Advocate Health Care**

Inspiring medicine. Changing lives.

McHenry and Naperville *Walks* that raised more than \$11,000.

## Senior Star at Weber Place

**Senior Star at Weber Place**, a Senior Star community, features the largest memory care community in the state of Illinois, with 77 apartment homes on its



highest designation in trauma care), a home health care company and the region's largest medical groups with more than 110 locations. The organization has more than 6,000 affiliated physicians, 9,000 nurses and more than 30,000 associates.

Advocate has been a sponsor of the *Chicago Walk* since 2008, and this year had teams at the Chicago, Bloomington,

Romeoville campus. The organization's memory care program expertise has led Weber Place to be a sought after community for families looking for quality, compassionate and innovative program options for their aging parents and other relatives. The entire community features 346 modernly decorated apartments spanning across 29 acres of beautifully



landscaped property with many customized amenities to offer its residents in three distinctive living experiences: independent living, assisted living and memory care.

Senior Star at Weber Place has been the Premier Sponsor of the Joliet *Walk* since 2009, and this year's team raised more than \$2,000.

## Fred's Forget-Me-Nots

**Fred's Forget-Me-Nots** have been one of our largest fund raising teams for the past few years for the Bloomington *Walk to End Alzheimer's*. The family decided this year to use some of the money they would normally contribute to their team to become a Premier Sponsor of the event. The **Grace family team** is lead by **Amy Yusman**. Amy's grandfather died of the disease, and now the brothers, sisters, cousins, etc. all rally for the cause.

"How do you summarize a person in a few short sentences," said **James Grace**, the oldest son of **Fred Grace**. "Our Dad was a loving, devoted husband and father of nine children with a huge heart, an enormous sense of humor and a love for all he knew.



## thank you to our premier sponsors



He was a gentle man who instilled a deep sense of faith, respect and dignity to each of us. He taught us to be thankful for all we have been blessed with and to always take care of those less fortunate. Our family was devastated when we learned of Dad's diagnosis with Alzheimer's. We watched as the disease slowly robbed him of his memory and his wit. Our Dad courageously battled the disease for 10 years, each a gift while we could still hug him and hold him while telling him we loved him. Watching Alzheimer's take our Dad away, we all have to realize that this disease is a terrible and growing epidemic and one that we need to cure quickly. We have committed to doing everything we can to help fight Alzheimer's in our Dad's memory. We love you Dad!"

Although located on the East Coast, James contributes to his family's team every year without fail. His mother, **Julia**, is adamant in telling people that Alzheimer's doesn't change the person it affects — they are "still there and need to be loved just like

they always were" pre-diagnosis. Fred's Forget-Me-Nots are making plans to grow their commitment and contribution to the cause every year and encourage other teams to do the same.

### Imboden Creek – Decatur

**Imboden Creek** is a beautiful, privately-owned senior care campus, the owners, **John and Martha Brinkoetter** bought a nursing home in 1983 because they felt strongly about changing the perceptions of society about what care for the elderly should be. The Decatur campus started in 1990 with the skilled facility adding the independent living condos in 2000 and assisted living in 2003.

John and Martha are Decatur residents and committed to care for the seniors of the Decatur community. Imboden Creek has

been watching the dementia /Alzheimer's numbers rise and realize "an epidemic is coming." They have designs completed for a 20 bed memory care lodge to break ground in 2012, and the staff of 170 are committed to taking care of the residents who are their neighbors, friends, family.

Imboden hosts several fund raisers for the Alzheimer's Association throughout the year, and in 2011, held the very memorable **Cicadas for a Cause** event in which the Imboden staff and supporters ate chocolate covered cicadas for the association.

Advocate Health Care, Senior Star at Weber Place Imboden Creek and Fred's Forget-Me-Nots — thank you, for your continued support of *Walk to End Alzheimer's* and the fight for a world without Alzheimer's disease! ●



# Giving Up the Keys

In November the **Alzheimer's Association** officially launched a new portion of the **alz.org** website that helps people have the difficult conversations about dementia and driving. These conversations can be frustrating, and awkward for everyone involved. This is something Caregiver **Andrea Imes** knows all too well. Her husband **Roland** has Alzheimer's disease.

"My husband Roland was not a stranger to the challenges that accompany driving and aging," said Andrea Imes. "He struggled with when and how to talk about taking away his own mother's car keys. Sadly, one day she drove into a tree and hurt herself terribly and subsequently spent the next two years dying. Roland now says it was his mother's example that influenced his decision to give up his license. Even though his mother did not have Alzheimer's she still should not have had a license."

Imes went on to explain, "Prior to his decision to give up his license Roland's sons had been talking to him for a year about the eventuality of giving up driving. Additionally, I had also been harping on our liability should any accident occur, his fault or another driver's. About this time I had quietly taken over driving the two of us when we were together. Last summer on my birthday, Roland told me his birthday present to me was that he was not going to attempt to renew his license."

While the decision to give up driving is a difficult one, it is usually the best decision for all. The Alzheimer's Association applauds Roland for making hard decision. His selfless decision is a true inspiration to all who inevitably face giving up the keys.

"Due to the progressive nature of the disease, every person with Alzheimer's will eventually become unable to drive, said **Jessica Kirby, LCSW**, director of care navigation for the Chapter. "We recommend that families discuss driving before a crisis, ideally while the person with Alzheimer's is still able to participate in the conversation and decision-making process."

### How to begin the discussion

To assist with these conversations, the Alzheimer's Association created four short videos depicting different scenarios for



Andrea and Roland Imes

approaching driving and dementia. Watching the videos may give families an idea of how to start the conversation or how to respond to a particular objection. In one video, a woman in the early stages of Alzheimer's drafts a contract saying she will reach a point when she can no longer drive and gives her children permission to step in. If the person with the disease is more resistant, another technique shown in the new videos is to secure a doctor's "prescription" advising the person the Alzheimer's to no longer drive.

Following each of the videos is a list of tips and techniques families can use when having the conversation about driving. The videos are housed within the Alzheimer's Association online **Dementia and Driving Resource Center**, which contains helpful information about recognizing when driving is

unsafe, finding alternate transportation and getting a driving evaluation. The project was supported by a grant from the **Department of Transportation's National Highway Traffic Safety Administration**.

Some people are able to continue driving in the early stages of Alzheimer's disease, but it requires ongoing evaluation to ensure safety. Following are tips from the Alzheimer's Association that it may be time to stop driving:

- Forgetting how to locate familiar places.
- Failing to observe traffic signs.
- Making slow or poor decisions in traffic.
- Driving at an inappropriate speed.
- Becoming angry or confused while driving.
- Hitting curbs.
- Using poor lane control.
- Making errors at intersections.
- Confusing the brake and gas pedals.
- Returning from a routine drive later than usual.
- Forgetting the destination you are driving to during the trip.

The Alzheimer's Association also provides example driving contracts and local evaluation specialists. For more information on dementia and driving, visit **www.alz.org/driving**. ●

providing hope and help

# Make A Donation Today

## The Greater Illinois Chapter needs your support today.

Please copy this page, share it with friends and make your donation today — by credit card or check mailed to your local office. *Thanks for your support as we provide hope and help to all who are affected by Alzheimer's disease.*

Name \_\_\_\_\_

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City, State, Zip \_\_\_\_\_

**My check is enclosed:** Check no. \_\_\_\_\_ Amount \$ \_\_\_\_\_

**Please charge my credit card:** Amount \$ \_\_\_\_\_

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Expiration Date \_\_\_\_\_

*If billing address for card is different, please list billing address here:*

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### *I wish to support:*

**The area of greatest need.**

### *I wish to restrict my gift to the Greater Illinois Chapter to support the following effort:*

**Care Navigation** — a service that provide counseling for those affected and their caregivers to navigate their journey through Alzheimer's — 1 hour of Care Navigation costs \$150. Your support provides scholarships for those who are not able to pay.

**Community Education Programs** such as *Know the Ten Signs or Spark That Brain*, and audio conference opportunities.

**Early Stage Programs** designed for those in the early stages of Alzheimer's disease.

**Helpline support services and information packets** sent to families who request them. \$25 will allow us to send 10 basic information packets to those seeking information and support.

**Outreach efforts** to those affected in the **African-American or Latino** population.

**Outreach efforts to our rural neighbors** affected by Alzheimer's disease.

**Advocacy efforts** with state and federal legislators.

### *Please fax or mail this form to your local Chapter office:*

#### **Bloomington**

303 N. Hershey Road  
Suite 2A

Bloomington, IL 61704

Phone 309-662-8392

Fax 309-664-0495

#### **Carbondale**

320 E. Walnut St.  
Suite A

Carbondale, IL 62901

Phone 618-985-1095

Fax 618-985-9460

#### **Chicago**

8430 W. Bryn Mawr  
Suite 800

Chicago, IL 60631

Phone 847-933-2413

Fax 773-444-0930

#### **Joliet**

850 Essington Rd.  
Suite 200

Joliet, IL 60435

Phone 815-744-0804

Fax 815-773-7340

#### **Rockford**

1111 S. Alpine Road  
Suite 307

Rockford, IL 61108

Phone 815-484-1300

Fax 815-484-9286

#### **Springfield**

2309 W. White Oaks Dr.  
Suite E

Springfield, IL 62704

Phone 217-726-5184

Fax 217-726-5185

# 2012 family forums

## learn. reflect. connect.

**Rockford, IL**  
**Saturday,**  
**March 24**

**Bloomington, IL**  
**Saturday,**  
**April 14**

**Bolingbrook, IL**  
**Saturday,**  
**April 28**

To register or find out more, go to [www.alz.org/Illinois](http://www.alz.org/Illinois)  
or contact the local office

alzheimer's  association®

Greater Illinois Chapter

# Join Us!

## 2012 Opportunities to Advocate

### Illinois Action Summit

Tuesday, March 27th  
Springfield, IL

*The 2012 Alzheimer's Association Action Summit is going to be one of our most exciting yet!*

Our Lt. Governor, **Sheila Simon**, has agreed to Co-Host our Action Summit as an official "Ambassador" to Alzheimer's Disease. She recognizes the urgency in creating strong public policy to help those affected by the disease. She is sending an incredibly strong message to all of the members of the General Assembly, that this is our moment to make Alzheimer's disease an urgent priority.

While we appreciate that our advocates have incredibly busy schedules, we ask that you strongly consider blocking off March 27th on your calendar! In just one day, we have the ability to affect change in a very powerful way. Our collective voices in Springfield will help set a policy agenda for the entire year – *but we need you to make it all happen!*

After a short training, but we will be spending the day interacting with our State Senators and State Representatives and will be co-hosting a unique event for these legislators in the Lt. Governor's office.

Details regarding transportation and times will follow. Please contact **Jen Belkov** with any questions and to confirm your attendance at: [jennifer.belkov@alz.org](mailto:jennifer.belkov@alz.org) or (847) 779-6957.

### Alzheimer's Association Advocacy Summit

Washington, Here We Come!

Monday, April 23rd –  
Wednesday, April 25th  
Washington, D.C.

*Every year Alzheimer's advocates from throughout the country attend the Alzheimer's Association Advocacy Summit.*

This 3-day event is an opportunity to learn, engage and inspire others in the fight against Alzheimer's.

Advocates are invited to attend educational seminars, network with other activists and hear from high profile leaders in the Alzheimer's community.

The final day will include meetings with elected officials and their staffs on Capitol Hill — to ask for support of legislation to make Alzheimer's disease a national priority.

For more details, please contact **Jen Belkov** at: [jennifer.belkov@alz.org](mailto:jennifer.belkov@alz.org) or (847) 779-6957.