

Summitt shines light on younger-onset dementia

On August 23, 2011, legendary University of Tennessee women's basketball coach Pat Summitt announced publicly that she has received a diagnosis of younger-onset dementia. Together with the announcement of singer Glen Campbell's Alzheimer's diagnosis (while still continuing his concert tour), we are reminded that Alzheimer's disease can strike both the famous and lesser known individuals, and that people can continue to work and enjoy a high quality of life during the early stages of the disease.

The Alzheimer's Association salutes the courage of Campbell and Coach Summitt in sharing their diagnoses publicly in hopes that it will raise awareness of the importance of early diagnosis. For many people, these announcements raised a variety of questions that our As-



Coach Pat Summitt

sociation can try to answer.

What is younger-onset Alzheimer's? Alzheimer's Disease is considered to be

younger-onset if an individual is age 65 or younger when the symptoms first appear. Younger-onset individuals may not necessarily be in the "early stage" of the disease when they are first diagnosed.

Some people with younger-onset Alzheimer's are first diagnosed in their 40s and 50s. They have families, careers, or sometimes are even caregivers themselves when Alzheimer's Disease strikes them. According to the Alzheimer's Association's 2011 Facts & Figures Report, as many as 5 percent of the 5.4 million Americans living with the disease – or about 200,000 people – have younger-onset Alzheimer's.

Most people with younger-onset have the common type of Alzheimer's Disease, which is not directly linked to

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Coeur d'Alene office relocates

The Inland Northwest Chapter of the Alzheimer's Association is proud to have a satellite office in Coeur d'Alene to serve the needs of our northern Idaho clientele. After more than a decade at Kootenai Medical Center, our north Idaho office now has a new home – at Paladin Services at 1042 West Mill Avenue, Suite #205, in Coeur d'Alene.

The growing needs of the hospital necessitated the move. When the word went out this summer to the Coeur d'Alene nonprofit and senior care communities that our Chapter



Jeff Williams welcomes P.J. Christo to her new office.

was looking for a new Idaho "home," numerous offers were received. We ultimately accepted the offer of Jeff Williams, owner of Paladin Counseling Services.

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Inland Northwest Chapter**
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OUR MISSION

To enhance care and support for individuals, their families and caregivers and to eliminate Alzheimer's disease through the advancement of research.

The Inland Northwest Chapter Newsletter is published quarterly.

Online edition available at www.alz.org/inlandnorthwest

Send comments to InlandNW@alz.org

Groups update guidelines for Alzheimer's detection

New criteria and guidelines for the diagnosis of Alzheimer's disease have been published – for the first time in 27 years – by three expert workgroups spearheaded by the Alzheimer's Association and the National Institute on Aging of the National Institutes of Health.

The workgroups published four articles including ready-to-use clinical diagnostic criteria for Alzheimer's disease dementia and mild cognitive impairment (MCI) due to Alzheimer's. A research agenda was proposed for preclinical Alzheimer's. The use of biomarkers in Alzheimer's dementia and MCI due to Alzheimer's was also proposed as a research agenda only, and is not intended for application in clinical settings at this time.

The articles – collectively, the National Institute on Aging/Alzheimer's Association Diagnostic Guidelines for Alzheimer's Disease – expand the definition of Alzheimer's to include two new phases of the disease: (1) presymptomatic and (2) mildly symptomatic but pre-dementia, along with (3) dementia caused by Alzheimer's. This reflects current thinking that Alzheimer's begins creating distinct and measurable changes in the brains of affected people years, perhaps decades, before memory and thinking symptoms are noticeable.

“It is our hope that incorporating scientific knowledge gained and technological advances made over

the past quarter century will improve current diagnosis, bring the field closer to earlier detection and treatment and, ultimately, lead to effective disease-modifying therapies,” said William Thies, Ph.D., Alzheimer's Association chief medical and scientific officer. “Development and publication of these articles is a major landmark in the field. That said, publication of these articles is not yet the end of the process of developing new diagnostic criteria for Alzheimer's, but is another major step in the process.”

“The new guidelines reflect today's understanding of how key changes in the brain lead to Alzheimer's disease pathology and how they relate to the clinical signs of mild cognitive impairment and Alzheimer's disease dementia,” said Creighton Phelps, Ph.D., program director of the Alzheimer's Disease Centers Program at the National Institutes of Health. “We are also beginning to be able to detect these changes at a preclinical stage, long before symptoms appear in many people. With further research on biomarkers, as set forth in the new guidelines, we may ultimately be able to predict who is at risk for development of mild cognitive impairment and Alzheimer's dementia, and who would benefit most as interventions are developed.”

The proposed guidelines were published in May by Alzheimer's & Dementia: The Journal of the Alzheimer's Association. To learn more, visit www.alz.org/research/diagnostic_criteria.

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*Inspiration
for the Spirit*

**A message
to my caregivers**

What you see now is not the real me.
It's only the shell of what I used to be.
The disease process that is raging in my brain
Is causing me to act as if I am in pain.
My pain is confusion, fear and frustration
Because I no longer am in touch with my
true situation.

Please know that the personality I grew into
is long gone.

This disease has destroyed my ability
To behave rationally and to think clearly.
My entire life was devoted to the care of
others.

As a registered nurse, daughter, sister and
aunt

I was a surrogate mother to many—
A biological mother to none.

I loved and served humanity
And wish to be remembered in that manner.
So whenever I utter harsh words
Or act in a non-rational manner
Please recognize that I don't know that
person.

When your patience with me wears thin,
Try to remember I am confused and afraid
Because I don't recognize any part of the
present.

I don't know that tomorrow exists,
And I recall only some of my past.

My brain cells are gradually going to sleep or
have died.

However, I remain a physically healthy 81
year old Alzheimer's victim

Who is totally dependent on you.
Please handle me with TLC and kindness.
God bless you for caring.

--Anonymous

From the Alzheimer's Outreach website

From the Director's Desk

**New Strategic Plan
charts the path ahead**

By MARK M. HAVENS
Interim Executive Director

The Inland Northwest Chapter is one of over 70 chapters of the national Alzheimer's Association nationwide. As a federated organization, our national office based in Chicago sets long-term goals and strategies for all chapters to strive to achieve. It also works to bring uniformity to our services so that our constituents can receive similar assistance wherever they might be in the country.

Earlier this year, our national board of directors adopted a new 3-year Strategic Plan which took effect on July 1 and sets goals through 2014. Today, I want to share these 5 goals with you that we will be working toward:

1. An increase in awareness of and concern for Alzheimer's Disease among the general public. This will be achieved by an increase in the amount of information about the disease in local and national media, by increasing the number of participants in our annual Walks to End Alzheimer's each fall, and by bringing educational programs to wider audiences.

2. Advancing public policy at the federal and state level. Only through greater public support through legislation can we hope to fund additional research to conquer this disease and to meet the growing needs of families coping with Alzheimer's. To achieve this, we will recruit an ever-growing army of Alzheimer's advocates and ambassadors.



3. Enhancing care and support of those with the disease. This will be achieved through greater use of the national HelpLine, website, our local support groups, and an outreach effort to local physicians and healthcare professionals.

4. Accelerated research efforts, including not just additional funding for Alzheimer's research, but also increasing the number of people with the disease participating in clinical trials by 30% by 2014.

5. Growing revenue support for the Mission of the Association, in order to increase and extend the services we provide to the growing number of families who will be touched by the disease in the years to come.

These are not only our goals for the next three years, but they also provide some of the benchmarks by which we will measure our Chapter's success. And, it is clear that we cannot achieve them alone, that we will need the ideas, commitment and support of those who share our passion in coping with and conquering this disease.

In future editions, we will keep you updated on our progress toward these goals – and on the many ways where you can help. I look forward to making this journey into the future together with you.

By the numbers: Alzheimer's on the rise

According to the Alzheimer's Association's *2011 Alzheimer's Disease Facts and Figures*, more people than ever before have the disease, causing a major impact on both family and state budgets.

Growing Impact on Families

- Alzheimer's disease is a heartbreaking experience for both the individual with Alzheimer's and their caregivers.
- In this year's Facts and Figures report, we see the number of people with the disease growing and the number of friends and family who care for them significantly more than previously reported.
- Alzheimer's disease currently is the sixth-leading cause of death and the only cause of death among the top 10 causes in America without a way to prevent, cure or even slow its progression.

• There are an estimated 5.4 million Americans living with Alzheimer's disease.

• Most people survive an average of four to eight years after a diagnosis, but many can live as long as 20 years with the disease. This prolonged duration often places increasingly intensive care demands on family members and friends who provide care.

• Most caregivers are family members who take on a tremendous financial, physical and emotional burden to help care for a loved one with Alzheimer's or a related dementia.

"Alzheimer's is a significant threat not only for the nation – but also for the people of Eastern Washington and Northern Idaho," said Mark Havens, executive director of the Alzheimer's Association Inland Northwest Chapter.

"With a rapidly aging population at increased risk for developing Alzheimer's and the number of caregivers growing each year, it will become increasingly important for states to be prepared with dementia-capable support services for people at all stages of the disease."

Alzheimer's Impact on States

- Medicaid covers nursing home care and other long-term care services in the community for individuals who

can no longer afford to pay for long-term care expenses. Ensuring access to Medicaid for those who need it must remain a priority for states as they deal with the escalating Alzheimer crisis.

- Average per-person Medicaid payments for beneficiaries aged 65 and older with Alzheimer's and other dementias are nine times higher than Medicaid payments for those without the disease. While Medicaid costs

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Washington

ALZHEIMER'S STATISTICS

In the United States, an estimated **5.4 million people** are living with Alzheimer's disease, and someone develops the disease every **69 seconds**. Unless something is done, as many as **16 million** Americans will have Alzheimer's in 2050 and someone will develop the disease every **33 seconds**. In 2010, **14.9 million** family members and friends provided **17 billion hours** of unpaid care to those with Alzheimer's and other dementias – care valued at **\$202.6 billion**.

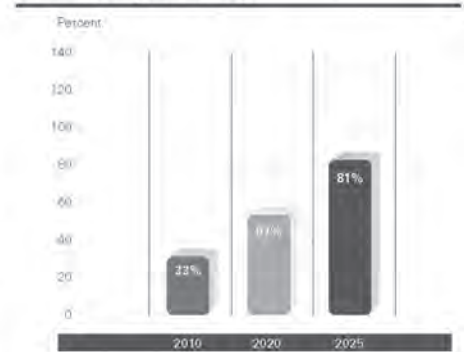
Number of People Aged 65 and Older with Alzheimer's by Age

Year	65-74	75-84	85+	Total	% change from 2000
2000	4,700	43,000	35,000	83,000	
2010	5,100	48,000	53,000	110,000	33%
2020	8,000	58,000	62,000	130,000	57%
2025	9,700	75,000	69,000	150,000	81%

Number of Alzheimer's and Dementia Caregivers, Hours of Unpaid Care, and Economic Value of Care

Year	Number of Caregivers	Total Hours of Unpaid Care	Total Value of Unpaid Care
2008	181,542	156,706,861	\$1,739,446,160
2009	203,784	232,069,356	\$2,668,797,592
2010	309,956	352,977,490	\$4,211,021,459

Percentage Change in Number with Alzheimer's Disease Compared to 2000



Cognitive Impairment in Nursing Home Residents, 2008

Total Nursing Home Residents **56,775**



Level of Cognitive Impairment

- severe/moderate
- mild/very mild
- none

Number of Deaths Due to Alzheimer's Disease in 2007

2,689

For more information, view the *2011 Alzheimer's Disease Facts and Figures* report at alz.org/facts.

Numbers

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are \$37 billion today they will climb almost 400 percent by 2050.

- At a time when a number of states are facing tremendous budget challenges, the growing Alzheimer's population will strain state budgets further.
- Alzheimer's has profound implications for future state budgets, and states must prepare now to address the multiple and complex challenges that Alzheimer's poses to individuals, families and state governments, particularly

Medicaid.

- While only 4 percent of the general population will be admitted to a nursing home by age 80, for people with Alzheimer's, 75 percent will be admitted to a nursing home, posing significant economic challenges to state Medicaid budgets.
- More than half of the states in the country have developed or are in the process of developing state plans. These plans will be instrumental in assessing

the current impact of Alzheimer's on residents and outlining what steps lawmakers must take in the coming years to improve its services and support to Alzheimer's families.

Importance of Early Detection

- Increasing evidence suggests that early diagnosis of Alzheimer's and timely intervention is beneficial, both for people with the disease and their caregivers.
- Early diagnosis allows affected people, relatives and their caregivers to plan for the future, obtain medical care to manage symptoms and optimize function, and assists Alzheimer's families in taking steps to reduce the risk of accidents requiring further medical care.
- The new report explores the issue of early detection and outlines the various benefits it provides families, including access to valuable support services and resources and also helping to reduce anxiety among caregivers.



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Idaho

ALZHEIMER'S STATISTICS

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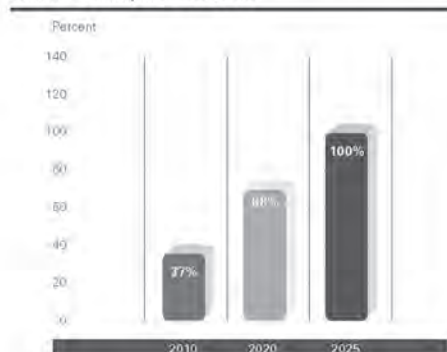
Number of People Aged 65 and Older with Alzheimer's by Age

Year	65-74	75-84	85+	Total	% change from 2000
2000	1,100	9,900	7,900	19,000	
2010	1,300	12,000	13,000	26,000	37%
2020	2,000	15,000	15,000	32,000	68%
2025	2,400	19,000	17,000	38,000	100%

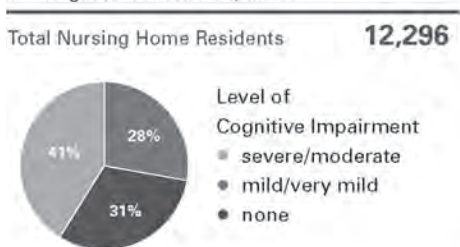
Number of Alzheimer's and Dementia Caregivers, Hours of Unpaid Care, and Economic Value of Care

Year	Number of Caregivers	Total Hours of Unpaid Care	Total Value of Unpaid Care
2008	47,047	40,611,136	\$450,783,610
2009	52,635	59,941,041	\$689,321,970
2010	73,230	83,393,999	\$994,890,413

Percentage Change in Number with Alzheimer's Disease Compared to 2000



Cognitive Impairment in Nursing Home Residents, 2008



Number of Deaths Due to Alzheimer's Disease in 2007

416

“The Alzheimer's Association is committed to increasing awareness about the importance of early detection and diagnosis,” said Havens. “The Inland Northwest Chapter's goal is to work with families in the community and connect them to local resources and services that help them to better understand and manage what Alzheimer's disease introduces into their lives. This knowledge can not only be empowering but extremely helpful to the whole family.”

- Delays in diagnosis mean that individuals are not getting treatment in the earlier stages of the disease when they are most effective. They also miss the opportunity to make legal, financial and care plans.

The full text of the *2011 Alzheimer's Disease Facts and Figures* can be viewed at www.alz.org.

For more information, view the *2011 Alzheimer's Disease Facts and Figures* report at alz.org/facts.

Public

Continued from Front Page

genes. Doctors do not yet know why symptoms appear at an unusually young age in these cases. In a few hundred families worldwide, scientists have found several rare genes that do directly cause Alzheimer's Disease. People who inherit these rare genes tend to develop symptoms in their 30s, 40s, or 50s.

How does Alzheimer's affect a person's life and career?

For anyone diagnosed with Alzheimer's Disease, it is important to know that you can live a meaningful and productive life after diagnosis. You can remain active and take part in activities you enjoy. You can work with family and friends to plan for the future and help educate others about Alzheimer's.

As with any illness, high stress positions and situations can certainly affect the disease progression. It is important to monitor stress by working with doctors, eating well, and getting a sufficient amount of sleep.

What are the issues faced by people with younger-onset Alzheimer's and their families?

People diagnosed with younger-onset Alzheimer's and their families may face issues including:

- Having a difficult time finding an accurate diagnosis.
- Obtaining insurance and other benefits.
- Financial challenges including loss of income or insurance, reduction or loss of retirement benefits due to early retirement, delay in eligibility for Medicare or disability, and increases in family expenses due to treatments.
- Finding help from people who understand the specific needs of those with younger-onset Alzheimer's.

Moreover, the spouses and children of people with Alzheimer's Disease may exhibit feelings of frustration, anxiety, embarrassment, or fear of the future.

The Alzheimer's Association works vigorously to help alleviate these challenges through education, care and support, and public policy initiatives.

What is the value of early detection of Alzheimer's?

Early detection of Alzheimer's Disease is important to both the individuals at risk and to their family members and caregivers. Most people do not know



Glen Campbell

when memory lapses become a serious health problem. By putting off screening and professional help, people impacted by Alzheimer's are being

diagnosed too late and miss opportunities to get the best help possible. This includes, among other things:

- Getting on currently approved medications and treatments as soon as possible.
- Getting appropriate education and support to help them better cope with the impact of the disease on their lives.
- Having the ability to participate in planning the rest of their lives while they are capable of participating in decision making.
- Having the choice to participate in Alzheimer's clinical trials to help advance our knowledge about the disease and help develop better diagnosis and treatment tools.
- Having the chance to live the highest quality of life while they are still able.

What services and support are available for people with younger-onset Alzheimer's?

The Alzheimer's Association has more than 70 chapters nationwide which provide education and support services for all those affected by the disease.

Some of these services are:

- A toll-free 24/7 HelpLine at (800) 272-3900 staffed by knowledgeable and supportive people who can provide information, referral and care consultation.
- A national website at www.alz.org which contains a wide variety of information and supportive materials and links.
- Educational workshops offered throughout the year (which can be found in another portion of this newsletter).
- Support groups which meet in many of the cities and towns in our 25 county region (which are listed in another portion of this newsletter).
- Message boards can be found on www.alz.org for people living with Alzheimer's, their caregivers, and health professionals, where people share their experiences and offer online support.
- Also online is the Alzheimer's Safety Center, which is a suite of tools to assist in the creation of a personal safety care management system, including the Medic Alert + Safe Return program, the Alzheimer's Association Comfort Zone program powered by Omnilink, and training for first responders.

Moving forward, it is only through early detection that we will be able to intervene early when new treatments are developed — and many are in the pipeline. We need early identification of people at risk for getting Alzheimer's dementia in order to test potential new therapies.

People with Alzheimer's Disease, their caregivers or family members who are interested in learning more about participating in clinical studies can do so easily and at no charge through the Alzheimer's Association's TrialMatch program. More information can be found online at www.alz.org/trialmatch.



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Want to show your support? Here's how!

By **SANDRA DRUFFEL**
Development Director

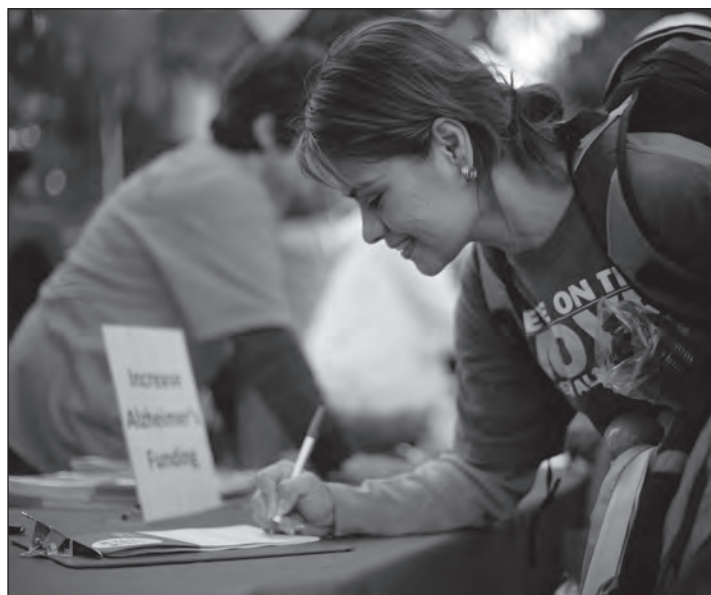
There are numerous ways you can provide support to the Alzheimer's Association/Inland Northwest Chapter. Have you considered:

HONOR SOMEONE SPECIAL: Gifts to the Alzheimer's Association/Inland Northwest Chapter provide a special opportunity to honor the memory of a family member, friend or colleague, or to recognize an individual or a life occasion.

APPRECIATED SECURITIES: Gifts such as stocks or bonds may offer substantial tax advantages. A full fair market value deduction is allowed provided the security has been held more than one year (long term capital gain property); otherwise, the deduction is limited to the donor's adjusted tax basis.

BEQUESTS: By remembering the Inland Northwest Chapter in your will, you can have a significant impact on improving the quality of care for all those affected by Alzheimer's disease. Your bequest may have estate tax planning benefits as well.

LIFE INSURANCE AND RETIREMENT PLANS: You may also choose to remember the work of the Alzheimer's Association by naming the Chapter as beneficiary of your Retirement Plan or Insurance Policy.



MATCHING GIFTS: Your company may have a matching gifts program. Matching gifts can double or even triple your contribution. Please contact your company's Human Resources Department to see if your company is eligible.

PAYROLL DEDUCTIONS: If your employer conducts an employee contribution program through the United Way or one of the other federated campaigns, please remember to designate the Alzheimer's Association/Inland Northwest Chapter on your campaign form. The following is a sample of employee payroll deduction programs:

- Combined Federal Campaign
- Combined State Campaign
- Community Health Charities
- United Way

CORPORATE GIVING: There are many ways your corporate employer can support the Alzheimer's Association/Inland Northwest Chapter, including payroll deductions, sponsoring Walk to End Alzheimer's or forming a team, supporting the 12th Annual Nancy Rockwell Gala or by making a corporate contribution to a Chapter program or service. If you volunteer with the Chapter, your employer may also provide financial support to match your time!

Inland Northwest Chapter Donations

We extend our deepest sympathy to those families who have lost a loved one. We are grateful to those who have designated the Inland Northwest Chapter of the Alzheimer's Association for memorial donations. Acknowledgements are always sent to donors and families. The following contributions were received April 1, 2011, through July 31, 2011. If we have inadvertently omitted or improperly reported your name, please contact us at (509) 473-3390.

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Ruth Didier Donna M. Brown Keith and Julie Brown	Albert Kiefer Patty Severud	GENERAL DONATIONS \$100 OR MORE	Donald Deen Ann S. Dentler Desert Buick-GMC Divco Inc. Marian Doler Rhea Dow Steve and Sandi Druffel Christopher C. and Tina Elderkind Pamela Dee Elkind Beverly Elmore Michael and Margaret Ennis Craig Erickson Eloy and Joan Estudillo Victoria Ferro Geraldine Fridlington Rose Ann Wegter Glenn and Phyllis Wissink

Donations

Continued from Page 9

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Richard and Monica Waitt
Wal-Mart Foundation
Ed Watt Jr. and Pacific Contracting
Bruce and Charlene Weaver
Gerald A. Winkler
Winter Living Trust

Office

Continued from Front Page

“This location really has everything we need,” says P.J. Christo, our North Idaho program coordinator. “It is centrally located with lots of easy parking and ample space in a modern building. And for the first time, I’ll have high speed Internet access and can ditch the dial-up service!”

Moving day was Aug. 29, and an open house for the new location will be planned later in the fall after all of the small “moving details” are resolved. Christo can be still be reached by e-mail at pj.christo@alz.org, and – soon – a landline telephone will be installed with the

same phone number we have used for our Idaho office. In the meantime, Christo has been making do with a cell phone.

The Inland Northwest Chapter would like to thank Kootenai Medical Center for its generous partnership over so many years. Thanks also to the many agencies which offered us office space, and to the several volunteers who assisted with moving furniture and boxes. And most especially, thank you to Jeff Williams of Paladin Services for coming to our rescue and providing us with our new Idaho home!

Light a candle to illuminate the cause

Please join us as we commemorate National Alzheimer’s Disease Awareness Month by honoring loved ones lost and those living with the disease. Join us for a candlelighting ceremony to champion the Alzheimer’s cause by spreading awareness and hope.

Tuesday, Nov. 1, 2011

6 to 7:30 p.m.

Guardian Angel Homes
245 Van Giesen St.
Richland, WA

Thursday, Nov. 3, 2011

5 p.m.

The Bridge at Sandpoint
1123 N. Division Ave., Sandpoint, ID
with special guest Rep. George Eskridge

Thursday, Nov. 10, 2011

6:30 p.m.

Guardian Angel Homes
1070 E. Mullan Ave., Post Falls, ID
Reception to follow with wine, hors d’oeuvres and music by a string ensemble



10 tips for interacting with a person with dementia

By JOAN ACRES
Southeastern Washington
Outreach Coordinator

With this issue, we inaugurate a new feature—The List of Tens. We hope to share with you our expertise by offering you useful tips in managing through the world of Alzheimer's.

The following 10 Tips are taken from one of our Chapter's educational workshops entitled "Communication: The Key to Dementia Care" which was presented in Spokane in August.

1. Be sure to call the person with Alzheimer's by name. This helps to orient the person and gets his or her attention.
2. Use short, simple words and sentences. Don't overwhelm the person with too much information at one time. Speak in a concise manner and keep to the point.
3. Talk slowly, clearly, and in a low tone—not loud, but loud enough for the person to hear. If possible find a quiet place where the person will not be distracted by background noises.
4. Give one-step directions on how to do things. Break down tasks and instructions into clear, simple steps. Give one step at a time.
5. Avoid asking open-ended questions. Direct statements are preferable to questions because they do not require the person to make a decision. Say "Here is a glass of water" rather than "Do you want a drink?"
6. Give the person time to respond. The person with dementia may need



extra time to process what you have said. Give the person the time and encouragement he or she needs to respond.

7. Repeat information or questions as needed. If the person doesn't respond, wait a moment, and then patiently ask again. Ask the question in the same way, using the same words as before.
8. Treat the person with dignity and respect. Avoid talking down to the person or talking as if he or she isn't there. Continue to show the person with dementia they are valued and are still a part of social or family life.

9. Be aware of your tone of voice. Convey an easy going, non-demanding manner of speaking. Be aware of your feelings and attitude. They are often

communicated through your tone of voice, even when you don't intend it. Many people with dementia will continue to understand and recognize your tone even when they are unable to understand your words.

10. Pay attention to your body language as well. Always approach the person from the front and keep good eye contact with them. If the person is seated or lying down, get down to their level. Use positive, friendly facial expressions and when needed, use unspoken communication like pointing, gesturing or touch.

For more information about communication methods for people with dementia, contact me at (509) 713-3390, or call our 24-Hour HelpLine at (800) 272-3900.

 **MedicAlert** + **safe return** alzheimer's  association® www.alz.org/safereturn

Chapter Education Programs

Certificates of attendance are available for all chapter programs.

COEUR D'ALENE / POST FALLS

WEDNESDAY, OCTOBER 12

6:30 to 8:30 p.m.

Providing Personal Care for People with Dementia

Sylvan House, 660 W. Honeysuckle, Hayden, ID

Speaker: Beverly Roots, LMSW, speakers bureau volunteer, Alzheimer's Association Inland Northwest Chapter

For more information, call the Alzheimer's Association at (208) 666-2996

TUESDAY, NOVEMBER 1

6 to 8:30 p.m.

Sound Caregiving Decisions Based on Reality

Coeur d'Alene Homes, 624 W. Harrison Ave., Coeur d'Alene, ID

Speaker: Jonnie Bradley, certified professional mediator

Free and open to the public. Meet-and-Greet with hors d'oeuvres begins at 6 and the program begins at 6:30. No reservations required.

For more information, call the Alzheimer's Association at (208) 666-2996

WEDNESDAY, DECEMBER 7

5:30 to 7:30 p.m.

Winning the Care Battle: A Hands-on Approach for Family and Professional Dementia Caregivers

Legends Park Assisted Living, 1820 N. Legends Parkway, Coeur d'Alene, ID (across the street from the Kroc Center)

Presenter: Jennifer Baus, speakers bureau volunteer and support group facilitator, Alzheimer's Association Inland Northwest Chapter

Free and open to the public; complimentary dinner buffet served. Seating is limited and reservations are required. Call the Alzheimer's Association at (208) 666-2996 to RSVP.

PALOUSE

Palouse workshops sponsored by the Alzheimer's Association-Inland Northwest Chapter and Project ACCESS

WEDNESDAY, OCTOBER 19

9:30 to 11:30 a.m.

Dementia and Challenging Family Situations

Gritman Medical Center, 1st Floor

Conference Room, 700 S. Main St., Moscow, ID 83843

For more information, contact Barbara Mahoney or Sarah Rial at (208) 883-6483

WEDNESDAY, NOVEMBER 16

9:30 to 11:30 a.m.

Taking Care of Yourself as a Care Partner

Pullman Regional Hospital, Conference Rooms C and D, 835 SE Bishop Blvd., Pullman, WA

For more information call Sarah Rial or Barb Mahoney at (208) 883-6483

WEDNESDAY, DECEMBER 7

9:30 to 11:30 a.m.

Successful Activities to Get Through the Holidays

Whitman Hospital and Medical Center Annex Conference Room, 1200 W. Fairview St., Colfax, WA

For more information call Sarah Rial or Barb Mahoney at (208) 883-6483

SANDPOINT

THURSDAY, OCTOBER 6

2 to 4 p.m.

Keys to a Joyful Holiday Season

The Bridge at Sandpoint, 1123 N. Division St., Sandpoint, ID

Presenter: P.J. Christo, RN, MS, North Idaho outreach coordinator, Alzheimer's Association Inland Northwest Chapter
For more information, call the Alzheimer's Association's North Idaho office at (208) 666-2996.

THURSDAY, NOVEMBER 3

2 to 4 p.m.

Approaching End of Life Matters

The Bridge at Sandpoint, 1123 N. Division St., Sandpoint, ID

Panel: Paul Graves, B.A., M.Div.; Shayla Abernathy, RN; Bart Casey, B.S.; and P.J. Christo, RN, M.S.

Free and open to the public.

Complimentary dinner buffet directly after the seminar, followed by candlelight vigil featuring guest speaker Rep. George Eskridge. Reservations preferred but not mandatory by Tuesday evening, Nov. 1, by calling (208) 263-1524.

THURSDAY, DECEMBER 1

2 to 4 p.m.

Sound Caregiving Decisions Based on Reality

Luther Park at Sandpoint, 510 Olive Ave., Sandpoint, ID 83864

Speaker: Jonnie Bradley, certified professional mediator

For more information, call the Alzheimer's Association's North Idaho office at (208) 666-2996.

SHOSHONE COUNTY

TUESDAY, OCTOBER 19

2 to 4 p.m.

Planning: The Key to a Joyous Holiday Season

Shoshone Medical Center, 25 Jacobs Gulch, Kellogg, ID

Presenter: P.J. Christo, North Idaho outreach coordinator, Alzheimer's Association Inland Northwest Chapter.
For more information, call the Alzheimer's Association at (208) 666-2996.

SPOKANE COUNTY

THURSDAY, OCTOBER 27

6:30 to 8:30 p.m.

Legal and Financial Planning for Alzheimer's Disease

Deaconess Health and Education Center Classroom 266, 910 W. 5th Ave., Spokane
Presenter: Mark Havens, interim executive director, Alzheimer's Association Inland Northwest Chapter

For more information, call the Alzheimer's Association at (509) 473-3390

Sponsored by the 3rd Annual Millwood Daze 5K Dash and Anytime Fitness



Advocacy in action

Inland Northwest Chapter advocates took the cause to Idaho elected officials earlier this year. At left, Interim Executive Director Mark Havens poses with Sen. Jim Risch during a visit to Washington, D.C. At right, Shelley Webb stands with Gov. Butch Otter when the governor brought Idaho's "capital for a day" to Spirit Lake.



Programs

Continued from Page 12

THURSDAY, NOVEMBER 3

6:30 to 8:30 p.m.

Planning: The Key to a Joyous Holiday Season

Clare Bridge of Spokane, 5329 W. Rifle Club Court, Spokane

Presenter: Joan Acres, Southeastern Washington outreach coordinator, Alzheimer's Association Inland Northwest Chapter

For more information, call the Alzheimer's Association at (509) 473-3390

THURSDAY, DECEMBER 1

6:30 to 8:30 p.m.

Know the 10 Signs of Alzheimer's Disease

Deaconess Health and Education Center Classroom 266, 910 W. 5th Ave., Spokane
Presenter: Mark Havens, interim executive director, Alzheimer's Association Inland Northwest Chapter

For more information, call the Alzheimer's Association at (509) 473-3390

Sponsored by the 3rd Annual Millwood Daze 5K Dash and Anytime Fitness

THURSDAY, DECEMBER 29

6:30 to 8:30 p.m.

Know the 10 Signs of Alzheimer's Disease

Deaconess Health and Education Center Classroom 266, 910 W. 5th Ave., Spokane
Presenter: Mark Havens, interim executive director, Alzheimer's Association Inland Northwest Chapter

For more information, call the Alzheimer's Association at (509) 473-3390

TRI-CITIES

THURSDAY, OCTOBER 20

6 to 8 p.m.

Legal and Financial Planning for Alzheimer's Disease

Guardian Angel Homes, 245 Van Giesen St., Richland, WA

Presenter: Mark Havens, interim executive director, Alzheimer's Association Inland Northwest Chapter

For more information, call the Alzheimer's Association at (509) 713-3390

THURSDAY, NOVEMBER 10

6:30 to 8:30 p.m.

Planning: The Key to a Joyous Holiday Season

The Manor at Canyon Lakes, 2802 W. 35th Ave., Kennewick, WA

Presenter: Joan Acres, Southeastern Washington outreach coordinator, Alzheimer's Association Inland Northwest Chapter

For more information, call the Alzheimer's Association at (509) 713-3390

THURSDAY, DECEMBER 8

6 to 8 p.m.

Know the 10 Signs of Alzheimer's Disease

Guardian Angel Homes, 245 Van Giesen St., Richland, WA

Presenter: Mark Havens, interim executive director, Alzheimer's Association Inland Northwest Chapter

For more information, call the Alzheimer's Association at (509) 713-3390

Chapter Staff and Board Notes

- Former Chapter Executive Director **Joel Loiacono** has finished his training at Ft. Bliss in Texas and was deployed to Kuwait in mid-September where he is serving as a logistics officer for the Army Reserve. He also is taking time to form a Walk to End Alzheimer's team among Army reservists in Kuwait to benefit our Chapter.

- The Chapter's Board of Directors elected new officers for 2011-12 at its meeting in August. Serving as our new president is **Paige Patton-Morris** of Kennewick; our vice president is **Pat Johnson** of Spokane; our new secretary will be **Sister Rosemary Thielman** of Coeur d'Alene; and our continuing treasurer is **James Schaefer, CPA** of Spokane Valley.

- The Chapter's Walk Coordinator – **Angie Spleiss** – left us in August to take a new position with American Fidelity Insurance. The position will be filled later in the fall.

- Our Chapter's Development Director – **Sandi Druffel** – together with her husband Steve were named the "Lentil Family of the Year" at the National Lentil Festival in Pullman, WA, in August.

Support Groups

Several Alzheimer's and Related Disorders Caregiver Support Groups meet throughout the month. A schedule is listed below. If you have questions about the group, please feel free to call the number listed for the leader of that group or the Chapter office at (509) 473-3390. *Call ahead during the holiday season or inclement weather to make sure the group is meeting on the scheduled day.*

BENTON COUNTY

*Benton County support groups sponsored by
The Kadlec Neurological Resource Center*

The Kadlec Neurological Resource Center

712 Swift Blvd., Suite 1
Richland, WA 99352
3rd Tuesday, 1 p.m.
(*Caregivers Support Group*)
Led by De Martucci at (509) 539-4907

Callaway Gardens

5505 W. Skagit Ct.
Kennewick, WA 99336
4th Monday, 12:30 p.m.
(*Caregivers Support Group/Men Only*)
Led by De Martucci at (509) 539-4907

Callaway Gardens

5505 W. Skagit Ct.
Kennewick, WA 99336
3rd Thursday, 5:30 to 7:30 p.m.
(*Alzheimer's Support Group*)

CHELAN, DOUGLAS and OKANOGAN COUNTY

Grace Church

1408 Washington St.
Wenatchee, WA 98801
1st and 3rd Tuesday, 10 to 11:30 a.m.
Led by Jan Ebert at (509) 782-0927

Blossom Creek

1740 Madison St.
Wenatchee, WA 98801
2nd and 4th Tuesday, 10:30 a.m. to 12 noon.
Led by Jan Ebert at (509) 782-0927

Apple Springs Senior Living

1001 Senna St.
Omak, WA 98841
3rd Wednesday, 1:30 p.m.
For more information call Noble Kelly at (509) 422-5428 or outpost1@televar.com or Kathie Mackie at (509) 422-2928

SPOKANE NORTH

Providence Adult Day Health

6018 N. Astor St.
Spokane, WA 99208
2nd Monday, 1 to 2:30 p.m.
(*Open to all caregivers.*)
Adult day care provided at no charge during group.
Led by Jim Lippold, Allan Cory and Oscar Haupt. For information phone (509) 482-2475 or email allan.cory@providence.org
Daycare available on a pre-arranged basis.

Providence Adult Day Health

6018 N. Astor St.
Spokane, WA 99208
3rd Monday, 1 to 2:30 p.m.
(*Male caregivers only.*)
Adult day care provided at no charge during group.
Led by Jim Lippold, Allan Cory and Oscar Haupt. For information phone (509) 482-2475 or email allan.cory@providence.org
Daycare available on a pre-arranged basis.

Elder Services

5125 N. Market St.
Spokane, WA 99207
1st and 3rd Friday 2 to 3:30 p.m.
Led by Mac Hatcher at (509) 458-7450

Clare Bridge of Spokane

5329 W. Riffe Club Court
Spokane, WA 99208
4th Tuesday, 7 to 8:30 p.m.
Led by Pat Johnson, Teresa Williams and Colleen Fischer at (509) 323-1400

Whitworth Presbyterian Church

312 W. Hawthorne Road
Spokane, WA 99218
2nd Monday, 1 to 2:30 p.m.
Led by Margie Berglund at (509) 466-2864 and Dolly Landt at (509) 466-4036

SPOKANE SOUTH

Touchmark on South Hill

2929 S. Waterford Dr., Spokane, WA 99203
3rd Wednesday, 1 to 2:30 p.m.
Led by Jorgi Herron at (509) 321-8372 or jph@touchmark.com and Jack French at (509) 924-0297

SPOKANE VALLEY

Park Place

Assisted Living Fireside Room
601 S. Park Road,
Spokane Valley, WA 99212
1st Saturday, 10:30 a.m. to noon
Led by Lorri Pierson at (509) 879-8853

Good Samaritan Village

17121 E. 8th Ave.,
Spokane Valley, WA 99016
1st Tuesday, 1 to 2:30 p.m.
3rd Tuesday, 1 to 2:30 p.m.
Led by Jacki Schmick at (509) 924-6161 Ext. 611 or j schmick@good-sam.com, Kathleen Harper at (509) 924-6161 Ext. 511 or kharper@good-sam.com and Theresa Sullivan at (509) 924-6161 Ext. 114 or tsulliva@good-sam.com

Guardian Angel Homes

23102 E. Mission Ave.
Liberty Lake, WA 99019
Last Wednesday, 6:30 p.m.
Led by Joan Estudillo at (509) 893-9300 or joan@gahangel.com

WALLA WALLA COUNTY

Walla Walla General Hospital

2nd and 4th Tuesday, 1:30 to 2:30 p.m.
Room 50, off the Fountain Cafe
Led by Tamara Gordon at (509) 524-4003 or tgordon@wheatlandvillage.com

Eagle Springs Specialty Care

20 SE Larch Ave.
College Place, WA 99324
3rd Thursday, 10 to 11 a.m.
Led by Yvonne Webb at (509) 525-6335 or ywebb@prestigecare.com

See SUPPORT / Page 15

Support Groups

Continued from Page 14

WHITMAN COUNTY

(Whitman County Caregiver Coffee and Support Groups presented by Project ACCESS)

Oakesdale City Hall

105 N. 1st St., Oakesdale, WA 99158
2nd Monday, 2 to 3:30 p.m.
Contact Sarah Rial or Katherine LameBull at (800) 526-2273 ext. 6483 or (208) 883-6483 or email sarah.rial@gritman.org
(Caregiver support; not dementia-specific)

Whitman Senior Living Community

1285 SW Center St., Pullman, WA 99163
2nd and 4th Monday, 3 to 4:30 p.m.
Led by Suzy McNeilly at (509) 397-4305
(Caregiver support; not dementia-specific)



North Idaho Support Groups

BONNER COUNTY

Luther Park

510 Olive Ave., Sandpoint, ID 83864
1st Wednesday, 4:30 p.m.
Led by Sandy Sparling and Wendy Traffic at (208) 265-3557

Valley Vista Care Center

220 S. Division St., Sandpoint, ID 83864
3rd Wednesday, 2 p.m.
Led by Brian Casey at (208) 265-4514 and Kelly Hurt at (208) 266-1528 or email bcasey@valleyvista.org

BOUNDARY COUNTY

Panhandle Health District

7402 Caribou St., Bonners Ferry, ID 83805
Caregiver support; not dementia-specific
1st Thursday, 1 p.m.
Led by Jolle Wall at (208) 267-2829 or jolledon@frontier.com and Carol Lucero at (208) 267-5050

KOOTENAI COUNTY

Guardian Angel Homes

Timber House
1070 E. Mullan Ave., Post Falls, ID 83843
Educational Support Group
1st Wednesday, 12 noon; lunch provided
Led by Jennifer Baus at (208) 777-7797 or jennifer@gahangel.com

Kootenai Medical Center

2003 Kootenai Health Way,
Coeur d Alene, ID 83814
Traditional Support Group
3rd Saturday, 1:30 to 3:30 p.m.
In classrooms on the main floor
Led by Arlene Sleigh at (208) 772-2542 or amvs@my180.net and Connie Clark at (208) 769-9560

Creekside Inn Memory Care Community

240 E. Kathleen Ave. (across from the Fairgrounds), Coeur d'Alene, ID 83815
Traditional Support Group

4th Monday, 5:30 p.m. (dinner included)
Led by Stephanie Godinez at (208) 765-4343 and Aline Rohde at (208) 659-6719
Free respite care available during the support group session with a reservation. Phone (208) 665-2444 in advance.

Bakery by the Lake conference room

Northwest corner of 7th and Front streets (across from the public library), Coeur d'Alene, ID

Early-Onset Dementia Group

3rd Tuesday, 3:30 p.m.
Facilitated by Jason Ball at (208) 819-9220 or jball@goodneighbor.com and Stephanie Godinez at (208) 765-4343.

LATAH COUNTY

(Latah County Caregiver Coffee and Support Groups presented by Project ACCESS)

Gritman Adult Day Health Center

225 E. Palouse River Dr.
Moscow, ID 83843
3rd Tuesday, 6 to 7:30 p.m.
2nd Wednesday, 3:30 to 5 p.m. (Wednesday group has respite provided.)
Led by Sarah Rial and Katherine LameBull at (800) 526-2273 ext. 6483 or (208) 883-6483 or email sarah.rial@gritman.org

NEZ PERCE COUNTY

Guardian Angel Homes

2421 Vineyard Ave., Lewiston, ID 83501
2nd Wednesday, 7 to 9 p.m.
Led by Maggie Morrison at (208) 743-6500 and Cara Snyder at (208) 743-5580

SHOSHONE COUNTY

Wellness Center

West Conference Room
204 Oregon St., Kellogg, ID 83837
Caregiver support; not dementia-specific
3rd Wednesday, 3 p.m.
Led by Aline Rohde at (208) 659-6719

*Your business can sponsor a page in our newsletter
Contact the Chapter office at (509) 473-3390 to find out how*

To reach our 24/7 Helpline, call
1-800-272-3900
Help is just a phone call away

Inland Northwest Chapter Service Area
Eastern Washington: Adams, Asotin, Benton, Columbia, Douglas, Ferry, Franklin, Garfield, Grant, Lincoln, Okanogan, Pend Oreille, Spokane, Stevens, Walla Walla, Whitman **Northern Idaho:** Benewah, Bonner, Boundary, Clearwater, Kootenai, Latah, Lewis, Nez Perce, Shoshone

Comfort Zone adds affordable tracking option

The Alzheimer's Association is expanding its portfolio of safety services for people with Alzheimer's disease with Alzheimer's Association Comfort Zone Check-In, an affordable self-serve location management service. For as little as \$9.99 a month, Comfort Zone Check-In gives people living with Alzheimer's more independence and their caregivers more peace of mind.

Comfort Zone Check-In is a new entry-level service that sends a daily scheduled location update to busy caregivers and active people living with Alzheimer's. Additionally, those with the service can determine an individual's location by initiating a "Find Me" or a longer "Follow Me" session, which provides updates every two minutes for one hour.

Comfort Zone Check-In combines the latest technology with flexibility, allowing families to change devices and plans as a person's disease progresses and monitoring needs change. Using GPS and cellular technologies with online mapping, the entire family can proactively determine the location of the person with Alzheimer's. Families log into a secure, password-protected website similar to logging into most email systems and proactively establish safety zones.



Comfort Zone Check-In is compatible with any Sprint phone, eliminating the need for an additional mobile device. It starts at \$9.99 plus the cost of the phone and data plan.

For more information or to purchase Comfort Zone Check-In, visit the Alzheimer's Association at www.alz.org/comfortzone.