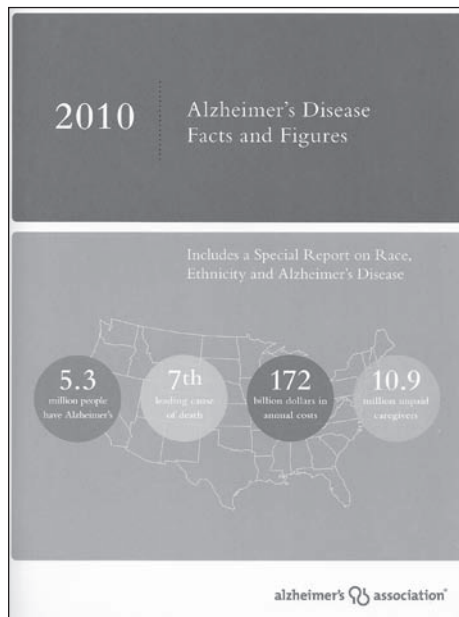


## New report details escalation of Alzheimer's

According to the Alzheimer's Association's 2010 Alzheimer's Disease Facts and Figures, African-Americans are about two times more likely and Hispanics are about one-and-a-half times more likely than their white counterparts to have Alzheimer's and other dementias. Although whites make up the great majority of the more than 5 million people with Alzheimer's and other dementias, African-Americans and Hispanics are at higher risk for developing the disease.

There are no known genetic factors that can explain the greater prevalence of Alzheimer's and other dementias in African-Americans and Hispanics than in whites. On the other hand, conditions, such as high blood pressure and diabetes, which are



known risk factors for Alzheimer's and other dementias in all groups, are more common in African-Americans and Hispanics than in

whites. Socioeconomic factors, such as having a low level of education and low income are also associated with greater risk for Alzheimer's and other dementias in all groups. Data from a federal survey of older Americans shows that African-Americans and Hispanics are disproportionately represented among socioeconomically disadvantaged people in this country. The Association's new report points out that these health and socioeconomic factors probably contribute to the greater prevalence of Alzheimer's and other dementias in African-Americans and Hispanics.

"Alzheimer's disease is the single largest, looming, unaddressed public health threat facing the nation, but we

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## Study suggests volunteering may help keep elderly stronger

New research shows that those who spent time volunteering were less likely to become frail, a physical diminishing that sometimes happens among the elderly.

According to HealthDay, the findings were drawn from an analysis of data nearly two decades old that tracked the activities of over 1,000 physically active men and women in their 70s who were described as "reasonably high-functioning." Among the participants, 28 percent did some type of volunteer work, 25 percent performed child-care duties and 19 percent worked for a sal-

ary. Some did more than one of these activities, and 45 percent participated in none of them.

After accounting for such factors as age, cognitive function and disability, the researchers found that neither paid work nor child care appeared to protect against the onset of frailty. Volunteering, however, was associated with a reduced risk for becoming frail.

"Of course, this certainly does not prove that volunteering prevents frailty," cautioned Dr. Catherine Sarkisian,

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**Alzheimer's Association  
Inland Northwest Chapter**

910 W. 5th Ave., Suite 256  
Spokane, WA 99204

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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](http://www.alz.org/inlandnorthwest)

Send comments to  
[InlandNW@alz.org](mailto:InlandNW@alz.org)

**Report**

Continued from Front Page

now know the threat is even more substantial in the African-American and Hispanic communities," said Harry Johns, Alzheimer's Association president and CEO. "These groups are more likely to have Alzheimer's, less likely to know it and, as a result, less likely to receive available treatments and supportive services that can help them cope with the disease."

High blood pressure and diabetes are potentially modifiable conditions. Better management of these conditions could help to reduce the prevalence of Alzheimer's and other dementias, especially if treatment were begun in people who have these conditions in midlife. Since high blood pressure and diabetes are more common in African-Americans than whites and diabetes is more common in Hispanics than in whites, effective treatment for these potentially modifiable conditions could be especially beneficial for these groups.

Socioeconomic disparities, such as lower income, translate into reduced access to health care and therefore, reduced opportunities to avoid or better manage high blood pressure and diabetes that, in turn, increase Alzheimer risk.

**Growing Impact of Alzheimer's Disease and Dementia**

According to the report, there are 5.3 million Americans living with the disease and every 70 seconds someone in America develops Alzheimer's disease. By mid-century someone will develop Alzheimer's every 33 seconds. In 2010, there will be a half million new cases of Alzheimer's, and there will be more new cases in each subsequent year. In 2050, there will be nearly a million new cases.

Alzheimer's was the seventh leading

*Alzheimer's in people 65 and older has risen 37% in Idaho and 33% in Washington since 2000. In 2009, caregivers provided 232 million hours of unpaid care in Washington worth \$2.6 billion and 53,000 hours in Idaho worth \$689 million.*

cause of death in the country in 2006, the latest year for which final death statistics are available. It was the fifth leading cause of death among individuals aged 65 and older. From 2000-2006 death rates have declined for most major diseases – heart disease (-11.1 percent), breast cancer (-2.6 percent), prostate cancer (-8.7 percent), stroke (-18.2 percent) and HIV/AIDS (-16.3) while Alzheimer's disease deaths rose 46.1 percent.

"Strategic investments in research for diseases such as heart disease, breast cancer, prostate cancer, stroke and HIV/AIDS have all resulted in declines in deaths. We have not seen the same type of significant strategic investment in Alzheimer's and because of that, deaths from Alzheimer's disease continue to soar," said Johns. "Discovering effective treatments that prevent onset or delay disease progression takes on an all encompassing urgency as the nation braces for an onslaught of aging baby boomers. This disease, unlike any other, has the power to undermine all of our best efforts to control health care costs."

People with Alzheimer's and other dementias are high users of hospital, nursing home and other health and long term care services, translating into high costs for all payers. The Alzheimer's Association estimates

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## Report

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that total payments for health and long-term care services for people with these conditions will amount to \$172 billion from all sources in 2010. Medicare costs are almost three times higher for people with Alzheimer's and other dementias than for other older people, and Medicaid costs are almost nine times higher. Most people with Alzheimer's also have one or more additional serious medical conditions, such as diabetes or coronary heart disease. Their Alzheimer's greatly complicates medical management for these other conditions, resulting in more hospitalizations and higher costs.

### Impact of Alzheimer's and Dementia on Caregivers

According to the new report, in 2009, nearly 11 million family members and other unpaid caregivers provided 12.5 billion hours of care for people with Alzheimer's and other dementias, an amount of unpaid care valued at \$144 billion. In fact, Alzheimer's and dementia caregivers provided care valued at more than \$1 billion in each of 36 states, and nine states saw an Alzheimer and dementia caregiver contribution valued at \$5 billion or more per state.

"Alzheimer's disease often progresses in a slow, unrelenting pace exacting a tremendous emotional, physical and financial toll on caregivers. Every day these caregivers rise to meet the challenges of Alzheimer's," said Robert J. Egge, Alzheimer's Association Vice President of Public Policy. "The uncompensated care they provide is valued at \$144 billion, which is more than the Federal government spends on Medicare and Medicaid combined for people with Alzheimer's and other dementias."

More than 40 percent of family and other unpaid Alzheimer and



dementia caregivers rate the emotional stress of caregiving as high or very high, compared with 28 percent of caregivers of other older people. Caregivers often report a decline in their own health as they try to balance the demands of caregiving with their own work responsibilities. In 2009, 60 percent of Alzheimer and dementia caregivers were employed full-time or part-time and among those employed, two-thirds said they had to go in late, leave early or take time off because of caregiving; 14 percent had to take a leave of absence and 10 percent had to reduce their hours or take a less demanding job. Juggling the demands of caregiving, particularly in these financially difficult times, has placed additional stress on caregivers as their caregiving duties threaten their own job security.

Ultimately solving the Alzheimer

crisis – with its far-reaching impact on families, Medicare, Medicaid and the health care system – will mean addressing the chronic underinvestment in research. A rapidly aging population and dramatic increases in the number of Alzheimer cases in coming years should catapult the government into action.

"We know what the future will bring if we do nothing – more lives lost, overloaded nursing homes, overworked caregivers and an overwhelmed health care system," said Egge. "Our country must increase its investment in research and scientific innovation if we hope to soon live in a world together with Alzheimer survivors."

The full text of the Alzheimer's Association's 2010 Alzheimer's Disease Facts and Figures can be viewed at [www.alz.org/facts](http://www.alz.org/facts).

# 'Use it or lose it' also relates to your brain

**W**hen people think about staying fit, they generally focus below the neck. But brain health also plays a critical role in thinking, working, playing – and even sleeping.

We now know there's a lot you can do to help keep your brain healthier as you age. These steps might also reduce your risk of Alzheimer's disease or another dementia.

## Adopt a brain-healthy diet

Research suggests that high cholesterol may contribute to stroke and brain cell damage. A low-fat, low-cholesterol diet is advisable. There is growing evidence that a diet rich in dark vegetables and fruits, which contain antioxidants, may help protect brain cells.

## Stay physically active

Physical exercise is essential for maintaining good blood flow to the brain as well as to encourage new brain cells.

## Keep mentally active

Mentally stimulating activities strengthen brain cells and the connections between them, and may even create new nerve cells.

## Remain socially active

Social activity not only makes physical and mental activity more enjoyable, it can reduce stress levels, which helps maintain healthy connections among brain cells

Simple lifestyle modifications would have an enormous impact on our nation's public health and the cost of healthcare. If you make brain-healthy lifestyle changes and take action by getting involved, we could realize a future without Alzheimer's disease.

For more information, contact the Alzheimer's Association at 1.800.272.3900 or visit [www.alz.org](http://www.alz.org).



## Try these suggestions to help improve, maintain your memory

**N**ormal aging can slow some brain functions, making it harder to learn new things or to stay focused amid distractions. Here are suggestions to build and maintain memory:

- Ignore negative stereotypes and believe you can preserve your memory.
- Help your brain to remember by using planners, lists and address books, and storing frequently used items, such as keys, in the same place every time.
- Break down large pieces of information into smaller, manageable chunks, such as the sections of a phone number.
- Rely on more of your senses – which use different parts of your brain – to help retain memories.
- Make learning easier by using more than one technique – read aloud, draw a picture or take notes.

- Repeat out loud things you want to remember, such as someone's name.
- To master complicated information, space out study periods – once an hour, every few hours, then once a day.
- Challenge yourself by doing puzzles, trying new recipes or joining a book group.
- Take a memory course offered by professionals that offers practical ways to manage everyday challenges.

## Maintain Your Brain

"Maintain Your Brain: How to Live a Brain-Healthy Lifestyle," will be presented free of charge from 6:30 to 8:30 p.m. Wednesday, June 9, at Bestland Retirement, 606 E. Best Ave., Coeur d'Alene. The Alzheimer's Association worked with a group of scientific experts to develop this original curriculum for baby boomers. For more information call the North Idaho office at (208) 666-2996.



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**Don't ignore signs of caregiver stress**

Caring for a person with Alzheimer's disease can cause depression, anger and irritability, as well as take a physical toll resulting in exhaustion and sleeplessness. These are real issues caregivers shouldn't ignore.

The Alzheimer's Association offers a number of resources to help caregivers deal with stress:

- The Alzheimer's Association Caregiver Notebook, offers tips for care and planning for the future, as well as a list of resources to use when additional information is needed. To learn more about the Caregiver Notebook, visit [www.alz.org/caregivernotebook](http://www.alz.org/caregivernotebook).

- Caregiver Stress Check, an interactive quiz that helps caregivers identify symptoms of stress and provides a tailored list of helpful referrals and other support. Take the quiz at [www.alz.org/stresscheck](http://www.alz.org/stresscheck).

- Alzheimer's Association CareSource™, an easy-to-use, one-stop online portal for everything you need to widen your care options and plan for care for a person with Alzheimer's. Find out how CareSource can help at [www.alz.org/caresource](http://www.alz.org/caresource).

**Volunteering**

**Continued from Front Page**

an associate professor of geriatrics at the David Geffen School of Medicine at the University of California, Los Angeles. "But this suggests that maybe there is something about working to help other people — and getting outside yourself — that has benefits for the elderly, both mentally and physically."

The study results were published online in the Journal of Gerontology: Social Sciences.

# Chapter lending library has resources for you

The Alzheimer's Association-Inland Northwest Chapter maintains a lending library of books, DVDs and videotapes available for short-term loan. For more information, visit our offices at 910 W. 5th Ave., Ste. 256, Spokane, or call (509) 473-3390

Below is a list of DVDs and videotapes currently in the library. For a complete list of materials, visit our website at [www.alz.org/inlandnorthwest](http://www.alz.org/inlandnorthwest) and click on the "Helping You" link and then "Lending Library."

## DVDs

*A Reason To Hope* by Alzheimer's Association-DVD & VHS

*Accepting the Challenge* by Alzheimer's Association

*Alzheimer's A Bridge to Hope* Broadcast by KSPS Oct. 23, 2008

*Communication-Vol 5-Caring for Someone with mid to late stage Alzheimer's Disease.* Healing Arts Communications.

*Complaints of a Dutiful Daughter* a Film by Deborah Hoffmann

*Confronting CJD & Other Prion Disorders* by Jacobs Neurological Inst. 2006

*Demolition Derby: when a mind loses its license to drive* 2007

*The Educated Caregiver: Volume 1 Coping Skill, Volume 2 Hands on Skills, Volume 3 Essential Knowledge* DVD series 2004

*Exercise: A Video from the National Institute on Aging*

*Family A nostalgic stroll through the*

milestones of family life that will bring smiles to people with memory loss and their caregivers (closed captioned with music)

*The Family Guide To Alzheimer's Disease* five-volume set

Vol. 1: *Understanding Alzheimer's*

Vol. 2: *Behavior Issues*

Vol. 3: *Daily Life*

Vol. 4: *Family Caregiving*

Vol. 5: *Transitions* LifeView resources,

*The Forgetting: A Portrait of Alzheimer's* Hosted by David Hyde Pierce

*Intellectual Disabilities & Dementia What Can We Do?* U. @ Albany-DVD & computer based course.

*The Later Works of William Utermohlen 1995-2000* An Art Exhibition hosted by Alzheimer's Association

*Lunchbreak with Tony: Respite Series* (captivate attention of Alzheimer's clients and offer respite to caregivers)

*The Many Faces of Lewy Body Dementia* 2007 caregiver meeting in Coral Springs, Fla.

*Role Reversal Seminar: Caring for our Aging Parents* 2008

*Saving Lives Together: Alzheimer's Association Safe Return and Law Enforcement*

*Sharing the Journey: Forging Relationships that Ease the Stay* by Alzheimer's Association

*Talk Back Move Forward: 100 Years of Alzheimer's* U. of Milwaukee Center on Age and Community 2007

*Understanding Alzheimer's: An introductory guide; Alzheimer's and Safety: A guide to planning and preparation* by Alzheimer's Association

## VHS Tapes

*A Prescription for Caregivers: Take care of Yourself* by W. Lustbader

*Alone...But Not Forgotten* by Alzheimer's Association

Alzheimer's Association – 3/15/95

*Alzheimer's Association: Post Its & Moments*

*Alzheimer's Association: Understanding Alzheimer's an introductory guide & Alzheimer's & Safety: A guide to planning & preparation*

*Alzheimer's Disease: at Time of Diagnosis* by Time/Life Medical

*Alzheimer's Disease: Inside Looking Out* by Alzheimer's Association

*Alzheimer's Disease: Living in the Here and Now* by Pfizer

*Alzheimer's Disease: One Question at a Time... One Day at a Time* by Alzheimer's Association

*Bathing Without a Battle: Creating a Better Bathing Experience* by A. L. Barrick, J. Rader, & P. Sloane VHS/ CD

*Caregiver Survival Kit, Nat'l Family Caregivers Assoc.* 2000 VHS & written material

*Choice & Challenge-Caring for Aggressive Older Adults Across Levels of Care* (American Psychiatric Nurses Assoc. VHS & written materials

*Communicating* by Alzheimer's Association

*David Greely, MD: Early Detection & Treatment of Dementia*

# When is it time for change in care?

The holidays offer families an opportunity to gather and spend time with loved ones who they may only see occasionally during the year. While visiting, you may have noticed changes in a loved one with Alzheimer's or a related dementia.

These differences could necessitate more care than can be provided at home. The individual may need to move into residential care, such as assisted living or a nursing home.

Alzheimer's Association Senior Housing Finder, powered by SNAPforSeniors®, can help. The first comprehensive dementia-specific national housing database, Senior Housing Finder allows you to search, free of cost, over 65,000 facilities by geographic criteria, name of residence, housing type, license type, availability and care services, including the level of dementia care offered.

Senior Housing Finder's online search is particularly good for long-distance

## Library

Continued from Page 6

*Ethnic Communities and Dementia: Making a Difference* by Instructional Broadcast Center

*Innocent Offender*

*Innovative Caregiving Resources* by Tia Davis

*Inside Looking Out*

*Inside the Brain: An Interactive Tour* by Alzheimer's Association – CD – 5

*Iris* movie

*Judith Oakes-Aricept & The Faces of Alzheimer's* by Alzheimer's Association

*Just For the Summer* by J. Moll

### Free workshop April 27

The Alzheimer's Association presents a free workshop, "Residential Care: Finding a Home" from 6:30 to 8:30 p.m. Tuesday, April 27, in Classroom 268 at the Deaconess Health and Education Center, 910 W. 5th Ave., Spokane. Instructor will be Joel Loiacono, executive director of the Inland Northwest Chapter. For more information, call (509) 473-3390.

family members and can target any area of the country.

Here's what to look for in senior housing:

- **Dementia Care Listings:** Some housing providers do not provide dementia care at all. When you locate housing you may be interested in, call and ask about dementia care.
- **Care Services:** Assess all of the care

*KSPS: Health Matters: Alzheimer's Care, The Forgetting: A Portrait of Alzheimer's, Alzheimer's: The Help You Need*

*Maintain Your Brain: How to Live a Brain Healthy lifestyle.*

*Oral Care for the Alzheimer's Patient* by WSDA

*Peace of Mind* by Alzheimer's Family Care

*Peace of Mind: A Story About Alzheimer's* by J.O. Haselhof

*Sit and be Fit* by M. A. Wilson

*Solving Bathing Problems in Persons with Alzheimer's Disease and Related*

needs of your loved one. If the person needs special care for Alzheimer's disease, has a tendency to fall or has other disabilities, you should make certain that the facility is trained to handle those conditions.

- **Location:** Look for housing that will be convenient for family and friends to visit. You will most likely want to be able to drop in and see that your loved one is happy and properly cared for.

- **Amenities:** Think about the things that would make the potential resident feel "at home." Privacy, access to a phone, a TV in the room, a pleasant courtyard or garden, outings, and other amenities all add up to a higher quality of life.

- **Cost:** What resources do you have available to pay for senior housing? A financial planner or estate attorney can help you understand your options.

Learn more and start your search at [www.seniorhousingfinder.org](http://www.seniorhousingfinder.org).

*Dementias* by Terra Nova Films Inc.

*Starter Kit – Tri AD - # for the Management of Alzheimer's Disease*

*There's No Time Like Today: Diagnosis & Management of AD (POA 2)* by Pfizer

*Unforgettable Voices* by Aricept

*Waves of Stone* by GlaxoWellcome

### The Caregiver Series

- #1-- *Meeting Daily Challenges*
- #2-- *Communicating*
- #3-- *Safety First*
- #4-- *Managing Difficult Behavior*
- #5-- *Caring for the Caregiver*

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Contact: Angie Spleiss

Memory Walk Coordinator

Email: [angie.spleiss@alz.org](mailto:angie.spleiss@alz.org)

Phone: 509/473-3390

*Form a Team  
or  
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# 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 Nov. 1, 2009, through Feb. 28, 2010. If we have inadvertently omitted or improperly reported your name, please contact us at (509) 473-3390.

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Clara and Art Bald Trust	Molly Hannan	Jeanette G. Mackin	Lloyd and Gail Redberg
Clare Bridge of Spokane	Lambert Hanses	Karen Mahar	Red Lion Hotels Corp
Robert A. Clark	Dewey Hanson	Wayne and Lillian Maitland	Ted and Chris Rehwald
Norma M. Clausen	Orene Harder	Glenn Masden	F.J. Reichert
James Cloaninger	Merle and Doris Harlow	Pauline Mathers	Kenneth Rice
Dorothy Clode	Hartford Financial Services Group	Harry Mathisen	Rings & Things
Megan Clubb	Ralph Hauser	Kevin and Megan McCarry	Gerald L. Ritter
Coeur d'Alene Homes	Lois Hayden	Elinor McCloskey	Paul Rittman Ph.D.
Commercial Creamery	Mary F. Hayward	Mr. and Mrs. Ronald McCloskey	Scott and Merilee Robar
Debra Connally	Kathleen Hazel	Pat McDonald	Susan Roberts
Lana Cordray	Lynn A. Hergenreder	Evalyn McIntire	Alan M. Robinson
Elaine and Al Cortez	Pamela and Alan Higginbotham	Paul McLain	Janet Rodriguez
James and Wanda Cowles	Pamela and Alan Higginbotham	Robert and Joan McPherson	Margaret Roffler
Brian Crain	Teresa Higley	Robert Menking	Charles Romanick
Sherry Crosbie	Dr. K.W. Hipps	Eleanor Mettra	Mr. and Mrs. Gary Rosenwald
Nancy C. Crosby	Mark Hixson	Clifford and Karen Meyer	Mary Ann Rowe
John Curran	Mary Beth Hodgson	Sherri Miklancic	Mr. and Mrs. David Rudell
Dennis Davis	Genia Hoffman	Karen Miller	Frances J. Russell
Teresa Davison	M.L. Hohl	Mr. and Mrs. Norman Miller	Dolores Ryan
Dr. Richard Debowes Jr.	Cheryl Holman	Mr. and Mrs. Norman Miller	Mr. and Mrs. Lennox Ryland
Heidi Dennis	Eleanor W. Hood	Peter Molton	Evelyn Sage
Dean and Shari Derby	Eleanor W. Hood	Stan and Sheila Moon	St. Stephens Glastonbury Society
Margaret Dikes	Hospice of Spokane	Stan and Sheila Moon	Dr. Gregory and Lucinda Saue
Frances Douglas	Gary Hughes	Dave and Chris Moore	George Scharff
Jean Dowdy	Elizabeth R. Hulteng	Vincent and Margaret Moore	Sandra Schepens
Robert W. Downing	Alex Hurley	James Morris	Connie Scherr
James and Holly Duff	Catherine Hyslop	Bob Mudge	C.J. Schmidt
Margie J. Dunham	Idacom Inc.	Pamela Mull	Leonard Schmiten
Beverly Dunn	Marianne Iksic	Jeffrey and Kelly Mullin	Schweitzer Engineering Laboratories
Louise Dykeman	Inland Northwest Combined Federal Campaign	Carol Mundell	Nathan and Kelley Seibel
Doris R. Dyer	Inland Northwest Community Foundation	Mr. and Mrs. Chuck Murphy	LeRoy and Margaret Selby
Duane Dynes	Steve Irwin	Jim and Jill Murphy	Jean'ne Shreeve
Susanne Dysland	Elaine L. Isherwood	NARFE #0032 Spokane	
Flora E. Edwards	George and Deanna Jameson	NARFE #0856 Soap Lake	
		NARFE #1192 Richland	
		NARFE #1945 Sandpoint	
		Barbara Nelson	

## Support group leader retires after 30 years

Addie Krom started her nursing career in 1978 in the Geriatric Care Unit of the Walla Walla Mental Health Center. During those earlier years, support was given on more of a “one on one” basis.

When one doctor left the Mental Health Center, he asked Addie to continue with the person he was helping. Addie did, and from that relationship in 1984, the first support group in the area was formed. The group met once a month until 1993, when Addie retired from the Center. She then relocated the group to the Senior Center, where she and Terri Conover started the Adult Day program.

In 2003 the group was now meeting twice a month and moved to Walla Walla General Hospital. WWGH provided the meeting room and the support for the Alzheimer’s Association-Inland Northwest Chapter Support Group.

Addie has been a vital instrument, assisting numerous families and individuals as they have dealt with the many aspects of Alzheimer’s. It is with tremendous appreciation for Addie’s efforts and 30-year commitment that her resignation has been accepted.

Joan Owens, a registered nurse, has stepped in as the interim support



Debbi Pierce (left), Southeastern Washington outreach coordinator for the Alzheimer’s Association-Inland Northwest Chapter, presents flowers to Addie Krom, who is retiring after 30 years as a support group facilitator. At right is new support group leader Joan Owens.

group leader for the Alzheimer’s Association-Inland Northwest Chapter Support Group that meets the second and fourth Tuesday of every month in Room 50, just off the Fountain Café at Walla Walla General Hospital.

You can contact Joan at (509) 529-7311 or Debbi Pierce, Southeastern Washington outreach coordinator for the Alzheimer’s Association, at (509) 713-3390 for further information and support.

### ***New facilitator for Eagle Springs group***

There is a new facilitator for the Alzheimer’s caregiver support group at Eagle Springs Memory Care Community. Anah Harvey is leaving Eagle Springs after facilitating the support group for the past four years. She will be staying in Walla Walla, as administrator of Pioneer House. The

support group will continue at the Eagle Springs on the third Thursday of each month, under the leadership of Yvonne Webb. Yvonne has co-facilitated with Anah for the past four years and will be updating her training prior to assuming the lead facilitator position.

## Inland Northwest Chapter Donations

Continued from Page 10

Margaret Simpson  
Martin Skehan  
Dr. Barbara A. Smit  
Mr. and Mrs. Edward D. Smith  
Thomas and Thelma Smith  
Sue and William Spearman  
Spokane Regional Labor Council  
Julie Spores  
Gayle Staley  
Sandra Stanley  
Marlene Stellmon  
Paula Stephenson

Helen K. Stiller  
Sterling Savings Bank  
Marcia Streich  
Edwin and Carolyn Stuart  
Laura Stuart  
Marilyn Sullivan  
Eric Swenson  
Teck American Inc.  
Bruce Tinhoff  
Robert Titsch  
Cdr. Francis J. Trefero  
Richard Valentine

Vandervert Developments  
Gary Vanhoff  
Eleanor Vastrick  
Mike Vaughn  
Brenda L. Vinther  
Robert J. Walker Jr.  
K.J. Wang  
Joanne Washburn  
Washington Combined Fund Drive  
Washington Trust Bank  
Edlon and Margaret Webber  
Eileen Wells

Dean White  
Sterling White Jr.  
Jimmy H. Williamson  
Carol Wilson  
Norma H. Winters  
Mr. and Mrs. Thomas F. Wobker  
Roger S. Wolcott  
Sheila Wood  
Judith Zeiss

# Chapter Education Programs

*Certificates of attendance are available for all chapter programs.*

## BONNERS FERRY

**WEDNESDAY, APRIL 14**

**10 a.m. to 12 noon**

### **Understanding Dementia**

University of Idaho Extension Office, 6447 Kootenai St., Bonners Ferry, ID

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

## COEUR D'ALENE / POST FALLS

**WEDNESDAY, APRIL 21**

**6 p.m.**

### **Family Problem-Solving With Elder and Dementia Caregivers**

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

Dinner is included; **reservations required** by calling the North Idaho office at (208) 666-2996

Presenter: Jonnie Bradley, MSW, CPM

**TUESDAY, MAY 4**

**5:30 to 8:30 p.m.**

### **The Alzheimer's Project: Caregivers**

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

Dinner is included; **reservations required** by calling the North Idaho office at (208) 666-2996

Proctor: Christiane Swartz, MSW, LCSW

**TUESDAY, MAY 13**

**8:30 a.m. to 4:30 p.m.**

### **Activity-Based Alzheimer's Care**

Garden Plaza Assisted Living, 460 N. Garden Plaza Ct., Post Falls, ID

All-day class for anyone involved in doing or designing activities for dementia clients. Pre-approved CEUs available. Phone the North Idaho office at (208) 666-2996 for applicable fees, registration and information.

**WEDNESDAY, JUNE 9**

**6:30 p.m.**

### **Maintain Your Brain**

Bestland Retirement, 606 E. Best Ave., Coeur d'Alene, ID

For more information, call the North Idaho office at (208) 666-2996 or support group facilitator Arlene Sleight at (208) 772-2542

## PALOUSE

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

**WEDNESDAY, APRIL 21**

**9:30 to 11:30 a.m.**

### **Activities: Making Them Meaningful**

Gritman Medical Center, 1st Floor Conference Room, 700 S. Main St., Moscow, ID

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

**WEDNESDAY, MAY 26**

**9:30 to 11:30 a.m.**

### **Voice of Alzheimer's**

Pullman Regional Hospital, Conference Room D, 835 SE Bishop Blvd., Pullman, WA

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

**WEDNESDAY, JUNE 16**

**9:30 to 11:30 a.m.**

### **Residential Care: Choosing a Home**

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

**TUESDAY, APRIL 13**

**2 p.m.**

### **Maintain Your Brain**

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

For more information, call the North Idaho office at (208) 666-2996

**FRIDAY, MAY 21**

**2 p.m.**

### **Caring For The Caregiver**

Life Care Center of Sandpoint, 1125 N. Division Ave., Sandpoint, ID

Speaker: Patty Bullick, MSW, LCSW

For more information, call the North Idaho office at (208) 666-2996

**2 p.m. TUESDAY, JUNE 8**

### **Driving and Dementia**

The Bridge Assisted Living, 1123 N. Division Ave., Sandpoint, ID

For more information, call the North Idaho office at (208) 666-2996

## SHOSHONE COUNTY

**THURSDAY, APRIL 22**

**2 to 4 p.m.**

### **Coping with the Challenging Behaviors of Dementia**

Shoshone Medical Center Health & Education Center, 838 Commerce Dr., Smelterville, ID (use exit 48, just west of Wal-Mart)

Presenter: Joel Loiacono, executive director, Alzheimer's Association Inland Northwest Chapter

For more information, call the North Idaho office at (208) 666-2996

## SPOKANE COUNTY

**TUESDAY, APRIL 27**

**6:30 to 8:30 p.m.**

### **Residential Care: Finding a Home**

Deaconess Health and Education Center, 910 W. 5th Ave., Spokane, WA 99204 Classroom 268

Presenter: Joel Loiacono, executive director, Alzheimer's Association-Inland Northwest Chapter

For more information, call the chapter office at (509) 473-3390

**See PROGRAMS / Page 13**

## Chapter Education Programs

Continued from Page 12

**TUESDAY, MAY 18**

6:30 to 8:30 p.m.

**Coping with the Challenging Behaviors of Alzheimer's and Other Dementias**

Deaconess Health and Education Center, 910 W. 5th Ave., Spokane, WA 99204 Classroom 268

Presenter: Joel Loiacono, executive director, Alzheimer's Association-Inland Northwest Chapter. For more information, call the chapter office at (509) 473-3390

**WEDNESDAY, JUNE 2**

6:30 to 8:30 p.m.

**An Overview of Alzheimer's Disease**

Deaconess Health and Education Center, 910 W. 5th Ave., Spokane, WA 99204 Classroom 268

Presenter: Joel Loiacono, executive director, Alzheimer's Association-Inland Northwest Chapter

For more information, call the chapter office at (509) 473-3390

TRI-CITIES

**THURSDAY, APRIL 29**

5 to 8:30 p.m.

**The Alzheimer's Project: The Memory Loss Tapes**

The Wellness Center (behind the Tri-Cities Cancer Center), 7350 W. Deschutes Ave., Kennewick, WA

A screening of Part 1 of the HBO documentary series with discussion and question-and-answer session

Dinner provided at no cost by Callaway Gardens Alzheimer's Special Care Center. **Reservations are required;**

for reservations and information, contact Debbie Pierce, Southeastern Washington outreach coordinator, at (509) 713-3390 or email [debbi.pierce@alz.org](mailto:debbi.pierce@alz.org).

**TUESDAY, JUNE 15**

5:30 to 8:30 p.m.

**The 10 Warning Signs**

Lourdes Health Network, 520 N. 4th Ave., Pasco, WA

Speaker: Joel Loiacono, executive director, Alzheimer's Association-Inland Northwest Chapter

Dinner is included at no cost.

**Reservations are required;** for reservations and room location contact Amy Smith, outreach coordinator, Thrive for Life, Lourdes Health Network, at (509) 542-3062, or Debbi Pierce, Southeastern Washington outreach coordinator, Alzheimer's Association-Inland Northwest Chapter, at (509) 713-3390 or email [debbi.pierce@alz.org](mailto:debbi.pierce@alz.org).

*Look for late additions to our education schedule at [www.alz.org/inlandnorthwest](http://www.alz.org/inlandnorthwest)*

## Thank you to our Prestige Partners



*For sponsorship opportunities contact Development Director Sandi Druffel at (509) 473-3390*

## 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 Neurological Resource Center*

#### The 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) 544-2164

#### 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) 544-2164

#### Callaway Gardens

5505 W. Skagit Ct.

Kennewick, WA 99336

3rd Thursday, 5:30 to 7:30 p.m.

(Alzheimer's Support Group)

### **FERRY COUNTY**

#### Klondike Hills Assisted Living

4 Klondike Hills Lane

Republic, WA 99166

2nd Wednesday, 9:30 to 11 a.m.

Led by Gail Downs at (509) 775-3218

### **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 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.

Adult day care provided at no charge during group.

Led by Jim Lippold and Allan Cory at

(509) 482-2475

(Open to all caregivers.)

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.

Adult day care provided at no charge during group.

Led by Jim Lippold and Allan Cory at

(509) 482-2475

(Male caregivers only.)

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. Rifle 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

Bill Aitchison at (509) 624-9265

### **SPOKANE SOUTH**

#### First Presbyterian Church

318 S. Cedar St., Spokane, WA 99201

3rd Monday, 1:30 to 3 p.m.

Led by Margie Berglund at

(509) 466-2864 and Bill Aitchison at

(509) 624-9265

#### The Waterford On the 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

and Jack French at (509) 473-3390

### **SPOKANE VALLEY**

#### Park Place Retirement Community

Assisted Living Fireside Room

601 S. Park Road,

Spokane Valley, WA 99212

1st Saturday, 10:30 a.m. to noon

Led by Jeanette Sauer at (509) 922-7224

#### 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

#### 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

## Support Groups

Continued from Page 14

### 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 Joan Owens at (509) 529-7311

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

### WHITMAN COUNTY

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

Oakesdale City Hall

102 S. Bryant Blvd.

Oakesdale, WA 99158

2nd Monday, 2 to 3:30 p.m.

Contact Sarah Rial or Katherine Lame-

Bull at (800) 526-2273 ext. 6483 or

(208) 883-6483

(Caregiver support; not dementia-specific)

Whitman Senior Living Community

Cottage D

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)

The Courtyard (Movie Room)

**Resumes in Fall 2010**

300 S. Main St., Colfax, WA 99111

3rd Thursday, 1:30 to 3 p.m.

Contact Sarah Rial or Katherine Lame-

Bull at (800) 526-2273 ext. 6483 or

(208) 883-6483

(Caregiver support; not dementia-specific)

Garfield Clinic

207 S. 3rd St., Garfield, WA 99130

Mondays, 6:30 to 8 p.m.

Led by Mary Marshall, Julie Womack and Laura Redmon at (509) 635-1411

(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

### BOUNDARY COUNTY

*Caregiver Support Group coming in May.*

*Please contact facilitator Carol Lucero at*

*(208) 267-5050 for details.*

### 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 Kent Moline at (208) 691-6996

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 Sleight at (208) 772-2542

### LATAH COUNTY

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

Potlatch City Hall

195 6th St., Potlatch, ID 83855

4th Thursday, 1:30 to 3 p.m.

Led by Sarah Rial and Katherine Lame-

Bull at (800) 526-2273 ext. 6483 or

(208) 883-6483

(Caregiver support; not dementia-specific)

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 Lame-

Bull at (800) 526-2273 ext. 6483 or

(208) 883-6483

### 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

### SHOSHONE COUNTY

Wellness Center

West Conference Room

204 Oregon St., Kellogg, ID 83837

3rd Wednesday, 3 p.m.

Led by Aline Rohde at (208) 556-1147

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

## Plan strategy for long-distance caregiving

Separation can complicate caregiving when you live miles away from your loved one with Alzheimer's disease or a related dementia.

Concerns about the person's safety, nutrition and health can be overwhelming, but devising a strategy can ease the difficulties.

Building a list of contact people and resources can help you coordinate care. For example, family, friends and neighbors can check in on your loved one. Doctors can let you know if there are concerns about the person's mental or physical well being.

Local churches, temples, neighborhood groups and volunteer organizations may provide meal delivery, transportation or companion services. Also, aging agencies and home care services can help with meals, chores,

transportation and personal care.

If your loved one lives alone, managing daily tasks may be difficult. When you visit, observe:

- Is there food in the refrigerator? Is it spoiled? Is the person eating regular meals?
- What is the condition of the inside and the outside of the home? Has it changed?
- Are the bills paid? Are there piles of unopened mail?
- What is the person's personal appearance? Is the person bathing and grooming?
- Is the person still able to drive safely?

During your visits, use your time effectively. Make appointments with your loved one's physician, lawyer and financial adviser so they can participate in any decision-making. Meet with other relatives, neighbors and  
Spring 2010

nearby friends to hear how they think the person is doing. Ask if there have been any behavioral changes, health problems or safety issues. Reconnect with your loved one by talking, listening to music, going for a walk or participating in activities you enjoy together.

Remember: Caregiving issues can often ignite or magnify family conflicts, especially when people cope differently with those responsibilities. Family members may resent you for living far away or believe you are not helping enough. There may also be disagreement about financial and care decisions. To reduce conflicts, acknowledge these feelings and work through them.

For more information on long-distance caregiving, visit [www.alz.org](http://www.alz.org) or call the Alzheimer's Association 24-hour Helpline at (800) 272-3900.