

## Inland Northwest Chapter Newsletter

Volume 13, Issue 2

Published quarterly for our donors, volunteers, advocates and friends of the Alzheimer's community

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

**Spring/Summer 2011**

Chapter Office: (509) 473-3390  
 North Idaho Office: (208) 666-2996  
 Tri-Cities/Walla Walla Office: (509) 713-3390  
 24-Hour Caregiver Helpline: (800) 272-3900

## 'Coach's Playbook' family speaking at conference

The Inland Northwest Chapter of the Alzheimer's Association will host the annual Dementia Caregivers Conference on May 23 in Pasco, May 24 in Coeur d'Alene and May 25 in Spokane.

The Chapter is honored to host Betsy Broyles Arnold and Molly Arnold, the daughter and granddaughter of former University of Arkansas Coach Frank Broyles, who is the author of the renowned "Coach Broyles' Playbook for Alzheimer's Caregivers." The Arnolds will present morning and afternoon sessions at each location that may be registered for individually or jointly for a discount.

In Pasco, the conference will be held at the TRAC Center on Monday, May 23. The Coeur d'Alene conference will



Betsy Broyles Arnold (left) and Molly Arnold are coming to the Inland Northwest in May.

be at Lake City Community Church on Tuesday, May 24, and the Spokane assembly will take place Wednesday, May 25, at the Mukogawa Fort Wright Institute.

At each location, the morning session will be conducted from 9 to 11:30 a.m.

and is titled "Strategies Pertinent to Families and Professionals: Pre-Game Planning to the Training Table." The afternoon session will take place from 1 to 3:30 p.m. and is titled "Family Perspectives and Survival Tips for the Caregiver."

Registration is required and can be done over the telephone with a credit card by calling the Chapter office in Spokane at (509) 473-3390. Attendees can attend either a single session – morning or afternoon – for \$15, or attend both sessions for a discounted rate of \$25. Lunch is on your own. (Box lunches will be available for purchase on-site at the Coeur d'Alene location.)

The Broyles family members served as caregivers for Coach Broyles' wife Bar-

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## Scientists crack code to create neurons whose early death causes memory loss

By MARIA PAUL  
 Health Sciences Editor  
 Northwestern University

Northwestern University medical researchers in Chicago for the first time have transformed a human embryonic stem cell into a critical type of neuron that dies early in Alzheimer's disease and is a major cause of memory loss.

This new ability to reprogram stem cells and grow a limitless supply of the human neurons will enable a rapid wave of drug testing for Alzheimer's disease, allow researchers to study why

the neurons die and could potentially lead to transplanting the new neurons into people with Alzheimer's.

The paper was published March 4 in the journal *Stem Cells*.

These critical neurons, called basal forebrain cholinergic neurons, help the hippocampus retrieve memories in the brain. In early Alzheimer's, the ability to retrieve memories is lost, not the memories themselves. There is a relatively small population of these neurons in the brain, and their loss has

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**Alzheimer's Association  
Inland Northwest Chapter**

910 W. 5th Ave., Suite 256  
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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)

**Broyles**

Continued from Front Page

bara Broyles during her challenge with Alzheimer's disease. Upon her death, the family established the Barbara Broyles Legacy Foundation in her memory. The visit of the Arnolds to the Inland Northwest will benefit the Broyles Foundation.

Coach Broyles published the "Coach's Playbook for Alzheimer's Caregivers" as a guide to others who care for those suffering with the disease. The book compiles all that he learned about ef-

fective and compassionate caregiving during his wife's final years. The Playbook went on to become a national sensation and has been distributed in all 50 states and internationally. Copies of the Playbook will be available for sale at each conference location. Proceeds will benefit the Alzheimer's Association.

*For more information about these conferences, or to register, call (509) 473-3390, or e-mail us at: [InlandNW@alz.org](mailto:InlandNW@alz.org)*

**Dementia Caregivers Conference**

**Clip and mail payment to:**

**Alzheimer's Association, 910 W. 5th Ave., Ste. 256,  
Spokane, WA 99204**

*or register by phone with credit card at (509) 473-3390*

**Check location:**

- May 23 in Pasco** at TRAC Center, 6600 Burden Blvd.
- May 24 in Coeur d'Alene** at Lake City Community Church, 6000 N. Ramsey Rd.
- May 25 in Spokane** at Mukogawa Fort Wright Institute, 4000 W. Randolph Rd.

**Check session:**

- \$15 for morning
- \$15 for afternoon
- \$25 for all day

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY/ZIP: \_\_\_\_\_

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*Inspiration  
for the Spirit*

**Viewing life  
in its entirety**

By **ROSEMARY THIELMAN**  
Board Member

A story. A tourist tramping the mountain villages of northern New England came upon a well-weathered elder woman sitting in silence on her cabin stoop. “Have you lived here all your life?” the visitor asked. “Not yet,” the old lady replied.

The “not yet” for each of us remains a mystery in our lives. It can open vistas we never imagined or lead us down a pathway not of our choosing. No matter what, the heart of the “not yet” time is that each one of us remains a person with a story that is uniquely ours.

Whether we can remember them or not, the times that we gave of our hearts, the times that we cared for others, the times of generous sharing need to be the stuff of what lives on.

The dementia for my Dad in the last years of his life did not diminish his life story – one of generous giving and vibrant caring. In remembering his life story, our family was invited in new ways into the multi-dimensional mystery of a life well lived. For that we say: Thanks Dad for all of your life. As we celebrate the stories of one another, we echo the word “thanks.”

*Sister Rosemary Thielman has served as a member of the Board of Directors for the Inland Northwest Chapter of the Alzheimer's Association since 2009.*

**From the Director's Desk**

**Much to learn, much to celebrate**

By **MARK M. HAVENS**  
Interim Executive Director

It is my honor to have been selected by the Inland Northwest Chapter's Board of Directors to serve as your interim executive director during the time that former executive director, Lt. Col. Joel Loiacono, is serving with the U.S. Army Reserve in the Middle East. I will be helping to lead the organization during this year and next.

I am a native of our beautiful Inland Northwest, and business and professional reasons have allowed me to travel throughout most of this region over the years. Most recently, I worked for Gritman Medical Center in Moscow, Idaho. I am a native of Lewiston, Idaho, but I am not unfamiliar with Spokane, having earned my bachelor's degree from Gonzaga University back in the 1980s. I look back on my prior “Spokane years” at Gonzaga with great fondness.

During my first few weeks on the job with the Inland Northwest Chapter, I discovered that I have much to learn about this organization – and about this terrible disease called Alzheimer's. I'm learning about the devastating effects this disease has on individuals and their families, but also learning about the great strides being made to conquer it.

I am also inspired by the many other things I am discovering in this position:



- The loyalty and professional skill of our staff;
- The dedication of our board of directors and other volunteers;
- The generosity of our many supporters throughout the

- Inland Northwest;
- The resiliency of the people who have had to face this disease;
  - The tremendous efforts being made nationally and internationally to defeat this foe;
  - And, yes, even moments of joy, hope, and humor.

In the months to come, I will share with you the new bold initiatives being commenced by the national Alzheimer's Association and the role that our Chapter – and you! – can play to achieve these ambitious goals. As is often said about nonprofit organizations, “none of us can do everything, but all of us can do something.” And if each of us would do a little, then all of us will accomplish a lot!

I look forward to working with you in the months ahead.

*Havens began working as the interim executive director on March 14, 2011. He can be reached at: [mark.havens@alz.org](mailto:mark.havens@alz.org)*

**Thank you to our Prestige Partners**



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

## ***We Are on the MOVE to Reclaim the Future for Millions!***

Join us in our MOVE to end Alzheimer's! In 2010, more than 1,100 Walk participants joined our efforts across the Inland Northwest, raising more than \$160,000! Our efforts help to ensure that families and caregivers in need receive our valuable

services. Furthermore, the Alzheimer's Association is the largest private funding source for research to cure or prevent Alzheimer's disease; and we continue to advocate at the state and federal level. Please help us as we continue this fight!



### **Tri-Cities • September 17 • Clover Island Light House**

Web Address <http://WalktoEndAlz.kintera.org/TriCities>

### **The Palouse • September 24 • James Toyota**

Web Address <http://WalktoEndAlz.kintera.org/Palouse>

### **North Idaho • October 1 • Coeur d'Alene's Riverstone Park**

Web Address <http://WalktoEndAlz.kintera.org/NorthIdaho>

### **Spokane • October 8 • CenterPlace at Mirabeau Point Park**

Web Address <http://WalktoEndAlz.kintera.org/Spokane>

**Participate • Sponsor • Volunteer • Donate**

**Visit the website for the Walk near you and register your team today!**

**For more information on forming a team, volunteer opportunities, or sponsorship details contact Angie Spleiss at (509) 473-3390 or [angie.spleiss@alz.org](mailto:angie.spleiss@alz.org)**

## **A Special Thank You to Our 2011 Walk Sponsors**

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# Plan ahead to reduce vacation anxiety

**N**ational Safety Month is June and it's the time of year when many Americans plan summer and holiday travel. Whether you're considering a weekend getaway or an extended stay, traveling with an individual who has Alzheimer's requires additional thought and precaution.

Persons with Alzheimer's and their caregivers need to be prepared for a change in schedule and environment. Even if it is a trip you have taken before, it may feel new for the person with the disease.

Additionally, as the Alzheimer's progresses, negotiating changes in environment will become increasingly challenging. Be prepared for the individual with the disease to experience some confusion or disorientation. Exercise caution, as wandering and getting lost are more likely during transitional times. The checklist below will help you plan for the trip and make it successful and safe.

## Before departing

- Call the Alzheimer's Association chapter in the area you will be visiting. Let them know you will be staying in the area and ask about available resources. You can locate any chapter by calling (800) 272-3900 or visiting [www.alz.org/apps/findus.asp](http://www.alz.org/apps/findus.asp).

- Enroll the person in MedicAlert + Alzheimer's Association Safe Return, a 24-hour nationwide emergency response service for individuals with Alzheimer's or a related dementia who wander or have a medical emergency. You may also want to consider the Alzheimer's Association Comfort Zone, powered by Omnilink, a Web-based GPS location management service.

- If you are already enrolled in Medic-Alert, update your records with temporary contact information by calling (888) 572-8566.

## Upon arrival

- Let the neighbors know a person with Alzheimer's is staying next door and ask them to keep their eye out for wandering or other unsafe behavior.
- During the first few days after arrival, keep your schedule



light with lots of down time.

- Create opportunities to re-acclimate the person to the new environment.
- Keep familiar things around.
- Limit access to money and credit cards.
- Limit access to driving.
- Be aware that the change can be chaotic for the person.
- Recognize the warning signs of anxiety and agitation.

For more tips on safety for people living with Alzheimer's disease and related dementias, including concerns about wandering, disaster preparedness, home and medication safety, visit the Alzheimer's Association Safety Center at [www.alz.org/safetycenter](http://www.alz.org/safetycenter) or call (800) 272-3900.

 **MedicAlert** + **safe return** alzheimer's  association® [www.alz.org/safereturn](http://www.alz.org/safereturn)

# Gala raises funds for association programs

By SANDI DRUFFEL  
Development Director

The Davenport Hotel was shining bright on the evening of April 8 for the guests of the 11th Annual Nancy Rockwell Gala.

More than 275 attended the elegant dinner and enjoyed fundraising with both live and silent auctions to earn more than \$62,000 to serve the mission of the Inland Northwest Chapter.

A special Mission Moment reflecting on why everyone was gathered this evening was given by Carol Speltz, community volunteer and past principal of St. Mary's School in the Spokane Valley. Carol shared her personal story of her life and fight against Alzheimer's since she was recently diagnosed with Alzheimer's disease.

Angela Monson, co-host on Newstalk 590 at Clear Channel Broadcasting, served as master of ceremonies for the evening and assisted Phil Harris, a former Spokane County commissioner, in conducting the live auction. Spokane Mayor Mary Verner, Liberty



Photos by Garry Matlow

Auctioneer Phil Harris pays a visit to a table where two women are bidding against each other for an auction basket.

Lake Mayor Wendy Van Orman and Airway Heights Mayor Patrick Rushing each offered lunch for two to the three highest bidders to "bend their ears."

Other highlights were a spa basket by the children of Valerie Poland that prompted a very active bidding war. A

second offer was accepted when the family agreed to create a second basket.

The winner of the 5th Annual Golden Basket Traveling Award was Park Place with the "Capture the Memories" basket. The trophy goes to the group whose basket attracts the most bids during the silent auction.



A volunteer displays a basketball autographed by John Stockton.



Carol Speltz presents the Mission Moment.



Silent auction items await bidders.



A spotter from Fire District 10 points out a bidder.



Alzheimer's Association board member Paige Patton-Morris tells a story to (from left) Southeastern Washington Outreach Coordinator Joan Acres, Interim Executive Director Mark Havens and Chris Morris.

# Thank you to auction donors for Nancy Rockwell Gala

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## alzheimer's association®

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## Neurons

Continued from Front Page

a swift and devastating effect on the ability to remember.

“Now that we have learned how to make these cells, we can study them in a tissue culture dish and figure out what we can do to prevent them from dying,” said senior study author Jack Kessler, M.D., chair of neurology and the Davee Professor of Stem Cell Biology at Northwestern University Feinberg School of Medicine and a physician at Northwestern Memorial Hospital.

The lead author of the paper is Christopher Bissonnette, a former doctoral student in neurology who labored for six years in Kessler’s lab to crack the genetic code of the stem cells to produce the neurons. His research was motivated by his grandfather’s death from Alzheimer’s.

“This technique to produce the neurons allows for an almost infinite number of these cells to be grown in labs, allowing other scientists the ability to study why this one population of cells selectively dies in Alzheimer’s disease,” Bissonnette said.

The ability to make the cells also means researchers can quickly test thousands of different drugs to see which ones may keep the cells alive when they are in a challenging environment. This rapid testing technique is called high-throughput screening.

Kessler and Bissonnette demonstrated the newly produced neurons work just like the originals. They transplanted the new neurons into the hippocampus of mice and showed the neurons functioned normally. The neurons produced axons, or connecting fibers, to the hippocampus and pumped out acetylcholine, a chemical needed by the hippocampus to retrieve memories from other parts of the brain.

### Human skin cells transformed into stem cells and then neurons

In new, unpublished research, Northwestern Medicine scientists also have discovered a second novel way to make the neurons. They made human embryonic stem cells (called induced pluripotent stem cells) from human skin cells and then transformed these into the neurons.

Scientists made these stem cells and neurons from skin cells of three groups of people: Alzheimer’s patients, healthy patients with no family history of Alzheimer’s, and healthy patients with an increased likelihood of developing the

disease due to a family history of Alzheimer’s because of genetic mutations or unknown reasons.

“This gives us a new way to study diseased human Alzheimer’s cells,” Kessler said. “These are real people with real disease. That’s why it’s exciting.”

### Researcher motivated by his grandfather’s Alzheimer’s disease

Bissonnette’s persistence in the face of often frustrating research was fueled by the childhood memory of watching his grandfather die from Alzheimer’s.

“I watched the disease slowly and relentlessly destroy his memory and individuality, and I was powerless to help him,” Bissonnette recalled. “That drove me to become a scientist. I wanted to discover new treatments to reverse the damage caused by Alzheimer’s disease.”

“My goal was to make human stem cells become new healthy replacement cells so that they could one day be transplanted into a patient’s brain, helping their memory function again,” he said.

Bissonnette had to grow and test millions of cells to figure out how to turn on the exact sequence of genes to transform the stem cell into the cholinergic neuron.

“A stem cell has the potential to become virtually any cell in the body, from a heart cell to a layer of skin,” he explained. “Its development is caused by a cascade of things that slowly bump it into a final cell type.”

But it wasn’t enough just to develop the neurons. Bissonnette then had to learn how to stabilize them so they lived for at least 20 days in order to prove they were the correct cells.

“Since this was brand new research, people didn’t know what kind of tissue culture mature human neurons would like to live in,” he said. “Once we figured it out, they could live indefinitely.”

The research was supported by the National Institutes of Health.

*Reprinted with permission from “Northwestern University News,” March 2011.*

# 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 January 1, 2011, through March 31, 2011. If we have inadvertently omitted or improperly reported your name, please contact us at (509) 473-3390.

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<b>Mary and Bill Bohara</b>	Martha Kenney	<b>Elmer and Jean Utecht and Judy Schmidt</b>	Good Samaritan Society-Spokane Valley
R. W. Clem	Dianne McKinley	Kathy Fullmer	Carol Gordon
<b>Everett Brock</b>	Art Sunderland	Rose Reopelle	Dan Gore
Eulah Davis	<b>Stephen Miller</b>	Mr. and Mrs. T. Reopelle	Josef E. and Stephany Gray
Richard Eberhard	Jared and Suzanne Uffand	Mr. and Mrs. Charles Reopelle	Mark S. Gray
<b>Bill B. Brown</b>	<b>Gilson Neill</b>	Mr. and Mrs. William Reopelle	Philip E. Gray
Kelly and Jackie Brown	Marjie and Burch Roark	Mr. and Mrs. Steven Smigaj	Tim M. Greager
<b>Herbert (Skip) Conner</b>	<b>Robert F. O'Neil</b>	<b>Jean Utecht and Judy Schmidt</b>	Cindy Green
Donald Hermanson	Henry and Yvaughn Carstensen	Genevieve Barker	Sally Griffith
Betty McKee	<b>Harold Oliver</b>	Sandi and Brien Durrant	Lois Hanson
Lyle and Marilyn Webber	Colleen Weber	<b>Victor M. White</b>	See DONATIONS / Page 10
<b>Loran Dantzer</b>	<b>Lawrence Phillips</b>	Henry and Yvaughn Carstensen	
Diane Stites	John and Lavonne Edwards		
	<b>Howard Reister</b>		
	Donald Frick		

## Donations

Continued from Page 9

Lois Hayden  
Harbor Crest  
Orene Harder  
Evelyn Heider  
Joann Henderson  
Beth Hodgson  
Horizon Hospice  
Mr. and Mrs. Howard L. Hosick  
Hospice of Spokane  
Inland Imaging, LLC  
Inland Northwest CFC  
Steve Irwin  
Tana Jenecke  
JEA Senior Living  
Frank G. Jenes  
Gail Jepsen  
Benjamin Johnson  
Rev. Arthur Johnstone  
Harold and Joan Jorgensen  
Karen Kearney  
Donald G. and Evamae Kline  
Steven Kocharhook  
Arthur D. Kohler Jr.  
Andrew and Cindy Korson  
Lester P. and Sandra Laskowski  
Latah Federal Credit Union  
Karen Leeming  
Myron T. and Joyce Leitz  
K. Anise Leslie  
Alene Lindstrand  
Joel Loiacono  
Clarence L. Lucas  
Judith Lynn-Perez  
Kathy MacKay  
Kathleen MacKenzie  
Michael and Barb Mahoney  
Harry Mathisen  
Garry Matlow  
Paul Mattfield  
Barbra J. McAvoy  
Jeremiah J. and Mary McGuire  
Scott and Jeanne McKinnie  
Rick Mendoza

Karen Miller  
Angela Monson  
Moran Vista Senior Living  
Paula Mott  
Mr. and Mrs. Barry Mowery  
Bob Mudge  
NARFE #0237 Walla Walla  
NARFE #0515 Lewiston  
Samuel J. Newsom  
Northpointe Retirement  
Community  
Northwest Neurological  
Park Place  
Ruth S. Pearson  
Patti Playfair  
Post Falls Family Dental Center  
Rich Priest  
Providence Health and Services  
Pullman Regional Hospital  
Quail Hollow  
Ray Poland and Sons  
ResCare Home Care  
Matthew Rockwell  
Carol Ross  
Rotary of Post Falls  
Mary Ann Rowe  
Rural/Metro Ambulance  
Evelyn J. Sage  
David and Karen Shill  
George Scharff  
Ray Schultz  
Jeanne Shreeve  
Mr. and Mrs. Scott S. Souza  
Karl Speltz  
Sandra Stanley  
St. Stephens Glastonbury Society  
Sterling Savings Bank  
Sullivan Park Campus of Care  
Super 1 Foods  
Rachael Swanson  
Jim and Pat Thielman  
Michael K. and Carolyn Tibbals  
Robert Titsch

Lloyd and Joan Trefry  
Suzanne Tresko  
Dortha Underhill  
US Bank  
Valley Hospital and Medical Center  
Vandervert Developments  
Gary Vanhoff  
Marian Vantress  
Mary Verner

Richard and Monica Waitt  
Justin and Tatiana Walsh  
Washington Combined Fund Drive  
Washington Odd Fellows Home  
Western States Insurance  
Mr. and Mrs. Frank Wilprud  
Ann C. Wise  
O. Frans and Irma Yorgesen  
John and Cindy Zapotocky

## NARFE donations boost association

The National Association of Retired Federal Employees (NARFE) has surpassed its goal of raising “\$9 Million by NARFE’s 90th Birthday 2011” for the Alzheimer’s Association. Having surpassed its fundraising goal, NARFE has extended the campaign to “\$10 Million in 2012.”

NARFE forged a relationship with the Alzheimer’s Association in 1985 and fulfilled its first \$1 million pledge in 1991. Since then, its members have been steadily raising money to fund Alzheimer’s research.

“NARFE has been committed to raising funds for vital research to the Alzheimer’s Association for over 25

years,” said Angela Geiger, chief strategy officer of the Alzheimer’s Association. “We thank the thousands of loyal NARFE members for their outpouring support and continued efforts throughout their communities. NARFE’s committed fundraising successes will contribute to finding a cure for this national health crisis.”

NARFE became a charter member of the Alzheimer’s Association’s Zenith Fellows, a premier group of donors of \$1 million to Alzheimer’s research, in 1991. NARFE announced at its 2011 national convention that its new goal will increase by an additional \$1 million, bringing the cumulative donation to “\$10 million in 2012.”

## Gala

Continued from Page 7

P.F. Chang’s  
Park Place  
Pat Johnson  
Pat Milliron  
Paula McConnell  
Pet Vittles  
Picabu Bistro  
Pine Ridge Alzheimer’s Special  
Care Center  
Pounder’s Jewelry  
Purple Café & Wine Bar  
Quality Inn Oakwood  
Rancho Chico Mex Restaurant  
Red Lion BBQ  
Red Lion Hotels Corporation  
Red Robin  
Reininger Winery

ResCare Home Care  
Rhonda-T Warren  
Rings & Things  
River City Hospice  
Rock City Grill  
Rockwood Clinic  
Rockwood Retirement Commu-  
nities  
Rosauers  
Rosemary Thielman  
Row Adventures  
Royal Plaza Retirement Center  
Safeway #3248  
Sasha Jackowich  
Scentsy Independent Director  
Senske Lawn & Tree Care  
Silverwood Theme Park

Spectrum Home Services of Wash-  
ington  
Spencers  
Spokandy  
Spokane Law Enforcement Mu-  
seum  
Spokane Symphony  
Spokane Valley Good Samaritan  
Squeaky’s Car Wash  
Steelhead Bar & Grille  
Steve & Sandi Druffel  
Sweet Dreams  
T.J. MAXX  
The Academy  
The Art Oracle  
The Davenport Hotel  
The Four Seasons Memory Care

The Mad Cow  
The Onion & Frank’s Dinner  
Todd Ulrich  
Trezzi Farm  
University of Idaho Athletic Dept.  
Valerie Poland’s Children  
Valley Hospital & Medical Center  
Vino - Wineshop  
Wandermere Golf Course  
Wendle Ford Nissan Infiniti & Pre-  
owned Vehicles  
Wild Sage  
Wolf Lodge  
Zak Designs, Inc.

# Physical exercise essential to brain health

Physical exercise is essential for maintaining good blood flow to the brain as well as to encourage new brain cells. It also can significantly reduce the risk of heart attack, stroke and diabetes, and thereby protect against those risk factors for Alzheimer's and other dementias.

Growing evidence shows that physical exercise does not have to be strenuous or even

require a major time commitment. It is most effective when done regularly, and in combination with a brain-healthy diet, mental activity and social interaction.

Aerobic exercise improves oxygen consumption, which benefits brain function; aerobic fitness has been found to reduce brain cell loss in elderly subjects. Walking, bicycling, gardening, tai chi, yoga and other activities of



doing these activities with a companion offers the added benefit of social interaction.

Avoid head trauma while exercising:

- Use protective headgear when engaged in physical activities, such as bicycling, horseback riding, bouldering, skating and so on.

- Wear a seat belt.

about 30 minutes daily get the body moving and the heart pumping.

Physical activities that also involve mental activity – plotting your route, observing traffic signals, making choices – provide additional value for brain health. And

- Guard against falls by using handrails, watching out for tripping hazards and taking other precautions.

Severe head injuries have been associated with increased risk for later development of Alzheimer's disease and other dementias.

alzheimer's  association

**"Raft to Remember"**  
17 July '11  
Clark Fork River

Includes:  
Full Day of Rafting  
Riverside Lunch  
T-Shirt  
Guides and Gear

**\$105** per person  
\*\$125 with Optional Bus Transfer  
(limit to 84 guests, \$15 of entry  
given to Alzheimer's Association -  
Inland Northwest Chapter)

Register online or call:  
**208-770-2517**

[ROWadventures.com/remember](http://ROWadventures.com/remember)

## Get our newsletter in your email inbox

Clip and mail to Alzheimer's Association - Inland Northwest Chapter,  
910 W. 5th Ave., Ste. 256, Spokane, WA 99204  
or sign up online at [www.alz.org/inlandnorthwest](http://www.alz.org/inlandnorthwest)

Yes! I want to help the chapter save money on printing and postage with online delivery of the Alzheimer's Association newsletter

Email address: \_\_\_\_\_

Send me the newsletter via U.S. mail.

Both! Send me the e-newsletter and the printed version via U.S. mail.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ ZIP \_\_\_\_\_

County \_\_\_\_\_

Phone \_\_\_\_\_

## Help us as a volunteer in our work!

Please contact me regarding my interest in the following areas:

Placing fliers around my town

Office volunteering in Spokane

Office volunteering in Coeur d'Alene

Telephoning for programs or fundraising events

Advocacy

Participating in fundraisers and events in my community

# Chapter Education Programs

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

## COEUR D'ALENE / POST FALLS

### **TUESDAY, MAY 24**

#### **Broyles Caregiver Conference**

**9 to 11:30 a.m. and 1 to 3:30 p.m.**

Lake City Community Church, 6000 N. Ramsey Rd.

Speakers: Betsy Broyles Arnold and Molly Arnold

Cost: \$15 per session or \$25 for both sessions

For registration information, call the Alzheimer's Association Inland Northwest Chapter office at (509) 473-3390

### **THURSDAY, JUNE 30**

**6 to 8 p.m.**

#### **Making Moments of Joy**

Life Care Center of Coeur d'Alene, 500 W. Aqua Ave. (next to Kohl's Department Store), Coeur d'Alene, ID 83815

Presenter: Stephanie Godinez, RN, certified instructor for the Alzheimer's Association Inland Northwest Chapter  
Hors d'oeuvres served; no reservations necessary.

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

### **WEDNESDAY, JULY 13**

**6:30 p.m.**

#### **Latest Research and Developments in Dementia and Alzheimer's Disease**

Guardian Angel Homes, 1070 E. Mullan Ave., Post Falls, ID 83854

Presenter: Dr. John Wolfe, neuropsychologist  
For more information, call the Alzheimer's Association North Idaho office at (208) 666-2996.

### **THURSDAY, AUG. 11**

**4 to 6 p.m.**

#### **Legal Considerations for the Elderly**

Lake City Senior Center, 1916 N. Lakewood Dr., Coeur d'Alene, ID 83814

Presenter: Kate Monroe Coyle, attorney, Wytychak Elder Law Office  
Complimentary buffet dinner provided by The Four Seasons Assisted Living.  
RSVP required; seating is limited. Call the Alzheimer's Association's North Idaho office at (208) 666-2996.

## PALOUSE

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

### **WEDNESDAY, MAY 25**

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

#### **Driving and Dementia**

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, JUNE 8**

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

#### **Coping with Caregiver Stress**

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

### **WEDNESDAY, JUNE 15**

**3 to 5 p.m.**

#### **Making Moments of Joy**

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

Presenter: Julie Tastad, BS, certified instructor for the Alzheimer's Association Inland Northwest Chapter  
For more information, call the Alzheimer's Association's North Idaho office at (208) 666-2996.

### **THURSDAY, JULY 21**

**3 to 5 p.m.**

#### **Environment: Changes That Make a Difference**

Life Care Center of Sandpoint, 1125 N. Division Ave., Sandpoint, ID 83864

Presenter: Brian Casey, M.Ed.  
For more information, call the Alzheimer's Association North Idaho office at (208) 666-2996.

Do you need someone to care for your loved one while you attend the class?

Contact the Daybreak Center of Sandpoint at (208) 265-8127.

### **FRIDAY, AUG. 12**

**2 to 4 p.m.**

#### **Winning the Care Battle**

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

Presenter: Aline Rohde, BSW, MSW, certified instructor for the Alzheimer's Association Inland Northwest Chapter  
For more information, call the Alzheimer's Association's North Idaho office at (208) 666-2996.

Do you need someone to care for your loved one while you attend the class?

Contact the Daybreak Center of Sandpoint at (208) 265-8127.

### **WEDNESDAY, SEPT. 21**

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

#### **Legal Considerations for the Elderly**

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

Presenter: Kate Monroe Coyle, attorney, Wytychak Elder Law Office  
For more information, call the Alzheimer's Association's North Idaho office at (208) 666-2996.

Do you need someone to care for your loved one while you attend the class?

Contact the Daybreak Center of Sandpoint at (208) 265-8127.

## SHOSHONE COUNTY

### **WEDNESDAY, JUNE 29**

**2 to 4 p.m.**

#### **Communication: The Key to Dementia Care**

Bee Hive Homes - Pinehurst, 208 S. Division St., Pinehurst, ID 83850

Presenter: Aline Rohde, BSW, MSW, certified instructor for the Alzheimer's Association Inland Northwest Chapter  
For more information, call the Alzheimer's Association's North Idaho office at (208) 666-2996.

## Programs

Continued from Page 12

### SPOKANE COUNTY

**WEDNESDAY, MAY 25**

**Dementia Caregiver Conference  
9 to 11:30 a.m. and 1 to 3:30 p.m.**

Mukogawa Fort Wright Institute, 4000 W. Randolph Road, Spokane

Speakers: Betsy Broyles Arnold and Molly Arnold

Cost: \$15 per session or \$25 for both sessions

For registration information, call the Alzheimer's Association Inland Northwest Chapter office at (509) 473-3390

**WEDNESDAY, JUNE 15**

**6 to 8 p.m.**

**Enhancing Residential Care: Staff and Family Relationships**

Deaconess Health and Education Center, Classroom 266, 910 W. 5th Ave., Spokane

Presenter: Jennifer Baus, administrator of Guardian Angel Homes in Post Falls, ID

For more information, call (509) 473-3390

**WEDNESDAY, JULY 20**

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

**Know the 10 Warning Signs of Dementia**

Deaconess Health and Education Center, Classroom 266, 910 W. 5th Ave., Spokane

Presenter: P.J. Christo, RN, MS, North

Idaho outreach coordinator for the Alzheimer's Association Inland Northwest Chapter

For more information, call (509) 473-3390

**WEDNESDAY, JUNE 15**

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

**Communication: The Key to Dementia Care**

Deaconess Health and Education Center, Classroom 266, 910 W. 5th Ave., Spokane

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

For more information, call (509) 473-3390

### TRI-CITIES

**MONDAY, MAY 23**

**Dementia Caregiver Conference  
9 to 11:30 a.m. and 1 to 3:30 p.m.**

TRAC Center, 6600 Burden Blvd., Pasco, WA

Speakers: Betsy Broyles Arnold and Molly Arnold

Cost: \$15 per session or \$25 for both sessions

For registration information, call the Alzheimer's Association Inland Northwest Chapter office at (509) 473-3390

**WEDNESDAY, JUNE 15**

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

**Coping with Caregiver Stress**

Richland Public Library, 955 Northgate Drive, Richland, WA

Presenter: Elizabeth Hall

Program presented by Alzheimer's Association Inland Northwest Chapter and Guardian Angel Home. For more information call (509) 713-3390.

**THURSDAY, JULY 14**

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

**Communication: The Key to Dementia Care**

Richland Public Library, 955 Northgate Drive, Richland, WA

For more information call (509) 713-3390.

**THURSDAY, AUGUST 11**

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

**Know the 10 Warning Signs of Dementia**

Richland Public Library, 955 Northgate Drive, Richland, WA

For more information call (509) 713-3390.



## Donation Form

I will make a gift today to support the Alzheimer's Association Inland Northwest Chapter.

Please accept my gift today of \$ \_\_\_\_\_

My gift is in memory of or in honor of \_\_\_\_\_ .

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY/ZIP: \_\_\_\_\_

DAYTIME PHONE: (\_\_\_\_\_) \_\_\_\_\_

CHECK ENCLOSED \_\_\_\_\_

CREDIT CARD : \_\_ VISA \_\_ MASTERCARD

\_\_\_\_\_  
CREDIT CARD NUMBER

\_\_\_\_\_  
EXPIRATION DATE

\_\_\_\_\_  
CARDHOLDER'S SIGNATURE

**Mail payment to:**

Alzheimer's Association

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

## 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 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

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) 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

### **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

#### 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

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 Lame-Bull at (800) 526-2273 ext. 6483 or (208) 883-6483  
(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)

#### The Courtyard (Movie Room)

300 S. Main St., Colfax, WA 99111  
1st Monday, 1 to 2:30 p.m.  
Led by Anita Carmody, (509) 397-9981  
(Caregiver support; not dementia-specific)

#### Whitman Medical Group Lobby

207 S. 3rd St., Garfield, WA 99130  
Every Monday, 6:30 to 8 p.m.  
Led by 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

#### Panhandle Health District

7402 Caribou St., Bonners Ferry, ID 83805  
*Caregiver support; not dementia-specific*  
1st Thursday, 1 p.m.  
Led by Jolle Walle at (208) 267-2829 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

#### 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 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 and Julie Tastad at (208) 665-2444  
Free respite care and dinner 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 and Stephanie Godinez at (208) 765-4343.

### 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 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 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  
*Caregiver support; not dementia-specific*  
3rd Wednesday, 3 p.m.  
Led by Aline Rohde at (208) 659-6719

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

## Baby boomers, welcome to Alzheimer's

In 2011, more than 10,000 baby boomers a day will turn 65. As these baby boomers age, one in eight will develop Alzheimer's disease. It's no longer their grandparents and parents that have, or will get, Alzheimer's — it's them.

What's more, beyond the 10 million baby boomers that will either die with or from Alzheimer's, millions of caregivers will be devastated by the progressive loss of their loved one and by the care they will themselves provide. The cost of this care may negatively affect their health, financial security and future.

The new Alzheimer's Association report *Generation Alzheimer's: The Defining Disease of the Baby Boomers* details the cascading effects the disease places on caregivers and families that go through the agony of losing a loved one twice: first to the ravaging effects of the disease and then, ultimately, to death.

While Alzheimer's is not normal aging, age is the greatest risk factor for the disease. With one of the most unprecedented demographic shifts starting this year, the report underscores the need for urgent attention to change the



trajectory of this disease. The report also offers very personal glimpses into the lives of families in the throes of caring for a loved one with Alzheimer's disease.

There is great promise in Alzheimer's research, and a focused commitment from the nation's leaders could make the difference in solving the crisis. Learn more about what can be done to conquer this devastating disease by reading *Generation Alzheimer's*. The full text is available at [www.alz.org/boomers](http://www.alz.org/boomers).