

## From the frontlines

### Report offers insight into Alzheimer's challenges

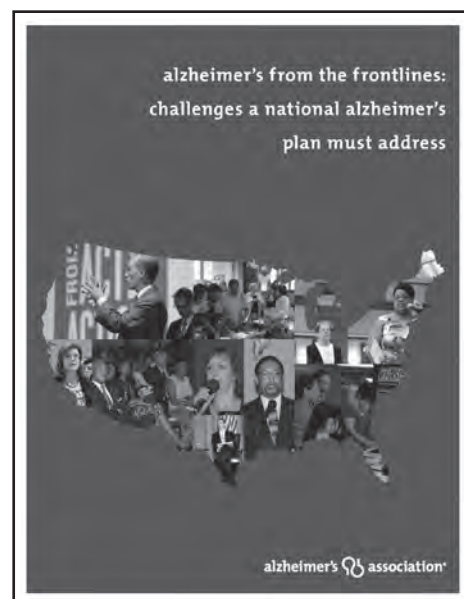
**A** new report, "Alzheimer's from the Frontlines: Challenges a National Alzheimer's Plan Must Address," offers the insights, perspectives and views from individuals across the country who participated in the Alzheimer's Association's public input process.

Building on the Association's commitment to provide a platform for those directly affected by Alzheimer's, the Association and its more than 70 Chapters nationwide hosted 132 input sessions throughout the country. "Alzheimer's from the Frontlines" provides a rare and unique window

into the real, unrelenting challenges the disease forces on families year after year. Currently the sixth leading cause of death, Alzheimer's is the only cause among the top 10 in the U.S. without a means to prevent, cure or even slow its progress, and is the only cause whose death rates are climbing.

Today an estimated 5.4 million Americans are living with Alzheimer's disease and by 2050 as many as 16 million Americans will have the disease. Beyond the sheer numbers of lives touched by the disease, Alzheimer's will also be a financial albatross to the

See NAPA / Page 4



Board Member Rosemary Thielman speaks at the Walk to End Alzheimer's in Coeur d'Alene, Idaho.

#### Inside This Issue ...

<b>Walk to End Alzheimer's .....</b>	<b>6</b>
<b>Chapter Donations.....</b>	<b>9</b>
<b>Education Programs .....</b>	<b>12</b>
<b>Support Groups .....</b>	<b>14</b>

## University researchers fish for link between seafood and brain health

**P**eople who eat baked or broiled fish on a weekly basis may be improving their brain health and reducing their risk of developing mild cognitive impairment (MCI) and Alzheimer's disease, according to a study presented Nov. 30 at the annual meeting of the Radiological Society of North America (RSNA).

"This is the first study to establish a direct relationship between fish consumption, brain structure and Alzheimer's risk," said Cyrus Raji, M.D., Ph.D., from the University of Pittsburgh Medical Center and the University of Pittsburgh School of Medicine. "The results showed that

people who consumed baked or broiled fish at least one time per week had better preservation of gray matter volume on their MRI in brain areas at risk for Alzheimer's disease."

In MCI, memory loss is present but to a lesser extent than in Alzheimer's disease. People with MCI often go on to develop Alzheimer's disease.

For the study, 260 cognitively normal individuals were selected from the Cardiovascular Health Study. Information on fish consumption was gathered using the National Cancer Institute Food Frequency

See FISH / Page 2

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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)

**Fish**

**Continued from Front Page**

Questionnaire. There were 163 patients who consumed fish on a weekly basis, and the majority ate fish one to four times per week. Each patient underwent 3-D volumetric MRI of the brain. Voxel-based morphometry, a brain mapping technique that measures gray matter volume, was used to model the relationship between weekly fish consumption at baseline and brain structure 10 years later. The data were then analyzed to determine if gray matter volume preservation associated with fish consumption reduced risk for Alzheimer's disease. The study controlled for age, gender, education, race, obesity, physical activity, and the presence or absence of apolipoprotein E4 (ApoE4), a gene that increases the risk of developing Alzheimer's.

Gray matter volume is crucial to brain health. When it remains higher, brain health is being maintained. Decreases in gray matter volume indicate that brain cells are shrinking.

The findings showed that consumption of baked or broiled fish on a weekly basis was positively associated with gray matter volumes in several areas of the brain. Greater hippocampal, posterior cingulate and orbital frontal cortex volumes in relation to fish consumption reduced the risk for five-year decline to MCI or Alzheimer's by almost five-fold.

"Consuming baked or broiled fish promotes stronger neurons in the brain's gray matter by making them larger and healthier," Dr. Raji said.

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**Eating fried fish, on the other hand, was not shown to increase brain volume or protect against cognitive decline.**

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"This simple lifestyle choice increases the brain's resistance to Alzheimer's disease and lowers risk for the disorder."

The results also demonstrated increased levels of cognition in people who ate baked or broiled fish.

"Working memory, which allows people to focus on tasks and commit information to short-term memory, is one of the most important cognitive domains," Dr. Raji said. "Working memory is destroyed by Alzheimer's disease. We found higher levels of working memory in people who ate baked or broiled fish on a weekly basis, even when accounting for other factors, such as education, age, gender and physical activity."

Eating fried fish, on the other hand, was not shown to increase brain volume or protect against cognitive decline.

*RSNA is an association of more than 48,000 radiologists, radiation oncologists, medical physicists and related scientists committed to excellence in patient care through education and research. The Society is based in Oak Brook, Ill.*

**Thank you to our Prestige Partners**



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

## Volunteer support group leaders needed

**D**o you have what it takes to lead an Alzheimer's support group? The Alzheimer's Association plans to create additional support groups in the Inland Northwest Chapter territory, and we are in need of caring, compassionate people willing to serve as support group facilitators.

Alzheimer's Association support groups offer families, friends and caregivers of someone with dementia the opportunity to share information, give and receive mutual support and exchange coping skills with one another. Support group members share practical suggestions based on their caregiving experiences in an atmosphere of caring, frankness and confidentiality.

Group facilitators (usually two per group) lead the gathering and provide the most current and accurate information about dementia and encourage healthy interaction within the group. Our Association provides training to all support group facilitators and each leader also gets an instructional manual. Two training programs are already scheduled in the upcoming months.

Support group facilitators are among our most important volunteers. If you are interested in becoming a support group facilitator or learning more about support groups, please call (509) 473-3390 in Spokane, (509) 713-3390 in the Tri-Cities, or (208) 666-2996 in North Idaho.



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## From the Director's Desk

# You can help lead the way

By MARK M. HAVENS  
Interim Executive Director

Jan. 4, 2012, marks the one-year anniversary of NAPA. The National Alzheimer's Project Act was passed by both houses of Congress unanimously in December 2010, and was signed into law by President Obama on Jan. 4, 2011. For the first time in history, our nation has a piece of legislation requiring the various agencies and departments of our federal government to come together and develop a national plan to address – and ultimately conquer – Alzheimer's disease. This was a momentous moment.

Since that time, the President appointed a 22-member Alzheimer's Advisory Council to work with Secretary of Health and Human Services Kathleen Sebelius to develop this national plan. This Advisory Council is chaired by Dr. Ron Petersen of the Mayo Clinic, one of the foremost experts in Alzheimer's Disease. Also on the Council is Harry Johns, the president and CEO of the Alzheimer's Association.

The Alzheimer's Association has not been passive in the development of this plan. Indeed, we have taken a leading role. From July to September, the Association hosted 132 "listening sessions" to collect input from persons coping directly with this disease. Online and "virtual town hall meetings" were also held to gather comments. If you have already read our cover story, you will have learned that more than 43,000 people from all 50 states shared their thoughts.

All of these ideas – from people like you! – have been compiled into a report entitled "Alzheimer's from the Frontlines." In this report, our Association challenges the Advisory Council and the government to address the 10



major challenges of Alzheimer's disease and to write a truly ambitious plan to tackle this fundamental health crisis.

During 2012, we will await the report from Secretary Sebelius.

And this is where you come in: our Association has a role to play for persons from all walks of life who care deeply about Alzheimer's disease. You are invited to be an "Alzheimer's Advocate." As a registered Advocate, you will be provided with information about Alzheimer's disease as it is addressed in legislation and public policy. (Don't worry – we'll keep the language simple!) And then, two or three times a year, we will ask you to make contact with your elected officials to encourage them to support legislation addressing Alzheimer's. This contact can be by letter, e-mail, telephone or in person – and it can be to the elected official or their staff member in Washington, D.C., or at their local office near you.

We have a goal to recruit 2,700 Alzheimer's Advocates in our Chapter territory. We have hundreds now, but we need hundreds more.

Will you join this cause? Go to our national website, [www.alz.org](http://www.alz.org), click on the link "Join the Cause" and choose "Advocacy" among the choices. Registering is quick, easy, and free – and you will be helping to fight and conquer this dreaded disease.

We need your help. We need your voice. And together, we can make a difference.

## NAPA

### Continued from Front Page

nation's health care system, surpassing \$1 trillion in costs annually by mid-century unless the trajectory of the disease is changed.

Advocates from across the nation were essential to the enactment of the National Alzheimer's Project Act, which creates a framework for a national plan and coordinates efforts across the federal government. Galvanized by the historic opportunity of creating a National Alzheimer's Plan, more than 43,000 people from all 50 states, the District of Columbia and Puerto Rico engaged in the public input process, including people living with the disease, caregivers, families, researchers, health care professionals, community leaders and many others.

"Individuals, families and communities are at the center of the escalating Alzheimer's crisis. Thousands of these individuals shared their experiences from the frontlines," said Harry Johns, President and CEO of the Alzheimer's Association. "Americans who participated in this process want the nation's leaders to know Alzheimer's forever changes lives. In the end, these individuals want and deserve a transformational plan that urgently addresses their needs."

Ten key challenges emerged repeatedly throughout the public input process, among them increasing awareness of the impact of Alzheimer's, fostering an environment that offers more effective treatments faster, providing better care throughout the disease process, ensuring better support

today for caregivers and reducing the disparities that exist among diverse and underserved communities.

"It's clear that those who participated in these input sessions do not want this opportunity to be a symbolic overture but instead the beginning of real, transformational action," said Robert Egge, Vice President for the Alzheimer's Association. "We hope those developing the National Alzheimer's Plan will be inspired and guided by the challenges, experiences and needs echoed throughout the report."

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

## Alzheimer's from the Frontlines

# What Americans are saying . . .

From July to October 2011, the Alzheimer's Association gathered public input through online submissions, a Telephone Town Hall and 132 public input sessions throughout the country to provide those directly affected by Alzheimer's the opportunity to share their thoughts on what a National Alzheimer's Plan must address.

More than 43,000 individuals from all 50 states, the District of Columbia and Puerto Rico engaged in the public input process. From the multitude of insights, perspectives and views, ten challenges emerged. Below are those challenges and a sample of some of the comments:

### A lack of public awareness of Alzheimer's disease:

"I am in my mid 40s and am having

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*"It is such a devastating disease as it takes years to die and caregivers are left mentally and physically exhausted and in financial ruin."*

– Coeur d'Alene, ID

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some of the same symptoms my father had. I am at high risk for this disease. And that is scary enough. I want to see commercials to show the early onset. I am so tired of not being heard." – Lancaster, OH

"At times, some doctors implied that we should not talk with others about my husband's condition, as though it was something to be ashamed of." – Tulsa, OK

### Insufficient research funding:

"Most people affected by the disease find a way to meet the challenges, with or without public support. But they can't find a cure. That takes qualified researchers. Public investment in research should be job one." – Moline, IL

"My other big concern is there is a – maybe 'army' is a good word – of passionate, excited young people who want to devote their careers to the study of Alzheimer's disease. And these are people from whom the cures are going to come. These are people who have the new ideas, who are willing to work 80 hours a week in the lab. And if they don't get the support and the resources that they need to study Alzheimer's and to understand it, we're going to lose a lot of time and lot of young scientists." – San Francisco, CA

See PEOPLE / Page 5

## People

Continued from Page 4

### Difficulties with detection and diagnosis:

“It took about eight years of chasing symptoms before we were given a diagnosis.” – Tampa, FL

“Earlier diagnosis would have given her many more years of a comfortable life at home with her family. Instead, we had to make the tough decision to place her in a nursing home, which only increased her confusion and paranoia.” – Dupont, WA

### Poor dementia care:

“What’s out there now is a patchwork of people and agencies who don’t know who else is out there or what services they provide. It’s a nightmare, and it no better now, when I am trying to take care of my mother, than it was 15 years ago when I was my grandfather’s caregiver.” – Hebron, IN

“Too many family doctors are fumbling their way through care and are not adequately equipped to treat these patients.” – Voorhees, NJ

### Inadequate treatments:

“Treatments for Alzheimer’s disease? WHAT treatments? This is the forgotten disease, literally. You hear about support for every other disease, but Alzheimer’s.” – Red Bank, NJ

“The distinctive challenge is that the doctors are stumped. It’s basically a trial-and-error system, and they just try different drugs to see what works and what doesn’t.” – Simi Valley, CA

“[There is an] extreme lack of knowledge, stigma and denial about the disease with everybody, but particularly in the black community!” – Durham, NC

“I’m a bilingual care consultant that represents the Latino community for Santa Barbara County. The challenge

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*“How do you pick up a 200-pound man? That’s how much my husband weighed. I had to put him in a home when I could no longer move him.”*

– Sequim, WA

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they have been facing is the lack of neurologists who speak Spanish and the lack of day support facilities. I’m dealing with clients who have been caregivers for many years, and they’re exhausted. They don’t have money to put their loved ones in a skilled nursing facility.” – Santa Barbara, CA

### Specific challenges facing those with younger-onset Alzheimer’s:

“At the age of 39, I started to experience some difficulties in my life, which were not normal for me. While at first, they were minor, they became more prevalent over the years. It took over 10 years to finally be diagnosed with Alzheimer’s disease.” – Jamison, PA

“My biggest obstacle for the past three years of taking care of my now 50-year-old sister is her age. We need more programs available for the younger ones affected by this horrible disease. I am in shock at how many turned us away, including housing, daycare, in-home care, etc., because of her age. Apparently my sister is not old enough to have Alzheimer’s!” – Chester, MA

### Unprepared caregivers:

“It’s hard enough to help a loved one who is confused when you are confused yourself about how best to help them.” – Green Bay, WI

“Both my mother and father suffered from broken hip fractures. Every step of the way, I was clued into what the next step was in their recovery. With Alzheimer’s... you are on your own. No preparation, no support group at

the doctor’s, no real understanding or sympathy from the medical community except for some good souls here and there.” – Davie, FL

### Ill-equipped communities:

“How do you pick up a 200-pound man? That’s how much my husband weighed. I had to put him in a home when I could no longer move him.” – Sequim, WA

“The staff in the nursing home is rushed to take care of many patients, they don’t get paid very well, and for the majority it is just a job, not a vocation. They clock in and clock out. Weekends are just a skeleton staff. Patients are not intentionally mistreated but they do not get individual care, and in many cases they are ignored.” – Middletown, DE

### Mounting costs of care:

“He has to pay \$6,000 per month to keep her there, which is more than he makes... I am watching a man who has worked hard for everything his entire life and paid taxes sell off his possessions little by little to pay for his wife’s care.” – Cleveland, OH

“I am the sole caretaker of two parents with Alzheimer’s. My “job” has been 24/7 for the last three years. I have had to give up my job, my savings are gone, and I’ve had to declare bankruptcy. My parents are living on Social Security, so that is three of us stretching a budget that is extremely small. They are \$50 over Medicaid guidelines.” – Aurora, CO

# Hundreds Walk to End Alzheimer's

**W**alkers turned out in force on four weekends in September and October for the annual Walk to End Alzheimer's.

Participants in the four communities combined for more than 1,400 walkers and raised in excess of \$170,000, an increase of 8 percent from 2010.

New in 2011 in Spokane and Coeur d'Alene were the Promise Garden flowers, which were different colors to indicate a person with Alzheimer's, a person who lost some to the disease, a caregiver or an advocate.

## TRI-CITIES WALK Sept. 17, 2011

### Individual Awards:

- 1st Place: Penny Olsen
- 2nd Place: Turie Knapik
- 3rd Place: Brian Knapik

### Individual Youth Awards:

- 1st Place: Kenedy Cartwright
- 2nd Place: Brianna Gaines
- 3rd Place: Hayley Gaines

### Team Top Awards:

- 1st Place: Do Walkers
- 2nd Place: Memory Boosters
- 3rd Place: Fleur de Lis

**Group Traveling Award:** Fleur de Lis/Do Walkers

## PALOUSE WALK Sept. 24, 2011

### Individual Awards:

- 1st Place: Greg Neely
- 2nd Place: Julie Black
- 3rd Place: Barb Mahoney

### Team Awards:

- 1st Place: Neely's Travelers
- 2nd Place: Sigma Kappa Alpha Gamma
- 3rd Place: Good Samaritan Society



Photos by Garry Matlow

At left, Interim Executive Director Mark Havens awards the top Spokane fundraiser trophy to Amy Shives, who spoke on behalf of persons with Alzheimer's at the Walk to End Alzheimer's in Spokane and Coeur d'Alene. At right, George Austin speaks in Spokane representing caregivers during the Promise Garden ceremony.



Photo by Mark M. Havens

The Palouse Walk takes participants through some of Southeastern Washington's natural splendor.

## NORTH IDAHO WALK Oct. 1, 2011

### Individual Awards:

- 1st Place: Laura Pilon
- 2nd Place: Jan Young
- 3rd Place: Norma Jean Brown

### Team Awards:

- 1st Place: CareNet
- 2nd Place: Fairwinds
- 3rd Place: Memory Stompers

**Cecile Alzheimer Award (formerly Maude Trophy for Best-Dressed Team):** Onsite for Seniors (Home Tweet Home)

## SPOKANE WALK Oct. 8, 2011

### Individual Awards:

- 1st Place: Amy Shives
- 2nd Place: George Austin
- 3rd Place: Nancy Aslam

### Team Awards:

- 1st Place: Northpointe Retirement
- 2nd Place: Shives Making Strides
- 3rd Place: Bjork-olution

**Top Money Dog:** Buddie and Mitch Pettinger (tie)

**Doggie of the Day:** Bentley Davidson



Photo by Garry Matlow

Walkers from Legends Park lead the way at the start of the North Idaho Walk at Riverstone Park in Coeur d'Alene..



Photos by Mark M. Havens



Above left, representatives of Fleur de Lis Adult Family Homes and the Do Walkers accept the group traveling plaque for the Tri-Cities Walk. Above, walkers depart the Clover Island Lighthouse at the Tri-Cities Walk. Below left, the Neely's Travel team accepts the first-place trophy for the Palouse Walk from Development Director Sandi Druffel.

# Return with us to the Roaring Twenties

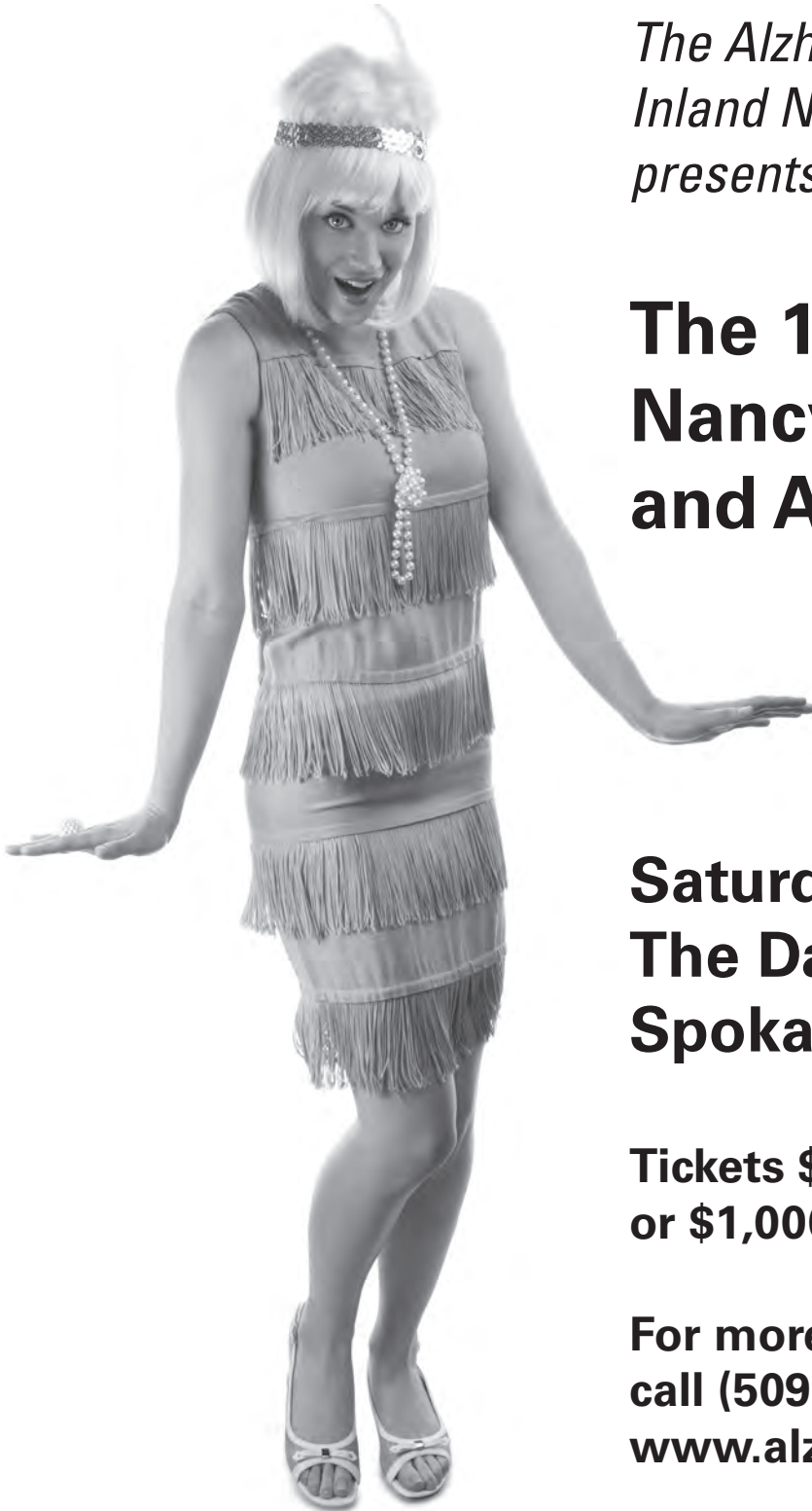
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We extend our deepest sympathy to those families who have lost a loved one. We are grateful to those who have designated the Inland Northwest Chapter of the Alzheimer's Association for memorial donations. Acknowledgements are always sent to donors and families. The following contributions were received Aug. 1, 2011, through Nov. 30, 2011. If we have inadvertently omitted or improperly reported your name, please contact us at (509) 473-3390.

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See DONATIONS / Page 11

## Donations

Continued from Page 10

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## Chapter Board and Staff Notes

• Since our last newsletter, we have been very fortunate in adding four additional caring individuals to the Inland Northwest Chapter Board of Directors. They are: **Amy Shives** and **Audre Hyatt** of Spokane, **Tim Nickolaus** of Kennewick, and **Dr. Maureen Schmitter-Edgecombe** of Washington State University in Pullman. We look forward to adding their talents to our Chapter's governing body.

• At this time, we bid a fond farewell to our development director, **Sandi Druffel**, who will be retiring from her position in January 2012. Sandi has served as our development director for more than five years and has led our Chapter through the many galas, Walks, and numerous other fundraising events and initiatives. Her talents will be missed, and we offer her best wishes in her retirement



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# Chapter Education Programs

All educational workshops are presented free of charge unless otherwise stated. Donations are gladly accepted at each session in order to make future workshops possible.

**We now strongly encourage that people RSVP/pre-register for all educational sessions you plan to attend.** This may be due to the size of the rooms, food being served, or other factors. **Sessions with low pre-registrations are subject to cancellation; pre-registrants will be notified.**

**To Pre-Register:** send an e-mail to: inlandnw@alz.org with your name, contact information (phone) and the session you will be attending. You can also pre-register by contacting our Chapter office by phone at (509)473-3390, or calling your local Alzheimer's Association representative.

## Activities for Persons with Dementia

Plan the day with meaningful activities for the person with dementia to enhance their sense of dignity and self-esteem and give more purpose and meaning to their life.

Thursday, February 9 6-8 p.m. Richland, WA Richland Public Library

## The Basics of Memory Loss, Dementia and Alzheimer's Disease

Learn about the symptoms and risk factors for Alzheimer's, its stages and treatment, and hope for the future.

Thursday, January 12 6-8 p.m. Pasco, WA Tri-Cities Retirement Inn

Wednesday, February 8 2-4 p.m. Spokane Valley, WA Pine Ridge Care Center

Thursday, March 8 6:30-8:30 p.m. Coeur d'Alene, ID Coeur d'Alene Homes (hors d'oeuvres served 6-6:30 p.m.)

## Getting Prepared for a Possible Hospital Stay

Learn information about what your hospital, you, and your loved one will need for a hospital stay and how to be prepared for emergency trips to the hospital.

Wednesday, January 18 9:30-11:30 a.m. Moscow, ID Gritman Medical Center

## Know the 10 Warning Signs of Alzheimer's Disease

This introductory workshop intended for a broad audience will share the risk factors for Alzheimer's Disease, 10 warning signs, and the importance of early detection.

Tuesday, January 17 3:30-5:30 p.m. Coeur d'Alene, ID Church of Jesus Christ of Latter-day Saints (dinner included)

Tuesday, March 27 6-8 p.m. Liberty Lake, WA Guardian Angel Homes

## Legal & Financial Planning for Persons with Alzheimer's

Learn about the importance of advance planning and the steps to putting legal, financial and future care plans in place.

Thursday, February 9 4-6 p.m. Post Falls, ID Legacy House Assisted Living

(legal planning only)

Tuesday, March 13 6:30-8:30 p.m. Kennewick, WA Royal Columbian Retirement Inn

## Living with Alzheimer's: Caregiving in the Early Stage

This half-day workshop will cover an array of topics of interest to families coping with the early stage of Alzheimer's Disease including: communication, care and treatment options, safety issues, and maximizing independence. **Fee: \$10.**

Thursday, January 26 9:30 a.m.-2:30 p.m. Spokane, WA Deaconess Health and Education Center

## Personal Care

Learn to promote maximum independence & assist persons in various stages of dementia with daily activities of living.

Wednesday, March 7 2-4 p.m. Sandpoint, ID Life Care Center of Sandpoint

See PROGRAMS / Page 13

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- Lewiston, ID
- Liberty Lake, WA
- Post Falls, ID
- Richland, WA

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## Programs

Continued from Page 12

### Sexuality and Dementia

This workshop will address issues about sexuality and how to deal with the challenges that can arise.

Wednesday, February 22 9:30-11:30 a.m. Pullman, WA Pullman Regional Hospital

### Successful Travel

Learn tips to make traveling as successful as possible when traveling with someone diagnosed with dementia.

Monday, March 12 9:30-11:30 a.m. Colfax, WA Whitman Hospital & Medical Center

### Wandering, Sundowning & Safe Return

This session will help you to understand exit-seeking behavior, late afternoon behavioral changes, and how to keep your loved one safe.

Wednesday, April 11 2-4: p.m. Sandpoint, ID Luther Park at Sandpoint

### Locations:

- Coeur d'Alene Homes: 624 W. Harrison Ave., Coeur d'Alene, ID
- Church of Jesus Christ of Latter-day Saints CdA: 2293 W. Hanley Ave., Coeur d'Alene, ID
- Deaconess Health & Education Center: 910 W. 5th Ave., Spokane, WA
- Gritman Medical Center: 700 S. Main St., Moscow, ID
- Guardian Angel Homes of Liberty Lake: 23102 E. Mission Ave., Liberty Lake, WA
- Legacy House Assisted Living: 1136 E. Mullen Ave., Post Falls, ID
- LifeCare Center of Sandpoint: 1125 N. Division, Sandpoint, ID
- Luther Park: 510 Olive Ave., Sandpoint, ID
- Pine Ridge Care Center: 12009 E. Mission Ave., Spokane Valley, WA
- Pullman Regional Hospital: 835 SE Bishop Blvd., Pullman WA
- Richland Public Library: 955 Northgate Drive, Richland, WA
- Royal Columbian Retirement Inn: 5615 W. Umatilla Ave., Kennewick, WA
- Tri-Cities Retirement Inn: 2000 N. 22nd Ave., Pasco, WA
- Whitman Hospital & Medical Center: 1200 W. Fairview, Colfax, WA

## Residential

Continued from Page 16

7. Symptoms of the disease become more evident and challenging to manage such as behaviors, wandering and incontinence.

8. The person with dementia requires more supervision than is realistic for one person to manage. They become more dependent with activities of daily living such as dressing, eating and bathing.

9. The other physical demands of the person with dementia surpass those that the caregiver can manage such as

lifting, assisting with mobility, negotiating a wheelchair through narrow doorways or hallways.

10. The home environment is no longer safe for the person with dementia, such as with climbing stairs, getting in and out of the bathtub, carpeting which is difficult to walk on – all of which increase the risk of falls.

Even when a thoughtful decision is made to move a loved one, there will be feelings of sadness, grief, and guilt. However, it is important to remem-

ber the role of caregiver does not end when a loved one lives elsewhere; it just changes.

Without direct care responsibilities the caregiver will have an opportunity for more quality time, activities and an appreciation for the time spent with the loved one.

*For more information or referrals on facility placement, contact our Inland Northwest Chapter office at (509) 473-3390, or call our 24-Hour HelpLine at (800) 272-3900.*

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## 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

560 Gage Blvd., Ste. 106  
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](mailto: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](mailto: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](mailto: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. Rife Club Court  
Spokane, WA 99208  
4th Tuesday, 7 to 8:30 p.m.  
Led by Pat Johnson and Teresa Williams 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](mailto: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](mailto:j schmick@good-sam.com), Kathleen Harper at (509) 924-6161 Ext. 511 or [kharper@good-sam.com](mailto:kharper@good-sam.com) and Theresa Sullivan at (509) 924-6161 Ext. 114 or [tsulliva@good-sam.com](mailto: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](mailto: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](mailto: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](mailto: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)*

#### The Courtyard (Movie Room)

300 S. Main St., Colfax, WA 99111  
1st Monday, 6 to 7:30 p.m.  
Contact Katie Giessen at (208) 883-6486  
(Caregiver support; not dementia-specific)

#### 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.  
Contact Brian Casey at (208) 265-4514 or 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 Sleight 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

*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

## 10 ways to know it's time for residential care

By JOAN ACRES  
Southeastern Washington  
Outreach Coordinator

The decision of whether it is time to place a person with dementia in facility care is always a difficult one and there is no right or wrong answer. Individuals with Alzheimer's begin to require more care as the disease progresses. This may include a need for more supervision, more physical care or just more assistance throughout the day.

Families often strive to keep their loved one at home for as long as possible and many use in-home help or adult day care centers to supplement the care given by family members.

However, many families eventually realize they just aren't able to meet the needs of the person with dementia at home. The decision to move a loved



one is based on a combination of factors that may include one or more of the following:

1. The overall health of the person with dementia. Do they require monitoring for conditions or situations unrelated to dementia that require time

and more care than can be provided at home?

2. The caregiver's health is being compromised due to stress and lack of rest.

3. The caregiver is missing work due to unavoidable situations that require his/her time at home.

4. The needs of other family members (spouses, children, grandchildren) are not being met because of lack of time and personal resources.

5. The caregiver is unable to manage the affairs of running a household due to lack of time and inadequate rest.

6. There is insufficient support from siblings, children, other relatives or friends. In-home services or respite care is unavailable or unaffordable.

See RESIDENTIAL / Page 13