

alzheimer's association™

Mid-Missouri Chapter Newsletter

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

July and August 2007

www.alz.org
1 800 272 3900

Start Your Team Now for MEMORY WALK 2007

Memory Walk 2007 is almost here! Dedicated volunteers from around the Mid-Missouri area need your help to make Memory Walk a success!

You will make a difference when you raise funds by participating in Memory Walk. Funds raised help to provide and enhance care and support. You will also bring greater awareness to Alzheimer's disease to your family, your employer and your community. We must all work together to support those with Alzheimer's disease.



The first step is to contact your local walk chair and form a team. Help us increase our registered teams by 50 percent and raise our goal of \$200,000. Together, we can make a difference!

To take action now, please call Libby Connor at 573 443 8665.



HOW YOU CAN HELP

1. Raise money and bring it to your local walk. It's easy, just ask!
2. Form a team and work toward a fundraising goal!
3. Visit www.alz.org/memorywalk to make a donation or track your fundraising!

BE A PART OF MEMORY WALK 2007!

| <u>Date</u> | <u>Location</u> | <u>Site</u> | <u>Contact</u> |
|-------------|-----------------|------------------------|------------------------------------------------------------------------------------------------------|
| Sept. 15 | Sedalia | MO State Fairgrounds | Shelley Spinner sspinner@septagon.com |
| Sept. 29 | Jefferson City | Missouri State Capitol | Judy Hasler judith.hasler1@us.army.mil |
| Oct. 6 | Macon | Long Branch State Park | Margery Waller grassy@cvalley.net |
| Oct. 7 | Columbia | Stephens Lake Park | Libby Connor libby.connor@alz.org |
| Oct. 20 | Linn | Linn High School | Ray Anne Strubberg rstrubberg@autumnmeadows.net |

Alzheimer's Association
2400 Bluff Creek Drive
Columbia, MO 65201
Business Line 573 443 8665
Facsimile 573 499 9701
Helpline 800 272 3900
www.alz.org

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Macon, Maries, Marion, Miller, Moniteau,
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Scotland and Shelby counties.*

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Special Projects**
Sarah Wilson

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From the Executive Director

Have you been reading and watching all the coverage surrounding Alzheimer's disease? It's as though, suddenly, this is the most important news around. Those of us who have a personal connection with Alzheimer's disease or support the cause in any way may wonder why it took so long. However, there are millions of people nationwide that are not aware of the fantastic resources the Alzheimer's Association has available. Our national office has made a major commitment to raise the public's awareness with the launch in April of the Champions Campaign. Here in Mid-Missouri we must grow, reach out and challenge how we do things so we can reach more people who need our support.



Linda Newkirk

Our Mid-Missouri chapter has the advantage of being part of a greater whole, the Alzheimer's Association. Recently, we have deepened our collaborations with our national office to include raising funds together. We can now speak with one voice – one voice that says, “We can help you today, while we search for a cure for tomorrow.” It is my belief that this collaboration will help us expand our outreach and marketing efforts to let more people know we are here with support and services.

We can use YOUR help, as well, to make amazing things happen. Join our Speakers Bureau and spread our message through talks and presentations. Invite an Alzheimer's Association Mid-Missouri staffer to make a presentation at your place of worship, club or group. Consider placing an article or ad about our services in your company bulletin or newsletter. Form a team for Memory Walk. We need YOU! Imagine what we can accomplish with one VOICE.

Until the next time, I wish you moments of joy and moments of peacefulness.

Sincerely,

Linda Newkirk, Executive Director

Chapter Welcomes New Employee

The Mid-Missouri Chapter recently welcomed Sarah Wilson, who joins the staff as Communications Coordinator/ Special Projects. In her new position, Sarah will be updating the chapter web site and building Memory Walk web sites in collaboration with volunteers. She also will take the lead in public relations and media communication.

Sarah joins us after a recent move to Columbia from Dallas where she served as Director of the Ryan Gibson Foundation for Leukemia Research. She sought out the Alzheimer's Association because of family connections with Alzheimer's disease and her interest in non-profit work. Welcome Sarah!



Sarah Wilson

UPCOMING EVENTS

***Changing Places:
Men Emerging As Caregivers
Caring for Someone With Memory Loss***

Columbia

3rd Thurs. of each month, 11 a.m. to 1 p.m.
Primaris, 200 N. Keene St.
Please RSVP to Sarah Beck, 443-8665.

Osage Beach

3rd Mon. of each month, 11 a.m. to 1 p.m.
Please RSVP to Sarah Beck, 443-8665.

Lunch will be provided.

**Support Groups:
*Help Is Close to Home***

If you are a family member, care partner, friend, neighbor or professional caring for someone with Alzheimer's disease, we encourage you to visit one of the many local support groups listed on page 7 of this newsletter.

Groups are led by dedicated, caring volunteers and are attended by others who also care for someone with dementia. There is strength in numbers!

All groups are confidential and provide information, resources, friendship and a safe place to share experiences.

Just call your local facilitator for more information.

**A Voice for Missourians
With Alzheimer's:
The 110,000 Project**

Alzheimer's disease affects 110,000 Missourians. People with Alzheimer's often lose their ability to communicate, but *The 110,000 Project* will give a voice to Missouri families affected by the disease.

Approximately thirty slice of life stories featuring Missourians with Alzheimer's will be selected for *The 110,000 Missourians with Alzheimer's*. This book will provide an opportunity for persons with Alzheimer's and their families to share their experiences and help others coping with the disease.

The project coordinator, Linda Fisher of Sedalia, is collaborating with the Alzheimer's Association Mid-Missouri Chapter to publish the book in the fall of 2007. She plans to distribute books to Missouri legislators who make budgetary decisions for research and the important services needed for those living with Alzheimer's. She says, "The title of the book demonstrates the scope of the disease in Missouri. Personal stories will have an impact on legislators in Jefferson City and Washington DC when they read how Alzheimer's affects their constituents."

If you would like more information, please call the Alzheimer's Association at 573 443 8665 or Linda Fisher at 660 281 4371.

Book Corner

FEATURED BOOKS

What's Happening to Grandpa? By Maria Shriver, - \$15.00
"No two grandparents are alike, but the one thing all grandparents seem to have in common are stories – stories about growing up, family history, and all of the funny and profound lessons that life has taught them. But as our elders grow older and their memories begin to fade, who will tell their stories? My hope is that this book will inspire children to find creative ways to keep these stories alive, and that readers of all ages will realize how important it is to cherish the lives, love, and memories of our grandparents – now and forever." Maria Shriver

What If It's Not Alzheimer's? Edited by Lisa Radin and Gary Radin, - \$16.00
"Editors Lisa and Gary Radin divide their highly accessible reference work into four parts. Beginning with a discussion of the medical facts, part one defines and explores FTD (Frontal Temporal Dementia) as an illness distinct from Alzheimer's disease. Also considered are clinical and medical care issues and practices, as well as such topics as finding a medical team and rehabilitation interventions. The essays in part two focus on managing care and examining daily routines including nutrition, exercise, socialization, adapting the home environment, and behavioral issues. Parts three and four center on caregiver resources and stress the need for caregivers to take care of themselves."

Please call the chapter office at 573 443 8665 to order books.

Care and Support

How to Choose a Home Care Provider

If you care for someone with Alzheimer's, consider hiring a home healthcare provider to help your loved one stay home longer. These helpers offer many services, including:

- **Companionship:** visiting, supervision and leisure activities
- **Personal care:** help with bathing, dressing, toileting and exercising
- **Homemaking:** housekeeping, shopping and cooking
- **Skilled care:** help with medication and other medical needs

Specific services and training vary among workers and agencies. So does the cost of home care, which typically isn't covered by Medicare.

The Alzheimer's Association CareFinder™ (www.alz.org/carefinder) can help you locate care providers in your area. Once you have a referral, follow these tips to screen home care providers and find the right fit for your needs:

- **Call first:** When you call, find out what kind of help they offer.
- **Interview at home:** Meet with the prospective care provider in your home. Prepare some questions. Invite a third person, so that later you can discuss your impressions.
- **Share information:** Your care provider can be more successful when they know about the person whom they are caring for. A Personal Facts and Insights form identifies a person's family, friends, hobbies, daily routine, personal preferences and background.
- **Evaluate the service:** Occasionally, reconsider whether home care is working out. For example, your needs may change. Or, the provider or employing agency may decide they can no longer work for you.

Research and Public Policy

New Drugs Offer Hope for Reversing Alzheimer's

Scientists soon are expected to announce final test results for Alzhemed, the first in a new generation of drugs designed to prevent, destroy and purge deposits of beta-amyloid plaque from the brain, thought to be a prime cause of Alzheimer's disease, reports *AARP Bulletin*.

"Within three years, it's all but certain we'll have disease-modifying drugs that fundamentally change the nature of Alzheimer's," said Sam Gandy, M.D., chair of the Alzheimer's Association's National Medical and Scientific Advisory Council and director of Philadelphia's Farber Institute for Neurosciences. If test results for Alzhemed are positive, he added, "the Food and Drug Administration [may] fast-track the drug and we could conceivably see it approved next year."

Very few drugs make it to Phase III clinical trials, the last step before a drug goes to the FDA for approval. Nevertheless, nine new Alzheimer's treatments are in Phase III trials to test their effectiveness on large numbers of patients. And dozens more are in smaller Phase II trials. More than four dozen drugs are now in human trials.

While most of the new drugs focus on amyloid, some trials are exploring the strong correlation between heart disease and diabetes as risk factors for Alzheimer's by testing the effect of cholesterol-lowering statins as well as diabetes and vascular drugs on those with Alzheimer's.

"We're not going to find one magic bullet, but I'm very optimistic we're going to see one or more of these therapeutic approaches work," said David Morgan, director of basic neuroscience research at the University of South Florida in Tampa. "Our best hope is to catch this disease early. And if we can understand who is most at risk, we can begin treating them before it ever takes hold."

Alzheimer's Association Services

24/7 Helpline

Although our helpline is mentioned in every newsletter, we want to encourage persons with Alzheimer's, their families and anyone else who has questions about the disease to reach out and make that call. Calls received during business hours are received and answered locally by our caring chapter staff members. After hours, calls are answered by national helpline staff in our Chicago office, and are followed up the next business day by Mid-Missouri staff. Here is more information about how helpline can help you.

Professional and compassionate staff offer:

- Confidential care consultation from professional clinicians who can help with decision-making support, crisis assistance and education on issues families face every day.
- Referrals to local community programs, services and ongoing support.
- Assistance in a caller's preferred language. We can respond to inquiries in 140 languages using our bilingual staff and a language translation service.



The knowledge to address a variety of topics:

- Memory loss, dementia and Alzheimer's disease
- Medication and treatment options
- Safety issues and services, including registration for the Alzheimer's Association Safe Return Program
- Skills needed to provide quality care and to find the best care from health care professionals
- Strategies to reduce caregiving stress
- Legal, financial and housing options
- Alzheimer research in the news
- Brain health information to Maintain Your Brain

A Model of Collaboration

- The 24/7 Helpline is a partnership between the Alzheimer's Association national office and participating local chapters across the country.
- Callers are linked directly to trained staff in participating local chapters during their regular office hours. During evening and weekend hours, national office helpline staff respond to callers.
- Shared response assures 24/7 nationwide service while providing local personalized response and follow up.
- Staff at our national office and in our chapters

complete rigorous training that enable us to provide consistent service and information to callers.

- An Internet-based knowledge bank helps staff respond quickly and accurately to calls.

Dedicated to Quality Service

- We regularly monitor and analyze service levels to improve staff performance and implement change in procedures.
- We conduct semi-annual surveys to measure caller satisfaction and identify needs for new publications and services.

The 24/7 Helpline is supported by a grant from the Administration on Aging, part of the U.S. Department of Health and Human Services.

**do you have questions or need to talk to
someone about memory loss?**

call our 24/7 helpline at

800 272 3900

“Alzheimer's is growing at an epidemic rate. This means more stress and more caregiving responsibilities. But by learning caregiving skills, you can make sure that your loved one feels supported and is living a full life. You can also ensure that you, the caregiver, are taking steps to preserving your own well-being.”

— Peter Reed, Ph.D., Alzheimer's Association senior director of programs

Tributes and Memorials

Gifts in memory or in honor of loved ones are received at the office daily. They are a source of inspiration and a constant reminder of what this agency is all about. All contributions to the Mid-Missouri Chapter stay in the area unless otherwise designated. These contributions help toward our goals of family support, education, research and advocacy, thereby offering hope to all in our area. An acknowledgement is sent to the family if an address is available. We extend heartfelt thanks to the following contributors:

IN MEMORY OF OR IN HONOR OF

Mary Margaret Allgever

Dr. and Mrs. T.J. Vogelweid

Lorrie Balmer

Cindy Akers
Joan Andrews
Joetta Coen
Mr. and Mrs. Richard Emerson
Mr. and Mrs. Albert Lamprecht
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Elizabeth Owens

Mary Cunningham

Laura Robertson

Edna Deckman

Edna Overfelt

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Mr. and Mrs. James Hartley
The Jefferson Bank of Missouri
Brenda Kuensting
Elaine Vernadore
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Susan Rehagen

Martha Wright

Jennie Driskill
Beverly Ward
Kathy Young

Ginger Ziegler

Leann Chrisman
Patsy Kuhlman
Dora Yelton

Virginia Ziegler

Mark Gasaway

We make an earnest effort to correctly identify everyone for whom memorials are made. Please notify us of any errors.

Mid-Missouri Support Groups

Boonville

3rd Thursday, 1 p.m.
Cooper County Memorial Hospital,
Library
Betty Jane Myers, 660-834-3111

Center

1st Tuesday, 2 pm
Monroe City Manor Care Center
Nancy Voepel, 573-735-2010

Cole Camp

3rd Thursday, 1 pm
Good Samaritan Care Center, Conf Rm
Judy Harris, 660-668-4432 or
800-301-2329

Columbia

2nd Thursday, 3:30 p.m.
Lenoir Community Center
Janell Irvin, Lenoir Health Care
573-876-5800

Columbia

2nd Monday, 6:30 p.m.
Columbia Healthcare
Robin Coleman, 573-474-6111

Columbia Adult Children

3rd Tuesday, 5:30 p.m.
Alzheimer's Association Conference Room
Linda Newkirk, Joetta Coen, Maria Hines
573-443-8665

Chariton County

2nd Tuesday, 7 pm
Meeting locations rotate among
Chariton Park Nursing Home, Brunswick
Nursing Home and Marceline Manor
Susan Perkins, 660-288-3675

Edina

2nd Tuesday, 5:30 p.m.
Knox County Nursing Home
Holly Jones, 660-397-2282

Fulton

Last Wednesday, 7 p.m.
Presbyterian Manor, 811 Center Street
Sue Lippincott, 573-642-8646
Jeff Young, 573-642-6646

Hannibal

3rd Tuesday, 4 p.m., every other month
(Feb., April, June, Aug., Oct., Dec.)
Beth Haven Nursing Home
Kami Harsell, Marie Murphy, Margie
Dawkins, 573-221-6000

Jefferson City

2nd Tuesday, 7 p.m.
Golden Living Center 3038 W. Truman Blvd.
Mickey Belosi, 573-659-8256
Katherine Carlson, 573-893-3404

Jonesburg

4th Tuesday, 12 pm
Frumpy Joe's (Dessert Provided)
Linda Onger, Michelle Black,
636-488-5400

Kirksville

2nd Wed 10:30 a.m.
The Arbors, Dining Room
620 E. Gillaspay
Keena Frederick, 660-627-2200

Macon

2nd Monday, 5:30 p.m.
Loch Haven Nursing Home
(light dinner served)
Patty Hasselbring, Dawn Moore,
660-385-3113, ext. 217

Marshall

2nd Monday, 4 pm
First Christian Church
Tammy Papreck, 660-831-5259

Memphis

3rd Thursday, 6 p.m.
Scotland County Care Center,
East Dining Room
Laura Schenk, Margaret Robeson,
660-465-7221

Mexico

4th Wednesday, 1:30 p.m.
Missouri Veterans Home
Jean Hull and Nicole Stone
573-581-1088, ext. 265

Osage Beach

1st Thursday, 1 p.m.
Lake Regional Health Sys., Conf Rm D
Teresa Knight, 573-346-5654
Barb Stone, 573-346-5654
Sally Wood, 573-348-2225

Owensville

2nd Thursday, 2 p.m.
Frene Valley Health Care South
Mary Julius, 573-437-6877

Palmyra

2nd Monday, 4:30 p.m.
Maple Lawn Nursing Home
Mary Mettler, 573-769-2213

Sedalia

2nd Thursday, 6:30 pm
Bothwell Regional Health Center
Judy Harris, 660-668-4432 or
800-301-2329
Linda Fisher, 660-826-4371

Wellsville

Last Wednesday, 2:30 p.m.
Gamma Road Nursing Home
Amy Worsham 573-684-2002

SPECIAL GROUPS

ADULT CHILDREN

3rd Tuesday, 5:30 p.m.
Alzheimer's Association Conference Room
Linda Newkirk, Joetta Coen, Maria Hines
573-443-8665

CARE PARTNERS

2nd and 4th Tuesday, 2-3:30 p.m.
Alzheimer's Association Conference Room
Sarah Beck, 573-443-8665

PERSONS WITH MEMORY LOSS

1st and 3rd Tuesday, 2 - 3:30 p.m.
Alzheimer's Association Conference Room
Sarah Beck, 573-443-8665

PARKINSON'S DISEASE

Columbia

1st Thursday, 4 p.m.
Columbia Senior Center
2nd Floor Conference Room
Gerry Neely, 573-445-1588

Hannibal

1st Tuesday, 1 p.m.
First Choice Rehab, 115 N. 3rd St.
Lori Griffith, 573-221-1711

Jefferson City

3rd Wednesday, 3:30 p.m.
SW Campus, Capital Region Medical Center
Lynn White, 573-632-5628

Sedalia

3rd Monday, 4 p.m.
First Christian Church
Barbara Schulz, 660-826-6039

Alzheimer's Association
2400 Bluff Creek Drive
Columbia, MO 65201

CHANGE SERVICE REQUESTED

We are fighting on your behalf 24/7
to give everyone a reason to hope.

www.alz.org
800 272 3900

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Columbia Area

Published Quarterly

*To be removed from the
mailing list, please call
573 443 8665 or e-mail
suzanne.follett@alz.org.*

Hey Kids—Are You Visiting Someone With Dementia This Summer?

If so, there are lots of fun ways to spend time with your friend or relative! Try some of these great ideas!

If you have more questions about Alzheimer's be sure to visit www.alz.org. Just follow the links to "Living With Alzheimer's" and "Just For Kids and Teens" to find out more.

- ☆ Color pictures
- ☆ Listen to music or sing old songs
- ☆ Make homemade lemonade
- ☆ Read out loud from Harry Potter books
- ☆ Bake cookies
- ☆ Take photos of the person and you and create a collage
- ☆ Plant seeds
- ☆ Look at family photographs
- ☆ Weed the flowerbed
- ☆ Ask the person about a favorite summer
- ☆ Invite the person to tell you more when he or she talks about a memory
- ☆ Look at catalogs
- ☆ Ask the person about his or her brothers or sisters
- ☆ Play with tops or jacks
- ☆ Take a walk around the yard
- ☆ Water house plants
- ☆ Watch Sesame Street together
- ☆ String Cheerios to hang outside for birds
- ☆ Model with Playdough
- ☆ Recite nursery rhymes
- ☆ Ask the person to show you how to knit or sew (or another favorite hobby)
- ☆ Wash windows together
- ☆ Blow bubbles
- ☆ Participate in Memory Walk!