

**MEMORY DAY 2008**



**COME JOIN US!**

**March 12, 3007**

**Missouri State Capitol**

**11:00 a.m.—2:00 p.m.**

**Help us speak with one voice to enhance access to care, support, and services for individuals with dementia and their families.**

Visit your state senators and representative to discuss 2008 Public Policy priorities.

We will urge the Missouri General Assembly to support:

- **Alzheimer's Service Grant** funding that provides respite assistance for families, educational opportunities for persons with early memory loss, and services in rural and underserved communities
- **Comprehensive Entry Point committee**, charged with developing a system that will better inform, assess, and assist all individuals in need of long term care services
- **Assisted living waiver** that will provide for Medicaid coverage for this level of care and promote equitable access for individuals from all economic backgrounds
- **Expand spousal impoverishment protections for home and community based services** making this Medicaid provision the same as what is currently in place for nursing home level of care



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/mid-missouri](http://www.alz.org/mid-missouri)

*Serving Adair, Audrain, Benton, Boone,  
Callaway, Camden, Chariton, Clark,  
Cole, Cooper, Howard, Knox, Lewis,  
Macon, Maries, Marion, Miller, Moniteau,  
Monroe, Montgomery, Morgan, Osage,  
Pettis, Ralls, Randolph, Saline, Schuyler,  
Scotland and Shelby counties.*

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## From the Executive Director

As I write this letter for our Spring issue, the weather outside is very cold, snowy and icy. Maybe if we "think Spring", we can hurry the arrival of the new season. Spring is my favorite season because we are surrounded by change; trees budding and blooming, colorful flowers emerging, grass turning green, baby birds hatching, longer days, and warmer temperatures. I hope you make some time to enjoy the beauty of the season as a way of taking care of yourself.



Not only are changes occurring in nature with the arrival of Spring, changes are happening at the chapter office. We said good-bye to two of our staff members: Libby Connor, Development Director and Sarah Beck, Family Services Specialist. And we are welcoming three new staff members: Pam Richmond, Patti Coble, and Helen Steinmann. You will learn more about them in this newsletter. All are passionate and committed helping the families we serve in Mid-Missouri. Come by the office and say hello.

There are changes that you can be involved in as well. Much of the information in this issue is about Advocacy and how you can make your voice heard to encourage change. Please consider joining us in Jefferson City on March 12, 2008 for Memory Day. You will find further information on the front page and page 3.

Think Spring! And I hope to see you in Jefferson City for Memory Day.

~ Linda Newkirk



## **Introducing....our new Development Director**

Helen Steinmann will be leading our chapter's development plan; supervising Memory Walks, events, major gifts, etc.

Helen, with her husband and daughter, moved to Columbia from New Orleans in November 2006. She is also a member of the board of Friends of Rock Bridge State Park.

**Thanks for joining our team, Helen!**

## Chapter News and Events

### WELCOME NEW ADDITIONS TO MID-MISSOURI CHAPTER STAFF



Pam Richmond joins us in the position of Family Services Coordinator. Pam's roll will be to facilitate Men's and Care Partners groups, tend to Helpline calls, and manage Respite reimbursement.

Pam and her husband were long time residents of Macon before coming to Columbia. She also has a background in nursing.



Patti Coble has filled our Administrative Assistant position after being with KOMU for 14+ years. She will be the first smile you see upon entering our office as well as the pleasant voice over the phone.

Patti was born and raised right here in Columbia. She also is the proud mother of 5 children.



### **Memory Day 2008** *(continued from front page)*

Memory Day is a chance for Alzheimer's Advocates from across the state to join in Jefferson City to talk to lawmakers about legislation that affects those with Alzheimer's and their families.

11:00 - 11:45 a.m. ~ Training for legislative visits in House Hearing Room #5

12:00 - 12:30 p.m. ~ Memory Day Ceremony in Capitol Rotunda

12:30 - 2:00 p.m. ~ Visits with legislators

Boxed lunches will be provided for Advocates. Mileage reimbursement is also available.

#### **Registration required. Deadline: March 3, 2008**

To register and for more information, contact Sarah Wilson - Advocacy Coordinator  
573.443.8665/ sarah.wilson@alz.org

### ~ Memory Day Registration Form ~

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

e-mail \_\_\_\_\_

\_\_\_\_\_ I will attend Memory Day activities on March 12<sup>th</sup>.  
 \_\_\_\_\_ on my own                      \_\_\_\_\_ with a group \_\_\_\_\_  
 (name of group)

\_\_\_\_\_ I cannot participate on March 12<sup>th</sup> but will write or call my legislators urging them to attend the Memory Day Ceremony from 12:00-12:30 p.m. in the Rotunda.

\_\_\_\_\_ I'll write letter or place phone calls to my legislators!  
 Add my name to the Chapter's advocacy list and notify me when you need any help.

**Mail, Fax, E-mail or Call in registration by Monday, March 3, 2008**

Alzheimer's Association, Mid-Missouri Chapter / 2400 Bluff Creek Dr. / Columbia MO 65202

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## Alzheimer's in the News

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### Program for African-Americans Connects Heart and Brain Health

*Alzheimer's Association, National*

February 12, 2008—"What's good for your heart is good for your brain" is the message of a new public awareness program from the American Heart Association and Alzheimer's Association. The public awareness program kicked off in February, both American Heart Month and Black History Month, and will run through May, American Stroke Month.

The program encourages individuals to take steps now to manage their heart and brain health. More information and a pedometer are found in a free Healthy Heart and Brain Kit for African-Americans, available while supplies last at [www.alz.org/heartbrain](http://www.alz.org/heartbrain).

Studies show African-Americans, compared to Caucasian Americans, are at greater risk of developing diabetes, high blood pressure and high cholesterol—all factors for stroke and Alzheimer's disease.

Every healthy heartbeat pumps about one-fifth of your blood to your brain, carrying the food and oxygen the brain needs to think, solve problems and remember. Conditions that damage the heart and its blood vessels may also damage the brain and its blood vessels.

A recent survey found that African-Americans expressed concern about their heart health (61 percent) and brain health (40 percent), yet only about 1 out of 20 (6 percent) were aware of the close connection between cardiovascular (heart) and dementia (brain) diseases. The survey was commissioned by the American Heart Association and the Alzheimer's Association.

For more information on the public awareness program, visit [www.alz.org/heartbrain](http://www.alz.org/heartbrain), or call the American Stroke Association at 1.888.478.7653 or the Alzheimer's Association at 1.800.272.3900.

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

**call our 24/7 helpline at**

**800 272 3900**

### New Guideline Urges Screening for Fall Risk

*Copyright © 2008 ScoutNews, LLC. All rights reserved.  
HealthDay News*

February 4, 2008—Certain people are at high risk for accidental falls and should be regularly screened to help reduce the high number of fall-related injuries and deaths in the United States, a new guideline says.

Each year in the United States, accidental falls result in 1.8 million emergency room visits and more than 16,000 deaths.

The new guideline, issued by the American Academy of Neurology, take into account all available scientific studies and concluded that people with stroke, dementia, and walking and balance disorders have the greatest risk of falling. Having fallen in the past year strongly predicts that a person will suffer another fall, and people with Parkinson's disease, peripheral neuropathy, weakness in the legs or feet, and substantial vision loss are also at increased risk for falls.

The new guideline recommends doctors routinely ask patients about falls and use screening measures and mobility tests to assess whether a person is a risk of falling and needs prevention measures, such as starting a regular exercise program or eliminating fall hazards from their home.

The new guideline is published in the Feb. 5 issue of *Neurology*.

"There is a lack of awareness among doctors and patients in recognizing and preventing falls, which can lead to hip fractures, head injury, hospitalization and in some cases death," guideline lead author Dr. David J. Thurman, of the National Center for Chronic Disease Prevention and Health Promotion at the Centers for Disease Control and Prevention, said in a prepared statement.

"People need to know that falls are preventable, and there are simple tests to determine if you're at risk of falling," Thurman said. "Oftentimes the doctor may not ask about falls, and the patient may not mention falls. But, it's important to discuss falls, since some people can face serious life consequences after falling, such as disability and loss of independence, which may be averted only through fall prevention."

The American Academy of Orthopedic Surgeons has more information about falls.

### **Making Mealtimes Easier for Everyone**

*Carrie Hill, Ph.D., [alzheimers.about.com](http://alzheimers.about.com)*

Because Alzheimer's affects the brain in multiple ways, a variety of eating problems can result, creating challenges for both you and the person you're providing with care. For most families, meals are a time for reconnecting, reminiscing, and enjoying each other's company. When Alzheimer's disease hinders the mealtime experience, it puts stress on everyone involved. The key to making mealtimes easier is to understand how Alzheimer's affects eating behaviors and approach mealtimes with patience, planning, and flexibility.

### **How Alzheimer's Affects Eating Behaviors**

Several problems relating to memory and sensory abilities can occur. For example, your loved one might lose the ability to sense when she is hungry or full, refuse food even on an empty stomach, or ask for another meal just after eating.

Alzheimer's can also affect taste and smell, so food may not be as appetizing to your loved one anymore. Eating utensils might be confusing, and your relative might not know what to do with food that is placed in front of him. He might put too much food in his mouth at once, eat too quickly, attempt to swallow without chewing, or try to eat inedible items.

Individuals with Alzheimer's are more likely to suffer from malnutrition and dehydration, both of which can worsen confusion and behavior as well as lead to other serious medical problems.

### **Creating an Optimal Eating Environment**

In general, your loved one will have a better experience if meals are served in a quiet, calm atmosphere. Mealtimes should follow a consistent routine. Table settings should be simple with all unnecessary items removed. Make sure that the room is a comfortable temperature, since those with Alzheimer's tend to be more sensitive to rooms that are too hot or cold.

Be flexible if your relative changes her food preferences. She might suddenly decide that she no longer likes a food item, or that she must have a particular food or beverage several times a day. Being flexible will decrease difficult behaviors like aggression and improve appetite and sleep patterns.

### **When a Calm Environment Isn't Enough**

Sometimes, even a calm eating environment won't prevent all mealtime problems. In these situations, the way you respond to your loved one is of paramount importance.

- **Agitation**

Don't argue with your relative while he is agitated. Alzheimer's has robbed his ability to use reason or logic, which make arguing pointless. Instead, use a calm, consistent approach, and try to reassure your loved one that you're there to help. If all else fails, distract him to something pleasant, such as a favorite radio show or photo album, until he's ready to try eating again.

- **Aggression**

If your family member tends to become aggressive or combative, use unbreakable dishes and glasses. Try to determine the source of the aggression. Is the room too hot or cold? Is it too noisy or chaotic? Could a medical condition, such as a urinary tract infection, be causing the aggression? As hard as it may be, try to respond with a low, calm voice, reassuring touches, and a cheerful, friendly attitude.

- **Wandering**

People with Alzheimer's can be prone to pacing and wandering. Those who pace might not be able to tolerate a sit-down meal. Rather than try to convince your loved one to stay at the table, it's best to adapt to the behavior. Calorie-dense foods, such as peanut butter or dried fruits, can meet nutritional needs even if your relative eats at the table for only short periods. Finger foods can also be provided while pacing.

### **Practical Tips**

To help your loved one eat more successfully, cut food into bite-size pieces that can easily be chewed, and use plates or bowls with protective (non-spill) edges. Set bowls and plates on non-skid surfaces.

If your relative seems confused about how to begin, demonstrate how to use a utensil, or take her hand in your hand and help her with the first bite - often, she will then continue on her own. If you need to provide directions, only give one at a time, and make sure that each step had been completed before moving on to the next one.

### **It's All About Respect**

Most importantly, respect what your family member is communicating to you during mealtimes, either verbally or through his or her behaviors. Individuals with Alzheimer's deserve flexibility and patience and should be monitored on an ongoing basis. This way, you can continue to adapt your approach to your family member's current behaviors, preferences, and abilities.

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

**Columbia**

**3rd Thursday of each month  
11 a.m. to 1 p.m.  
Primaris, 200 N. Keene St.**

**Osage Beach**

**2nd Wednesday of each month  
11 a.m. to 1 p.m.**

Please RSVP to Pam Richmond, 443-8665

# save the date!

Can you play well with others?

Are you up for a challenge?

Mark May 3, 2008 for an all day event  
"Take Aim at Alzheimer's!"

This will be a decathlon held in venues across Columbia. Registration information and sponsorship opportunities will be available soon. Please check our website for more details.

[www.alz.org/mid-missouri](http://www.alz.org/mid-missouri)

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## The Early-Onset Project

Linda Fisher, author and editor of Alzheimer's Anthology of Unconditional Love, has decided to begin another piece of work, focused on those with early-onset Alzheimer's/dementia. A book about early onset will create awareness that Alzheimer's is a neurological brain disease and not just a normal part of aging. Many books have been written about Alzheimer's, but this type of anthology gives a rare opportunity to see dementia from many different perspectives. Approximately 35 true slice-of-life stories will be selected for publication in a book that will give a VOICE to the 500,000 Americans with early onset Alzheimer's.

Writers do not need to be professionals to submit a story. Stories received well before the deadline will receive more editing attention, and Ms. Fisher will work with authors to help give their story a focus.

The stories in the book will be arranged as follows:

Part I: In their Own Words

Part II: Care Partner Stories

Part III: Family, Friends, & Professionals Stories

The book will include informational articles about the Alzheimer's Association and other information to direct families toward services needed to help them cope with the challenges associated with dementia.

Submissions are now being accepted until the deadline of June 30, 2008.

Complete submission guidelines can be found on Ms. Fisher's website at [www.lsfisher.com](http://www.lsfisher.com). All submissions will be entered into a contest with modest monetary prizes.

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*"Never doubt that a small group of thoughtful, committed people can change the world.  
Indeed, it is the only thing that ever has."*

*~ Margaret Mead, cultural anthropologist*



# 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, 573-876-5800

## **Columbia**

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

## **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 p.m.  
Frumpy Joe's (Dessert Provided)  
Linda Onger, Michelle Black,  
636-488-5400

## **Kirksville**

2nd Wednesday, 10:30 a.m.  
The Arbors, Dining Room  
620 E. Gillaspy  
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, 5:30 p.m.  
First Christian Church  
Tammy Papreck, 660-831-5259

## **Memphis**

3rd Thursday, 6 p.m.  
Scotland County Care Center,  
East Dining Room  
Laura Schenk, 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 Thursday, 6:30 p.m.  
Maple Lawn Nursing Home  
Carol Miller, 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, 5 p.m.  
Gamma Road Nursing Home  
Tina Cravens, 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  
Pam Richmond 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

# SAVE THE DATE!!

## Alzheimer's Association 20th Annual Public Policy Forum

May 12 - 14, 2008

Grand Hyatt Washington Hotel  
Washington D.C.

This year is critical to our cause: November's presidential election provides us with the opportunity to urge candidates to recognize and address the Alzheimer emergency facing our nation.

Join hundreds of advocates from across the country to learn about Alzheimer research, care, and current legislation. It is a powerful and moving experience.

For more information, go to [www.alz.org](http://www.alz.org) or call Sarah Wilson @ 573.443.8665

alzheimer's  association™

Mid-Missouri Chapter  
2400 Bluff Creek Drive  
Columbia, MO 65201

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

[www.alz.org/mid-missouri](http://www.alz.org/mid-missouri)  
573 443 8665 Office  
800 272 3900 24-hr Helpline



*Columbia Area*

*To be removed from the  
mailing list, please call  
573 443 8665 or e-mail  
[sarah.wilson@alz.org](mailto:sarah.wilson@alz.org).*

**RETURN SERVICE REQUESTED**