

THE ALZHEIMER'S PROJECT: A pioneering multi-part, multi-platform series bringing new understanding and hope for millions

One of the most devastating forms of memory loss is Alzheimer's disease, an irreversible and progressive brain disorder that slowly destroys memory and thinking skills. Today, Alzheimer's is the second most-feared illness in America, following cancer, and may affect as many as five million Americans. As the baby-boom generation reaches retirement, that number could soar to more than 11 million by 2040 and have a huge economic impact on America's already fragile healthcare system.

While there is no cure for the disease, THE ALZHEIMER'S PROJECT shows there is now genuine reason to be optimistic about the future. Created by the award-winning team behind HBO's acclaimed "Addiction" project, this multi-platform series takes a close look at groundbreaking discoveries made by the country's leading scientists, as well as the effects of this debilitating and fatal disease both on those with Alzheimer's and on their families.



Watch the videos at alz.org/hbo for free or purchase the set at major retailers

Scientific research is gaining momentum in discovering ways to treat and possibly prevent Alzheimer's. Aiming to bring a new understanding, THE ALZHEIMER'S PROJECT features a four-part documentary series, 15 short supplemental films, a

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Is there "hope on the horizon"?

By Dr. Myra Aud,

Associate Professor at MU Sinclair School of Nursing

After viewing the HBO series on Alzheimer's disease, I have been reflecting on my 35 years of experiences as a registered nurse caring for older adults with Alzheimer's disease and other dementias. As persons with dementia, families, and caregivers cope day by day with Alzheimer's disease, we wait for news of treatments and we hope for a cure.

There is progress to report. Our understanding of Alzheimer's disease grows. The work of many committed scientists continues to increase our understanding of how the brain functions and how Alzheimer's disease impairs brain function. Today we know more about Alzheimer's disease and the other dementias than at any time in history.

We have some medications, such as the acetylcholinesterase inhibitors, that slow the

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Alzheimer's Association Mid-Missouri Chapter

2400 Bluff Creek Drive
Columbia, MO 65201

Phone 573 443 8665
Fax 573 499 9701

www.alz.org/mid-missouri

email: midmoinfo@alz.org

*Serving 29 counties
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Our Mission:

To eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

“Our vision is a world without Alzheimer's.”

Continued from page one

progression of the disease in some persons with dementia although we do not know why these medications fail to help others. We also have research studies that indicate that some treatments proposed over the years, such as Hydergine®, are not effective. In the search for treatments and cures even this negative information is progress; in healthcare it is as important to know what does not work as to know what works.

As described in the HBO series, there is hope now for a vaccine for Alzheimer's disease that works against the abnormal beta-amyloid protein in the brain. One clinical trial of the vaccine was halted because of side effects but a recipient of the vaccine was interviewed for the HBO series. It appears that in his case the vaccine slowed the progression of his Alzheimer's disease symptoms and did not cause significant side effects. Work on a vaccine has continued; a new clinical trial is underway.

Several weeks after the event at the library, I continue to reflect on the hope engendered by the HBO series. I feel like a child anticipating holiday gifts, standing on tiptoe, waiting to open the packages, knowing that something good is coming.

However, unlike the child I do not have a fixed date for the holiday gift. Scientific discoveries do not come according to the calendar. They come in their own time after research, more research, and more research. I know that research is happening now. I know work is being done on diagnostic methods. I know there are clinical trials of medications and vaccines. Someday, what we hope for will arrive.



Myra Aud, PhD, RN, is an Associate Professor at the MU Sinclair School of Nursing specializing in Gerontological Nursing with focuses in dementia; promotion of health and safety for older adults; care quality in assisted living facilities, nursing homes,

and dementia special care units. As a Board Member for the Alzheimer's Association Mid-Missouri Chapter, Dr. Aud recognizes the need for community-based services and recommends an early and accurate diagnosis of AD.

Ask the Expert: Answers to your questions about AD



Today's expert:
Pam Richmond,
Family Services
Coordinator

Welcome to our new series “Ask the Expert.” Each quarter, we’ll highlight an Alzheimer’s expert to answer your most frequent questions about Alzheimer’s disease and related dementia.

Question: “My mom’s doctor told us to call the Alzheimer’s Association, but I really don’t know what you can do to help us.”

Answer: “One of the frequent questions I get from Helpline callers is ‘What services do you have to offer?’ We have a wealth of services to offer and I’ll highlight a few.

Our experienced Care Consultants are available to answer your questions about Alzheimer’s disease (AD) and to direct you towards helpful services. You can reach us by

phone at 573-443-8665 or at our toll-free Helpline 800-272-3900. Helpline is answered 24 hours a day, ensuring you’ll always have someone to assist with your needs. Our Care Consultants want to find out the challenges you face and what we can do to help.

Safe Return® + MedicAlert® is a signature program offered by the Alzheimer’s Association to assist with wandering associated with AD. If an individual with AD wanders, caregivers can call the emergency response line to report it. A community support network is activated to help reunite the family member or caregiver with the person who wanders. The program is highly effective and provides peace of mind.

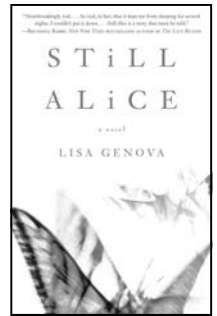
Our support groups are available throughout central and northeast Missouri (see complete list page 6) and include specific groups for men caring for women with AD, women caring for their mates, and adult children. Our support group facilitators are informed, dedicated people working to make each meeting meaningful and helpful.

Respite is an immense help to caregivers and one of our most important services. *Respite* refers to the time caregivers need to take a break from caregiving and leave a loved one in someone else’s care. Our program provides money each month to encourage *respite*. Our respite recipients are at all different stages of the disease process. Some families hire a neighbor to come and keep the person with dementia company while the caregiver runs errands; others use the funding to pay for professional caregivers for those in the late-stages of AD. The decision is yours.

The Alzheimer’s Association is active in advocacy and funding research. We advocate for legislation that affects our families and we are the largest private funder of Alzheimer research.

This is just a sample of the services we offer. To learn more, give me a call and we can work through your personal situation.

Book Review: *Still Alice* by Lisa Genova



Still Alice is a compelling story that crafts a realistic portrait of an individual with early onset Alzheimer’s disease.

The protagonist, Alice Howard, is a successful psychology professor at Harvard, living with her husband John in Cambridge. After she is diagnosed with Alzheimer’s disease, her life becomes unknown to her when she loses track of rooms in her home, resigns from Harvard and cannot recognize her own children. Author Lisa Genova, a neurologist, creates a story appealing to those dealing with the disease and provides additional insight on caring for someone with Alzheimer’s.

Still Alice is available through major retailers and at amazon.com.

Genova’s writing engages readers to connect with the protagonist as she takes them through a realistic experience of someone with Alzheimer’s disease. *Still Alice* is ideal for caregivers because the author takes her reader’s first hand through the mind of someone who is lost, confused and bewildered.





An excerpt from *Still Alice*...

Alice sat at her desk in their bedroom distracted by the sounds of John racing through each of the rooms on the first floor. She needed to finish her peer review of a paper submitted to the *Journal of Cognitive Psychology* before her flight, and she’d just read the same sentence three times without comprehending it. It was 7:30 according to their alarm clock, which she guessed was about ten minutes fast. She knew from the approximate time and the escalating volume of his racing that he was trying to leave, but he’d forgotten something and couldn’t find it. She tapped her red pen on her bottom lip as she watched the digital numbers on the clock and listened for what she knew was coming.

“Ali?”

Make the switch from paper to digital...

Receive your quarterly newsletter via email!

-  Save a tree
-  Save a stamp
-  Help **us** save today!
-  Go to alz.org/mid-missouri to sign up.

Get Connected

Roast of Mike Alden makes history

Personal connection to Alzheimer's inspires Aldens to join the cause, helps raise more than \$67,000!

The Roast of Mike Alden to benefit the Alzheimer's Association Mid-Missouri Chapter made history June 4 with a record event total of \$67,775, of which \$14,000 was raised at the event through the auction and additional donations. "The Alden's story of Alzheimer's disease was touching. I think the crowd wanted to show their support for the Aldens by giving generously. We are so grateful for their commitment to our cause," said Melissa Hanstein, special events coordinator for the Alzheimer's Association Mid-Missouri Chapter.

So why risk public mockery? "Alzheimer's Association supports a great cause," responded Alden. "Rockie and I have a connection with Alzheimer's disease. Our family has been impacted directly so we wanted to help generate resources and exposure for other families like ours," said Alden in reference to his wife Rockie's father who is currently battling Alzheimer's. "We see the need for greater awareness of Alzheimer's in our community."

Roasts from Governor Jay Nixon, a friend of Alden; Mario Moccia, now Athletic Director at Southern Illinois University and a past intern turned Senior Associate AD for External Operations at Mizzou; and Peggy Kirkpatrick, Executive Director at the Central Missouri Food Bank left the crowd in stitches. A special appearance from "The Godfather," played by Thom Baker, was spot-on as he strolled through the crowd with bodyguards in tow.

Videos are available for purchase at alz.org/mid-missouri, compliments of Jack Smith and Thom Baker at Baker Video & Films.

Premiere Forget-Me-Not Ball brings excitement to the Lake of the Ozarks

Polished dancers graced Tan-Tar-A's ballroom floor during the Forget-Me-Not Ball to entertain guests and raise funds for the Alzheimer's Association Mid-Missouri Chapter.

"The Forget-Me-Not Ball was a chance to honor those with Alzheimer's disease and remember those we've lost," said Amy Hernandez, event organizer and owner of La Roca Dance Studio, "Studies show dancing can help maintain brain health, so we've combined a useful activity and a meaningful cause for a truly unforgettable night."

Attendees enjoyed a delicious dinner, sponsored by US Foodservice, complete with delectable deserts from Sugar Loft Cake Shoppe. Seven Springs Winery offered perfect wine pairings to compliment the main course.

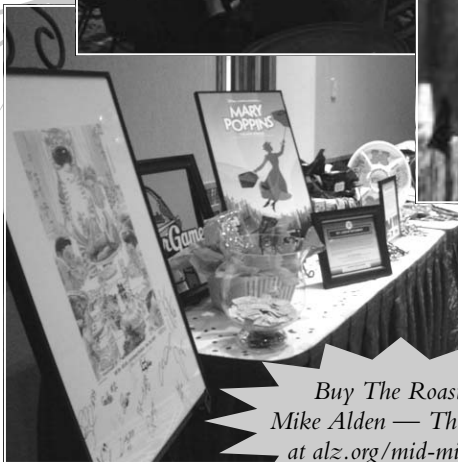
The event raised more than \$30,000 for the Alzheimer's Association Mid-Missouri Chapter, attracting 170 attendees. The committee is already busy planning for next year's event, hoping to create a tradition at the Lake. *Stay tuned for more!*

Success at the Jeff City Chicken Dinner & Auction

Thanks to the hard work and dedication of the Jefferson City Memory Walk committee, the Chicken Dinner & Auction raised more than \$10,000 for the JC Memory Walk! Hot items included homemade bread (sold for \$200!), handmade quilts and more.

Congratulations to all who planned this enduring event.

More photos at alz.org/mid-missouri



Buy The Roast of Mike Alden — The Video at alz.org/mid-missouri



(Top left) 400 attendees enjoyed the Roast (Top center) Coach Mike Anderson and Gov. Jay Nixon shared a laugh before the Roast (Top right) Ball attendees enjoyed dinner and a show at the premiere event

(Center left) Mike Alden described his father-in-law's battle with Alzheimer's disease and how difficult it's been to see him decline. "He's my guy," said Mr. Alden. (Center right) Newly crowned Miss Missouri posed with Ball guests (Bottom left) Roast auction items ranged from dinner for eight prepared in the winner's home to a trip for two to a Mizzou football game — with the team! (Bottom right) Jeff City Chicken Dinner attendees browse the auction items.

Support Groups

BOONVILLE

3rd Thursday, 1 p.m.
Cooper County Memorial Hospital,
Library
Betty Jane Myers, 660.834.3111

CALIFORNIA

4th Thursday, 6 p.m.
S. W. Moniteau Care Center
Rite Fischer, 573.796.3822

COLE CAMP

Please call Judy Harris for
current schedule 660.668.4432 or
800.301.2329

COLUMBIA

2nd Thursday, 3:30 p.m.
Lenoir Community Center
Janell Irvin, 573.876.5800

CHARITON COUNTY

2nd Tuesday, 7 pm
Meeting locations rotate among
Chariton Park Nursing Home,
Brunswick Nursing Home
and Marceline Manor
Susan Turner, 660.288.3675

EDINA

2nd Tuesday, 5:30 p.m.
Knox County Nursing Home
Holly Jones, 660.397.2282

FULTON

3rd Tuesday, 11 a.m. to 1 p.m.
Presbyterian Church Community
Resource Room
Eva Santoyo, 573-819-6242

HANNIBAL

3rd Tuesday, 4 p.m., every other month
(Feb., April, June, Aug., Oct., Dec.)
Beth Haven Nursing Home
Kami Harsell & Margie Dawkins
573.221.6000

JEFFERSON CITY

2nd Tuesday, 5:30 p.m.
Golden Living Center
3038 W. Truman Blvd.
Katherine Carlson, 573.893.3404

JONESBURG

3rd Tuesday, 12 p.m.
Frumpy Joe's (Dessert Provided)
Linda Onger & Michelle Black,
636.488.5400

KIRKSVILLE

Coming Soon!

MACON

2nd Monday, 5:30 p.m.
Loch Haven Nursing Home
(light dinner served)
Patty Hasselbring & Dawn Moore,
660.385.3113, ext. 217

MARSHALL

On hold till further notice

MEMPHIS

3rd Thursday, 6:30 p.m.
Scotland County Care Center,
Sun Room
Laura Schenk, 660.465.7221

MEXICO

Third Wednesday, 1:30 p.m.
Missouri Veterans Home
Jean Hull & Rita Davidson
573.581.1088, ext. 265

MONROE CITY

1st Tuesday, 2 p.m.
Monroe City Manor Care Center
Nancy Voepel, 573.735.2010

OSAGE BEACH

3rd Thursday, 1 p.m.
Lake Regional Health System.,
Conf. Rm. D
Teresa Knight & Barb Stone
573.346.5654
Sally Wood, 573.348.2225

PALMYRA

2nd Tuesday, 6:30 p.m.
Maple Lawn Nursing Home
Carol Miller, 573.769.2213

SEDALIA

2nd Thursday, 6:30 pm
Bothwell Education Center
Randy & Phyllis Craig, 660.826.8367
Linda Fisher, 660.826.4371

STOVER

2nd Thursday, 2 p.m.
Golden Age living Center, Conf. Rm.
Alice Tietjen, 573.377.4521

SULLIVAN

3rd Thursday, 7 p.m.
MO Baptist Sullivan Hospital
Tracy Clayton, 573.860.1604

TIPTON

Group meets quarterly. Call for date and
time. Tipton Oak Manor
Tonya Weaver, 660.433.5574

WELLSVILLE

Last Wednesday, 5 p.m.
Gamma Road Nursing Home
Cindy Norman, Meta Jaspering
& Cheryl Wieberg, 573.684.2602

SPECIAL GROUPS

ADULT CHILDREN

3rd Tuesday, 5:30 p.m.
Mid-Missouri Chapter Conf. Rm.
Maria Hines 573.657.0046,
Patty Gibbs 573.445.5319

CARE PARTNERS

2nd Tuesday, 2-3:30 p.m.
Mid-Missouri Chapter Conf. Rm.
Pam Richmond, 573.443.8665

CHANGING PLACES:

MEN EMERGING AS CAREGIVERS

*Lake Ozark: 2nd Wednesday, 11 am-1 pm
Stars and Stripes Restaurant 66 N. Shore Dr
*Columbia: 3rd Thursday, 11 am - 1 pm
Primaris, lower level conference room
*RSVP to Pam Richmond, 573.443.8665

DAYS OF OUR LIVES: WOMEN

CARING FOR THEIR MATES

4th Tuesday, 2 - 3:30 p.m.
Lenoir Community Center Conf Rm A, B
Pam Richmond, 573.443.8665

PARKINSON'S SUPPORT GROUPS

COLUMBIA

1st Tuesday, 4 p.m.
Columbia Senior Center,
2nd Fl. Conf. Rm.
Gerry, Neely, 573.815.3554

HANNIBAL

1st Tuesday, 1 p.m.
First Choice Rehab
Lori Griffith, 573.221.1711

JEFFERSON CITY

3rd Wednesday, 3:30 p.m.
Capital Region Medical Ctr,
SW Campus
Jennifer Urich, 573.632.4608

SEDALIA

3rd Monday, 4 p.m.
First Christian Church
Barbara Schulz, 660.826.6039

We always appreciate your support.

Your gift will make a difference in the lives of people living with Alzheimer's disease and their caregivers by helping us provide care and support. Your gift may be designated as a tribute or a memorial in honor of a loved one.

Name _____ Phone _____

Address _____

City _____ State _____ Zip _____

e-mail _____

If your gift is a tribute or memorial, please provide the following information:

In Honor of (name) _____

Relationship _____ or

In Memory of (name) _____ Relationship _____

If you would like an acknowledgment sent to a third party, please provide the following information:

Name _____

Address _____

City _____ State _____ Zip _____

Gift Information *Your gift is tax deductible* **Amount:** _____ \$250 _____ \$100 _____ \$50 Other: _____

⇒ Check is enclosed, made payable to *Alzheimer's Association, Mid-Missouri Chapter*

⇒ Please charge my credit card (select one). _____ VISA _____ MASTERCARD

Account number: _____ Exp. Date: _____

Signature: _____

*Clip this form out,
complete and mail to:
Alzheimer's Association,
Mid-Missouri Chapter
2400 Bluff Creek Dr.
Columbia MO 65201*



Memory Walk Calendar

Columbia Memory Walk
Sunday, September 27
Stephens Lake Park

Jefferson City Memory Walk > TBA
Kirksville Memory Walk > TBA

Linn Memory Walk > TBA

Macon Memory Walk
Saturday, October 3
Long Branch State Park

Sedalia Memory Walk Committee meets
every 3rd Monday at 6pm
First United Methodist Church

Sedalia Bank Night is Thursday, September
17th First United Methodist Church

Sedalia Memory Walk
Saturday, September 19
Missouri State Fair Grounds


Monroe City Memory Walk > TBA

Osage Beach Memory Walk
Saturday, September 12
Osage Beach City Park



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Nationally presented by Genworth Financial 

It's time to MOVE!

Walk with us toward a world without Alzheimer's disease! We're getting ready for this fall's Alzheimer's Association Memory Walk® events, and we want you to get in on the action. **Register as a team or individual today at alz.org/mid-missouri or call Melissa at 573-443-8665!**

Memory Walk is the nation's largest event to raise awareness and funds for Alzheimer care, support and research – and it calls on people of all ages to take action in the fight. Year-round, our participants are involved in efforts to help defeat this devastating disease.

Join the cause today by signing up and pledging your support!

Start or Join a Team

Teams are the heart of Memory Walk - people working together to support the millions affected by Alzheimer's. Team up to have fun, make new friends and support a great cause.

Start your own team

First, select a walk near you and register online. You will have access to your very own Web site that you can use as your fundraising headquarters.

Tips for setting up your Memory Walk site

Starting a team is easy. Invite three people, and they'll invite three people - and before you know it, you'll have a team. Recruit family, friends and colleagues to join your team and ask them for donations. Several tools are available online including:

- ◆ Team captain guide
- ◆ Setting team goals
- ◆ Team sign-up sheet

Visit alz.org/mid-missouri for details.

Team up at work

Mobilize your co-workers - or your entire company - to form a team and make a huge impact in the fight against Alzheimer's. Visit alz.org/mid-missouri for details.



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
573 443 8665 Office
800 272 3900 24-hr Helpline



Heart of Missouri Chapter

CHANGE SERVICE REQUESTED