

Mid-Missouri Chapter Newsletter

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

September, October, November 2007

www.alz.org/mid-missouri
573 443 8665— 800 272 3900



Let's MOVE a nation to end Alzheimer's Memory Walk 2007

It's hard to believe, but Memory Walk season is upon us again! This year we're expecting more than 1,500 walkers in 5 different towns.

We have two location changes this year and that is exciting. The Jefferson City Memory Walk is happening at the Capitol and the Columbia Memory Walk is now at Stephens Lake Park.

Please mark your calendars and join us at one of our walks. There's so much that can be accomplished when we work together.

Take **ACTION**—its time to make a difference.
MOVE us closer to a world without Alzheimer's

You can sign-up for any walk online NOW at www.alz.org/mid-missouri or call our chapter (573 443 8665) for more information.

MID-MISSOURI AREA WALKS

- | | |
|----------|--|
| Sept. 15 | Sedalia
MO State Fairgrounds
Registration—8:30 a.m.
Walk @ 10 a.m. |
| Sept. 29 | Jefferson City
Missouri State Capitol
Registration—9 a.m.
Walk @ 10 a.m. |
| Oct. 6 | Macon
Long Branch State Park
Registration—9 a.m.
Walk @ 10 a.m. |
| Oct. 7 | Columbia
Stephens Lake Park
Registration—1 p.m.
Walk @ 2 p.m. |
| Oct. 20 | Linn
Linn High School
Registration—9 a.m.
Walk @ 10 a.m. |

Make a million-dollar difference

September 21 marks World Alzheimer's Day, during which Alzheimer organizations from around the world work together to raise awareness of the disease – and the many

This year, thousands of people will join the Alzheimer's Association on World Alzheimer's Day to raise \$1 million for Alzheimer care, support and research. And, if that goal is reached, the Harrah's Foundation will match the entire \$1 million.

Current estimates show that more than 5 million people in the United States – and 26 million people worldwide – have Alzheimer's. And researchers predict that by 2050 the global prevalence of the disease will quadruple, affecting more than 100 million individuals.



millions of lives it affects every day.

There are many fun, easy ways you and your friends, family and co-workers can get involved to help the Association reach its million-dollar goal:

- Host a dinner party, asking guests to donate to the Alzheimer's Association what they would have spent on an evening out
- Play a Round to Remember™ – tee up with your golf group and make donations for every hole under par
- Make your own donation – then

spread the word to friends, family and colleagues

Free tips, tools and kits to help are all available at www.actionalz.org.

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

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

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From the Executive Director

It's almost fall so it must be Memory Walk season. "We are on the **MOVE** to end Alzheimer's". Please help us **MOVE** the cause forward by forming your own team and joining us at one of our five Memory Walk locations. This is an amazing opportunity to show support for all the families living with Alzheimer's and to remember our loved ones who have finished their battle with this disease. A challenge has been issued to the Mid-Missouri Chapter staff and board members for 100% participation. We will let you know how well we meet the challenge in the next newsletter.



Sarah Wilson was introduced to you in our last issue and is making her solo debut as our newsletter editor with this issue. Welcome, Sarah. She has, also, been busy working on our website (www.alz.org/mid-missouri). We hope you like the new look and that you visit the site often for the most up-to-date information about Alzheimer's disease and the activities of the chapter. You will find many ways to become involved with us in MOVING our mission forward.

I want to take this opportunity on behalf of the chapter to say good-bye to Janet Hart, most recently our newsletter editor. Janet has worked for the chapter for the past seven years providing wonderful care and support to our families as well as many other duties and responsibilities. She is now focusing her care and support and her love on her two daughters, Cora, 3 years old and Lucy, 3 months old. We will miss you, Janet. Thank you for everything that you brought to the chapter.

We will be looking for you at one of our Memory Walks in September and October!

Linda Newkirk

New Addition to Chapter Staff

Suzanne Follett has been working in the office for several months and now joins us as a full-time staff member as our Administrative Assistant. She is ready to welcome you to our office with her bright smile and friendly "hello."

Welcome, Suzanne!

List your facility on our Senior Housing Finder.

Three ways to complete a profile:

1. Online at snapforseniors.com.
2. Download a hard copy version from snapforseniors.com.
3. Call SNAPforSeniors customer service at 206.575.0728 or 1.888.651.SNAP (7627)

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

call our 24/7 helpline at 800 272 3900

Chapter News and 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.

Funds are available to provide care in your absence during the workshops. Lunch will be provided.



The Edcon Group are teachers of skills for interacting with those who have dementia, and skills for creating and managing EXTRAORDINARY health care facilities. They will be coming to Columbia MO with **THE SHOW-ME TOUR: EXCELLENCE IN DEMENTIA CARE** workshops.

Nov. 7th—Building a Championship Team
(for leaders) 8:30 a.m.—4 p.m.

Fee: \$89 (discounts for groups)

Nov. 8th—Taking Dementia Care from Ordinary
or to Extraordinary *(for professionals)*

Nov. 9th 8:30 a.m.—4 p.m.

Fee: \$59 (discounts for groups)

For info, call 1 800 475 4844 or www.edcongroup.org

Professional Dementia Care Training Programs Available

Optimum care for persons with dementia requires specialized skills and exceptional sensitivity to client/resident needs. The Mid-Missouri Chapter is pleased to offer evidence-based professional training programs, designed to fit your staff needs. The classroom (in-service) and Web-based (off-site) trainings of care practices are based on the latest research and expert evidence in the field of dementia care. Volume discounts and continuing education units for professional staff may be available. Please contact Joetta Coen for scheduling and details at 573 443 8665 or Joetta.coen@alz.org

The New Face of Alzheimer's—Memory Gala 2007

June 14, 2007— The Alzheimer's Association Mid-Missouri Chapter would like to give thanks to all who attended and participated in our annual gala, held this year at Lela Raney Woods Hall on the Stephens College Campus. We appreciate the hard work from the Planning Committee: Rachel Keller Brown, Fay & George Carney, Rebecca Cordero, Kat Cunningham, Sharon Harl, Peter Koukola, Ann Michael, Linda Newkirk and Leah Beth Simon. We are extremely grateful to our event sponsors, Rachel & Travis Brown, as well as the table sponsors: ABC Laboratories, Century Tel, Cole County Medical Alliance, Jerry & Sharon Hart, Stuart Head, Phil Orscheln, Leah Beth Simon and The Newkirk Family. A special thanks to the generous donors for items in the live auction.

The event featured a live auction led by Stuart Head, a photo booth (sponsored by Moresource, Inc.) and dancing with the Norm Ruebling Band. KT Diamond Jewelers designed a one-of-kind— pendant exclusively for the gala, and Joe Moseley served as the Master of Ceremonies.

Penny Braun was honored for her years of service. Mrs. Emma Stockard was also recognized on behalf of her son, Gregory Stockard, Jr. and his generous gift.

“The gift Alzheimer’s gives me is the gift of witnessing love in its elemental form. Every day I witness such incredible love in marriages, families, and friendships. I try not to overlook that love. I think it’s not just a gift to me, but it’s the gift Alzheimer’s gives to all of us, if only we stop to see it.”

Paul Raia, director of Patient & Family Support, Alz. Assoc. Massachusetts Chapter

Alzheimer's in the News

Senate committee approves Breakthrough Act

Alzheimer's Association, National

August 16, 2007—The Senate Committee on Health, Education, Labor & Pensions has approved the Alzheimer's Breakthrough Act, sponsored by Sens. Barbara Mikulski (D-Md.) and Christopher Bond (R-Mo.). The Alzheimer's Association urges its full passage in the Senate.

Calling for a doubling of the funding for Alzheimer's research at the National Institutes of Health (NIH) from \$640 million to \$1.3 billion, this bold legislation authorized the necessary to restore momentum for better diagnosis, prevention and treatment of Alzheimer's disease. New treatments that alter the course of the disease could save millions from the disease and yield \$61 billion in annual Medicare and Medicaid savings within five years of a breakthrough. The Alzheimer's Breakthrough Act is necessary to achieve this important outcome.

This legislation will provide much-needed support right now for the nearly 10 million caregivers. Many of these caregivers are part of the "sandwich generation" - those sandwiched between caring for their aging parents and their children and who find the dual-caregiver role financially and emotionally draining. The Alzheimer's Breakthrough Act seeks to provide them with vital resources and tools to assist them in this demanding role.

It also calls for a national summit on Alzheimer's to look at promising research breakthroughs.

Coping with the Alternate Realities of Dementia Patients

Mindingourelders.com
By Carol Bradley Bursack

August 13, 2007— *Whose's reality is this?*

Dorian Martin's SharePost about her mother's perception of the coming elections brought back powerful memories for me. Her mother had apparently heard some conversation about the 2008 election, and thought she and Dorian were on their way to vote, when in reality they were just going to the nursing home's common room.

This issue is one that needs to be addressed regularly. Most of us know, but we can easily forget that with dementia patients, it's generally easier for us—and healthier for them—if we just go with the flow, rather than try to explain "reality" to them.

We have to remember that our reality is **our** reality. The dementia patients' reality is just as real to them.

When we honestly think about it, each of us has a slightly different perception of reality than the person sitting right next to us. And that is, we presume, with fully functioning brains. So, why **wouldn't** a person with dementia think his or her reality is, well-real?

During my dad's decade of dementia, I never knew which reality he would be in, on any given day. Was he playing in Lawrence Welk's band? Was he a medical doctor? Was he waiting for his Ph.D. diploma to come in the mail?

My first order of business, each day, was to find out who my dad was. I was generally his office assistant, so my role was defined, if not easy. Once I talked with him a bit (assuming it was a day when he could communicate), I'd spring into action. Did he need a letter written to the mayor, or even the president? Did he need me to follow up one of his research projects he'd been asked to do? Did a general need to consult with him? Well, you get the idea.

I could have told him he was just imagining things. I could have reminded him that he was an old man in a nursing home, who'd had brain surgery, and that surgery had backfired, leaving him with dementia. But what good would that have done?

It would have made him feel diminished, if he believed me (or allowed himself to believe me). Or else, he would think I didn't want him to succeed. He'd think that I didn't want to help him.

This was during the time when his psychiatrist was insisting that I should be bringing Dad back to "reality." Sorry Doc. I **was** working with reality. Dad's reality.

Eventually, Dad got a new psychiatrist. One day, the doctor was looking at all the degrees and certificates hanging on the walls in Dad's room. At first, the doctor thought the medical "degree" was real. A nurse quickly straightened him out. He then asked me where I learned this technique.

I said simply, "I'm his daughter."

I explained to the doctor that it would only frustrate Dad if I tried to drag him into my reality. The only reality Dad knew was in his head, and it was my job to go there; to join him in his reality and make that reality as pleasant for him as possible.

Long-Distance Caregiving

When you live many miles away from your loved one with dementia, the separation can complicate caregiving. Concerns about the person's safety, nutrition and health can be overwhelming sometimes.

Here are some strategies to manage long-distance caregiving.

Identify needed help

If the person with Alzheimer's disease lives alone, he or she may have difficulty managing daily tasks. You will need to identify what kind of help he or she may need to remain independent in the home for as long as possible.

When you visit your loved one, observe the following:

- Is there food in the refrigerator? Is it spoiled? Is the person eating regular meals?
- What is the condition of the inside and the outside of the home? Has it changed?
- Are the bills paid? Are there piles of unopened mail?
- Do friends and relatives visit regularly?
- What is the person's personal appearance? Is the person bathing and grooming?
- Is the person still able to drive safely?

Establish support contacts

Building a list of contact people and resources can help you coordinate care from a distance.

- **Family, friends and neighbors.** Make a list of their phone numbers and addresses. Ask if you can check in with them to find out how your loved one is doing. They may also be willing to stop by your loved one's home for regular visits.
- **Your loved one's doctor.** Keep in contact with the person's doctor. The doctor can call you if there are concerns about the person's mental or physical well being.
- **Community organizations.** Check with local churches, temples, neighborhood groups and volunteer organizations. They may provide meal delivery, transportation or companion services.
- **Aging agencies.** The local area agency on aging (AAA) has services that can help with meals, chores, and transportation. To locate your area agency on aging call Eldercare Locator toll-free at 1.800.677.1116 or www.eldercare.gov
- **Home care services.** You can hire home health care workers to help the person with bathing, personal care activities, preparing meals and taking medications.
- **Geriatric care managers.** These elder care experts specialize in assessing and monitoring the needs of the elderly. To find out more about their services, call the Association of Professional Geriatric Care Managers at 1.520.881.8008 or visit www.caremanager.org

- **Trusted professionals.** Elder law attorneys work with older clients and their families to get legal documents in place for making healthcare, legal and financial decisions. To find an elder law attorney, visit www.naela.org. Bank officers can help the person pay his or her bills. Check with your loved one's bank.
- **Alzheimer's Association.** Your local chapter can help you with decision-making and locate and arrange appropriate services for your loved one.

Make the most of visits

Few long-distance caregivers are able to spend as much time with their loved one as they would like. The key is to use your time effectively:

- Make appointments with your loved one's physician, lawyer and financial adviser during your visit to participate in any decision-making.
- Meet with neighbors, friends and other relatives to hear how they think the person is doing. Ask if there have been any behavioral changes, health problems or safety issues.
- Take time to reconnect with your loved one by talking, listening to music, going for a walk or participating in activities you enjoy together.

Resolving family conflicts

Caregiving issues can often ignite or magnify family conflicts, especially when people cope differently with caregiving responsibilities. Family members may deny what is happening, resent you for living far away or believe you are not helping enough. There may also be disagreement about financial and care decisions.

To reduce conflicts, acknowledge these feelings and work through them.

- **Have a family meeting.** Talking about caregiving roles and responsibilities, problems and feelings can help ease tensions. You may want help from a professional counselor or clergy.
- **Recognize differences.** Some family members may be hands-on caregivers, responding immediately to issues and organizing resources. Others may be more comfortable with being told to complete specific tasks.
- **Share caregiving responsibilities.** Make a list of tasks and include how much time, money and effort may be involved to complete them. Divide tasks according to the family member's preferences and abilities.
- **Continue to talk.** Family meetings or conference calls keep the family up-to-date and involved. Discuss how things are working, reassess the needs of the person with Alzheimer's, and decide if any changes in responsibilities are needed.

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. 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

Lorrie Balmer

Mr. and Mrs. Albert Lamprechet
Michael Lents
Mr. and Mrs. Fred Perzy

Ed Bent

Cathy Colbert
Mr. and Mrs. Mark Goodin
Debra Hopke
Nadine Rees
Nellie Shaw

Carl Bollinger

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Diana G. James

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Vera Reilly

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Pickering Funeral Home
Martha Schmidt
Fred Seba
Cheryl Stewart
Wal-Mart #80

We make an effort to correctly identify everyone for whom memorials and tributes 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
Kay Peart, 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 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. 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, 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, 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 Tuesday, 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
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

Become an Alzheimer's *Champion* today

Visit www.actionalz.org

OPEN — minds

Use your — VOICE

MOVE — our cause forward

- A Champion might be a celebrity or well-known figure
- A Champion can be a lawmaker
- A Champion is a memory walker, personal or professional caregiver
- A Champion is a grassroots activist
- A Champion is a scientist or researcher working toward a cure
- A Champion is YOU!

A special thanks to our local
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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



Columbia Area

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

CHANGE SERVICE REQUESTED