

# alzheimer's association™

## Mid-Missouri Chapter Newsletter

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

Summer/Fall 2008

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



Nationally presented by  
Genworth Financial 



**There's so much that can be accomplished when we work together.**

It's hard to believe, but Memory Walk season is upon us again! This year we're expecting more than 1,500 walkers in eight different towns. We have added Kirksville and Monroe City to our Fall Memory Walk schedule.

**See page 2 in this newsletter to find the listing of Memory Walks in the Mid-Missouri Chapter area.** Pick the walk closest to you and mark your calendars to join us! Call the Walk Chair to volunteer, be a sponsor, or get a team registered.

**You can sign-up for any walk online NOW at [www.alz.org/mid-missouri](http://www.alz.org/mid-missouri) or call the Mid-Missouri chapter at 573.443.8665 for more information.**

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

## Build around the Power of 5 - Sunday, September 21, 2008 is World Alzheimer's Day!

### We are building on the "Power of 5"

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.

We need **5** million Champions - one for each American that has Alzheimer's... We need funds to develop more programs in Alzheimer's care, support and research. We need funds to develop more programs in Alzheimer care, support and research. Your **\$5, \$50, \$500** donation today will get us moving forward faster.



alzheimer's  association®

There are many fun, easy ways you and your friends, family and co-workers can get involved. Join us in planning one of **500** events during September.

- Host a party and raise concern and awareness
- "Go Purple" at your work place
- Do a tailgate party since the day is on a pro football Sunday
- Have your faith-based community hold observances to remember and

honor those who are living with Alzheimer's .

- Sign up a Memory Walk team of **5** members or more

If you need purple party kits, go to [www.actionalz.org](http://www.actionalz.org) and sign up. Please share with us any event you host and tell us of its success.

There is a call to action - Your **5** matters!

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

email: [midmoinfo@alz.org](mailto:midmoinfo@alz.org)

*Serving 29 counties*

*in Central and Northeast Missouri:*

*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.*

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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.”



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## MID-MISSOURI AREA WALKS

**Sept. 13 Monroe City**  
St. Jude's Park  
Registration—8:30 a.m.  
Walk @ 9:30 a.m.

Walk Chair:  
Nancy Voepel, 573 735 2010

**Sept. 20 Osage Beach**  
City Park on Hwy 42  
Registration—11 a.m.  
Walk @ 11:30 a.m.

Walk Chairs:  
Sally Wood, 573 348 2225  
Bernadette Hertzler-Whittle  
Ellen Bellmer, 573 340 0459

**Sept. 20 Sedalia**  
MO State Fairgrounds  
Registration—8:30 a.m.  
Walk @ 10 a.m.

Walk Chair:  
Lisa Hayworth, 660 826 1023  
or 660 281 3042

**Sept. 21 Kirksville**  
Truman Campus  
Registration— TBD

Walk Chair:  
Erin Randall, 319.573.2196

**Sept. 27 Jefferson City**  
MO State Capitol  
Registration—9 a.m.  
Walk @ 10 a.m.

Walk Chair:  
Judi Hasler, 573 635 1287

**Oct. 4. Macon**  
Long Branch State Park  
Registration - TBD

Walk Chair:  
Margery Waller, 660 385 4744

**Oct. 4 Linn**  
Linn R2 Track  
Registration - 9 a.m.

Walk Chairs:  
Stephanie Helmig & RayAnne Strubberg  
573 897 4548

**Oct. 5 Columbia**  
Stephens Lake Park  
Registration - 1 p.m.

Walk Chair:  
Jamie McDonald, 573 443 2007

## Chapter News and Events

### *Mid-Missouri welcomes new board members!*

The new fiscal year has started and the Mid-Missouri Chapter is making changes by bringing on three new members to our board of directors.

Joining us are

**Brad Jenks** - Director of Development for Annual and Planned Giving at Columbia College

**Jack Smith** - Senior Vice President of Commerce Bank, Commercial Lending

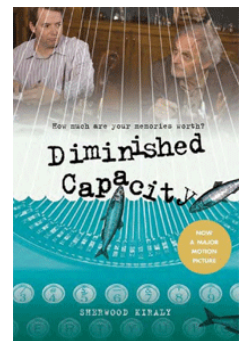
**Lili Vianello** - Owner and President of Visionworks Marketing & Communications

A few of the officers on the board have changed as well. Leah Beth Simon has become the Vice President and Bill Grace the Secretary.

We thank our board members for their dedication and service in our mission to end Alzheimer's and serve those affected by this disease.

### *“Diminished Capacity” sheds light on Alzheimer’s*

The main character in Sherrod Kiraly's novel, “Diminished Capacity”, is the eccentric Rollie Zerbs of La Porte, Missouri, an elderly man living with Alzheimer's disease. Many of the staff at the Mid-Missouri chapter have read the book and enjoyed a story that sheds a humorous, thoughtful and entertaining light on Alzheimer's disease. It was also fun to recognize places in Missouri mentioned throughout the novel. This book has been made into a feature film starring Matthew Broderick, Alan Alda and Virginia Madsen. The movie opened in select markets in July.



### *Looking forward...*

#### **Days of our Lives: Support Group of Women Caring for their Mates**

Starting in August, a new support group for women will be held at the Mid-Missouri Chapter office, every 4th Tuesday of the month. The ongoing topic will be about dealing with the demands of dementia. Contact Pam Richmond @ 573 443 8665 or [pam.richmond@alz.org](mailto:pam.richmond@alz.org) for details.

#### **November Research Forum**

Discover the world of Alzheimer's research at our upcoming Research Forum during Alzheimer's Awareness Month. Stay tuned for date and time!

#### **Professional Training Workshops Coming to a Location Near You!**

You can attend a Foundations of Dementia Care 3-hour workshop for professional caregivers. Contact Joetta Coen @ 573 443 8665 or [joetta.coen@alz.org](mailto:joetta.coen@alz.org) for details.

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## Alzheimer's in the News

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### Alzheimer's Clue Found in Specific Plaque

Washington (AP)

#### Story Highlights

- Beta-amyloid plaques seen in brains of Alzheimer's disease patients
- Multiple types of beta-amyloid plaques exist; some not associated with Alzheimer's
- Injection of a specific form of beta-amyloid did cause Alzheimer's symptoms in rats.

*June 2008* - Researchers have uncovered a new clue to the cause of Alzheimer's disease.

The brains of people with the memory-robbing form of dementia are cluttered with a plaque made up of beta-amyloid, a sticky protein. But there long has been a question whether this is a cause of the disease or a side effect. Also involved are tangles of a protein called tau; some scientists suspect this is the cause.

Now, researchers have caused Alzheimer's symptoms in rats by injecting them with one particular form of beta-amyloid. Injections with other forms of beta-amyloid did not cause illness, which may explain why some people have beta-amyloid plaque in their brains but do not show disease symptoms.

The findings by a team led by Dr. Ganesh M. Shankar and Dr. Dennis J. Selkoe of Harvard Medical School are reported in the current online edition of the journal *Nature Medicine*. The researchers used extracts from the brains of people who donated their bodies to medicine.

Forms of soluble beta-amyloid containing different numbers of molecules, as well as insoluble cores of the brain plaque, were injected into the brains of mice. There were no detectable effect from the insoluble plaque or the soluble one-molecule or three-molecule forms, the researchers found.

Morrison-Bogorad said the findings may help explain the discovery of plaque in the brains of people who do not develop dementia. For some time, doctors have wondered why they find some brains in autopsy that are heavily coated with beta-amyloid, but the person did not have Alzheimer's.

The answer may lie in the two types of beta-amyloid that did not cause symptoms. Now, the question is why one has damaging effect and not others.

"A lot of work needs to be done," Morrison-Bogorad said. "Nature keeps sending us down paths that look straight at the beginning, but there are lot of curves before we get to the end."

Dr. Richard J. Hodes, director of the National Institute on Aging, said that "while more research is needed to replicate and extend these findings, this study has put yet one more piece into place in the puzzle that is Alzheimer's."

### Alzheimer's is Now Sixth-Leading Cause of Death

National Alzheimer's Association

*June 2008* - Alzheimer's disease is now the sixth-leading cause of death in the United States, surpassing diabetes, according to the Centers for Disease Control and Prevention (CDC).

The CDC estimates that 72,914 Americans died of Alzheimer's disease. Today, as many as 5.2 million Americans are living with Alzheimer's disease.

"The CDC's announcement that Alzheimer's disease jumped from the seventh to the sixth-leading cause of death should serve as a wake-up call to the nation," said William Thies, Ph.D., Alzheimer's Association vice president of medical and scientific relations. "The fact that there are no effective treatments for Alzheimer's has allowed the disease to pass diabetes. It is vitally important that we increase Alzheimer's research funding to slow or stop the progression of this devastating disease."

With the disease poised to strike 10 million boomers, the escalating epidemic must be addressed now.

We need your help:

- Become a Champion for the Alzheimer's cause
- Write Congress today to ask your legislators to increase federal Alzheimer's research funding and support crucial clinical trials.
- Donate to our mission of a world without Alzheimer's

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## Caregiving Tips and Tools

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### Tips for Giving Medication

Administering medication to someone with Alzheimer's can be a daunting responsibility. Preventing missed pills or giving the wrong dosage are valid concerns.

Here are some suggestions:

- **Learn about each medication before administering.** Make sure you know exactly what each pill is for and the possible side effects.
- **Clearly explain exactly what each pill is for.** Tell the person with Alzheimer's why and how they need to take it.
- **Keep good records of each medication.** Make note of dosage and frequency.
- **Organize medications.** Store them safely out of reach in a locked cabinet or drawer.
- **Develop a routine.** Giving medications in a specific way at specific times can help reduce conflicts. But if the person doesn't want to take it at a particular moment, try again later.
- **Make the task as easy as possible.** Ask your pharmacist for liquid, which may be easier to give than a pill, or ask if you can crush the pill and put in food. (No pill or tablet should be crushed without first consulting your physician or pharmacist.)

### How to Show Love Without Words

Because of the loss of brain function, people with late-stage Alzheimer's disease experience the world through their senses. While you may not be able to communicate with the person through words, you can use many other ways to show the person reassurance and love.

To keep the personal connection:

- **Comfort the person with touch.** Touch can be a powerful connector. Hold your loved one's hand. Give a gentle massage to the hands, legs or feet. Give a kiss. Gently brush his or her hair.
- **Stimulate the senses.** The person may find joy in the smell of a favorite perfume, flower, food or scented lotion. He or she may enjoy how it feels to stroke a beloved pet or fabrics with different textures. If the person can walk with assistance or uses a wheelchair, he or she may benefit from going outside to see a garden or watch the birds. You can also place the person in a spot where he or she can gaze out the window; avoid places where sunlight is too bright or too warm.

- **Use your voice to soothe.** It doesn't matter so much what you say - it's how you say it. Speak gently and with affection. Your tone can help the person feel safe and relaxed.
- **Play music and videos.** Choose music your loved one enjoyed when he or she was young. Or use music related to the person's ethnic or spiritual background. Videos can also be relaxing. Choose one with scenes of nature with soft, calming sounds.
- **Read to the person.** The tone and rhythm of your voice can be soothing, even if the person does not understand the words. Read a favorite story, poem, spiritual passage or blessing.
- **Reminisce and share.** Fill a box with photographs and other items that represent the person's interests, favorite activities or past work or military history. Have the person take out an item and share with him or her a story about the item. Examples include a family photograph from a favorite vacation, a holiday recipe card with a traditional family dish or a military medal.

### Improving Bowel and Bladder Function

If you notice changes in your loved one's bowel and bladder function, be sure to have your doctor rule out any acute (brief, yet severe) medical problems, such as fecal impaction or a urinary tract infection, before assuming that the problems are simply due to late-stage Alzheimer's. To improve bowel and bladder function, try the following strategies:

- **Eliminate caffeinated beverages.** Liquids that contain caffeine, such as coffee, tea, and some carbonated drinks tend to increase episodes of incontinence by increasing the flow of urine.
- **Reduce liquid consumption in the evening.** While it's important to keep your loved one hydrated, try to reduce liquid consumption during the two hours before bedtime in order to reduce incidents of incontinence during the night.
- **Use protective briefs and absorbent bed pads.**
- **Watch for constipation.** While your loved one doesn't have to have a bowel movement every day, he or she shouldn't go three or more days without a movement.
- **Follow a toileting schedule.** People with late-stage Alzheimer's should be taken to the bathroom or given a bed pan every couple of hours. Keep a chart documenting bathroom visits and how much he or she eats and drinks.

# Mid-Missouri Support Groups

## BOONVILLE

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

## CALIFORNIA

4th Thursday, 7 p.m.  
S. W. Moniteau Care Center  
Rachel Sprinter & Cindy Stonum,  
573.796.3822

## COLE CAMP

3rd Thursday, 1 p.m.  
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 and Rehab  
Facilitator TBD

## 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

## 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

*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

1:20 p.m. - Upcoming dates:  
Aug 27, Sept 17, Oct 22, Nov 19, Dec 17  
Missouri Veterans Home  
Jean Hull & Nicole Stone  
573-581-1088, ext. 265

## MONROE CITY

1st Tuesday, 2 p.m.  
Monroe City Manor Care Center  
Nancy Voepel, 573.435.2010

## 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 Thursday, 6:30 p.m.  
Maple Lawn Nursing Home  
Carol Miller, 573-769-2213

## SEDALIA

2nd Thursday, 6:30 pm  
Bothwell Regional Health Center  
Randy & Phyllis Craig  
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.  
Linda Newkirk, Joetta Coen, Maria Hines  
573-443-8665

### **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  
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.  
Mid-Missouri Chapter Conf. Rm.  
2400 Bluff Creek Dr., Columbia  
Pam Richmond, 573.443.8665

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

**call our 24/7 helpline at  
800 272 3900**

# alzheimer's association

Your donation/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.

**Clip this form out, complete and mail to:**

Any questions, contact our office  
@ 573.443.8665 or 800.272.3900

Alzheimer's Association, Mid-Missouri Chapter  
2400 Bluff Creek Dr., Columbia MO 65201

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

Address \_\_\_\_\_

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

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

## Gift Information \*Your gift is tax deductible\*

Amount:  \$250  \$100  \$50  \$25  Other: \_\_\_\_\_

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

Please charge my credit card. Circle type: VISA MASTERCARD

Account number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Signature: \_\_\_\_\_

### PARKINSON'S DISEASE SUPPORT GROUPS

#### **COLUMBIA**

1st Tuesday, 4 p.m.  
Columbia Senior Center,  
2nd Fl. Conf. Rm.  
Gerry, Neely, 573-445.1588

#### **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 Center,  
SW Campus  
Jennifer Urich, 573.632.4608

#### **SEDALIA**

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



Our Newsletter is now

# Online!

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

If you prefer to read your newsletter online, we will send you an "Email Newsletter Notice" when each new issue is available. While you are saving us printing costs and postage, you will be seeing your copy even sooner. Email us at [midmoinfo@alz.org](mailto:midmoinfo@alz.org) to register for your email newsletter notice today!

We encourage you to "recycle" this newsletter with a friend, coworker, doctor's office, club or house of worship. If you no longer wish to receive this publication, or are receiving duplicate copies, please call 573.443.8665 or email [midmoinfo@alz.org](mailto:midmoinfo@alz.org) to be removed from the newsletter distribution list.

## Mid-Missouri Chapter Wish List

- **Volunteers** – We have lots of opportunities available for Memory Walk, advocacy and office work.
- **Office supplies** – purple folders, copy paper, etc.
- **Gas cards** – Assist us in traveling throughout our 29-county area
- **Stamps** – for information packets and respite mailings
- **Funds towards our Resource Library**

If you are interested in contributing items or specific funds, please contact our office 573.443.8665 and we can discuss the details of your in-kind donation.

Thank you for your generosity.

**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



*Heart of Missouri  
Chapter*

**CHANGE SERVICE REQUESTED**