

World Alzheimer's Day is September 21

Alzheimer researchers are biking across the country to support the cause

World Alzheimer's Day, Sept. 21, is a day for the Alzheimer's Association, its Champions and other organizations around the globe to unite to raise awareness about the disease and its impact on our families, communities and nations. World Alzheimer's Day is an opportunity to raise awareness about Alzheimer's disease and the need for more education, support and research.

One such effort is the Alzheimer's Breakthrough Ride. Starting in California and culminating in Washington, D.C., the Alzheimer's Breakthrough Ride is an active way for researchers to support the fight against Alzheimer's disease — one that requires water bottles instead of test tubes, bike shorts instead of microscopes and helmets instead of safety goggles.

On July 15, researchers began cycling across



the country, relay-style, to collect 50,000 signatures in support of the Alzheimer's Breakthrough Act. On Sept. 21, World Alzheimer's Day, all riders will gather in the nation's capital to deliver more than 50,000 signatures supporting the Breakthrough Act to Congress.

Local researcher and Alzheimer's Associa-

tion Mid-Missouri Chapter Board President David Oliver was one of the many Missouri researchers to ride across our state in August. Dr. Oliver was glad to champion our cause by pedaling his way to more petition signatures and increased support.

Show your support for World Alzheimer's Day by signing the Breakthrough Act petition and by encouraging your co-workers, friends and family to do the same. Visit alz.org for more information on the Alzheimer's Breakthrough Ride and to sign the petition.

Closer to home, there are many ways you can join the fight against Alzheimer's, be it by offering Casual for a Cause in your workplace or hosting tailgating events during football games. Visit actionalz.org for ideas to join the cause.



Dear Newsletter Readers,

We at the Alzheimer's Association continue to evaluate our programs and services in order to meet the needs of our families as effectively as possible. As a non-profit organization sustained by the generosity of our community of donors, we also evaluate each project for cost-effectiveness.

In order to meet these goals, we have decided to discontinue printing a paper newsletter in 2011. Through our eNewsletter and targeted mailings, we feel we can reach families with the most appropriate information more effectively than a paper newsletter.

Please consider the following options for staying in touch with the Alzheimer's Association:

- Subscribe to our free eNewsletter at alz.org/mid-missouri
- Call our toll-free Helpline 24/7 to speak with a Care Consultant about your specific concerns 800.272.3900
- Subscribe to mailing lists for the following topics by calling 573.443.8665 or emailing midmoinfo@alz.org:
 - Memory Walk and fundraising announcements
 - Educational programming announcements

The Alzheimer's Association has a wealth of programs and services that may assist you. Please stay tuned for our final publication—Winter 2010—for more information on how we can help.

It is our honor to serve you,
Your friends at the Alzheimer's Association Mid-Missouri Chapter

Alzheimer's Association Mid-Missouri Chapter

*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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www.alz.org/mid-missouri

email: midmoinfo@alz.org

Our Mission is 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.

alzheimer's association

ALZHEIMER'S EDUCATION CENTER



The Alzheimer's Association has expanded programming space to meet the growing need for education and trainings in Alzheimer care and support. Many programs, support groups and trainings will now take place at the Alzheimer's Education Center, located in the lower level of the Alzheimer's Association Mid-Missouri Chapter Building at 2400 Bluff Creek Drive in Columbia.

To join us for an upcoming program, please review the 2010-2011 Education Calendar and select a program that fits your needs.

alzheimer's association

Alzheimer's Disease Research Update

Learn about current research initiatives and trends regarding detection, treatment and prevention of Alzheimer's disease.

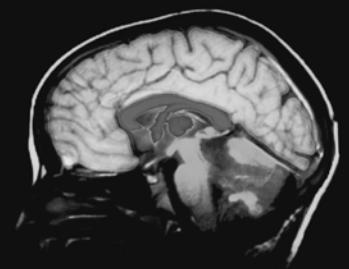
Register at alz.org/mid-missouri or 573-443-8665

Tuesday, November 9

1:00 p.m.—4:00 p.m.

Alzheimer's Education Center

Cost is \$15 per person



2010-2011 education calendar

The Savvy Caregiver: Professional Training for the Non-Professional

This unique approach to family caregiver education is specially designed for family caregivers of individuals with dementia. Caregivers will spend six weeks learning, developing and modifying strategies to address their particular care giving situations. Cost is \$35.00 (includes six-week session and manual)

Visit alz.org/mid-missouri for course detail and curriculum

Fall Series (1:30 – 3:30 pm):

September 13, 20, 27, October 4, 11, 18, 2010
Alzheimer's Education Center

Spring Series (1:30 – 3:30 pm):

April 4, 11, 18, 25, May 2, 9, 2011
Alzheimer's Education Center

Foundations of Dementia Care for Professional Caregivers

Learn fundamentals of truly effective dementia care through a better understanding of Alzheimer's disease and related dementias. Participants will take home strategies for creating an environment of improved communication skills and fewer unwanted/difficult behaviors in professional caregiving settings. Cost is \$35.00

Fall Course:

October 28, 2010 (1:30 – 4:30)
Alzheimer's Education Center

Spring Course:

March 31, 2011 (1:30 – 4:30)
Alzheimer's Education Center

Memory Loss, Dementia and Alzheimer's Disease: The Basics

For individuals concerned about the warning signs of Alzheimer's or dementia,

individuals in the process of being diagnosed with Alzheimer's disease, and family friends and co-workers of individuals being diagnosed with Alzheimer's disease.

Participants will learn how the disease progresses, how AD affects the brain and causes changes in memory and behavior, and will learn how to monitor memory and behavior changes. Participants will learn from personal "success" stories of individuals/families that have managed through several stages of the disease. Cost is \$10

Fall Course:

November 16, 2010 (1:30 – 3:30)
Alzheimer's Education Center

Spring Course:

March 15, 2011 (1:30 – 3:30)
Alzheimer's Education Center

Know the 10 Signs: Early Detection Matters

For all consumers. Learn the difference between age-related memory loss and Alzheimer's disease. Gain an understanding of the 10 Warning Signs of Alzheimer's disease and learn about causes and risk factors for AD. Gain a better understanding of the benefits of healthy aging, including brain wellness and some prevention and lifestyle changes.

Thanks to a generous partnership with the City of Columbia and the Public Communications Resource Advisory Commission, this program is offered free of charge.

Course Offerings (locations vary):

January 20, 2011 (1:30 – 3:30)
Alzheimer's Education Center

February 17, 2011 (1:30 – 3:30)
Alzheimer's Education Center

March 8, 2011 (1:30 – 3:30)

Date subject to change
Daniel Boone Regional Library

April 21, 2011 (1:30 – 3:30)
Alzheimer's Education Center

May 19, 2011 (1:30 – 3:30)
Alzheimer's Education Center

June 16, 2011 (1:30 – 3:30)
Date subject to change
Daniel Boone Regional Library

Film Screening of HBO's "The Alzheimer's Project: Momentum in Science"

Part of a series on Alzheimer's, this segment is a state-of-the-science film that takes viewers inside the laboratories and clinics of leading scientists and physicians, revealing some of the most cutting-edge research advances. Public screenings of HBO's "THE ALZHEIMER'S PROJECT: Momentum In Science" are held on a continuous basis in conjunction with community partners. Events are FREE and open to the public.

Next Screening:

Thursday, September 9, 6:30-8 p.m.
Highland Crest Assisted Living by
Americare in Kirksville

Alzheimer's Association Caregiver Conference

SAVE THE DATE - June 23, 2011
Courtyard Marriott in Columbia

Keynote Presenter: Heather McKay
Occupational Therapist and Dementia Care
Specialist

Stay tuned for details and registration info.

Register for all programs online at alz.org/mid-missouri or call (573) 443-8665. Advance registration required for all events.

Don't ignore the signs of caregiver stress



Caring for a person with dementia can cause depression, anger and irritability, as well as take a physical toll resulting in exhaustion and sleeplessness. These are real issues caregivers shouldn't ignore.

November is National Alzheimer's Disease Awareness Month and National Family Caregivers Month. The Alzheimer's Association offers a number of resources to help caregivers deal with stress:

- The Alzheimer's Association Caregiver Notebook, offers tips for care and planning for the future, as well as a list of resources to use when additional information is needed. To learn more about or purchase the Caregiver Notebook, visit www.alz.org/caregivernotebook
- Caregiver Stress Check, an interactive quiz that helps caregivers identify symptoms of stress and provides a tailored list of helpful referrals and other support. Take the quiz at www.alz.org/stresscheck
- Alzheimer's Association CareSource™, an easy-to-use, one-stop online portal for everything you need to widen your care options and plan for care for a person with Alzheimer's. Find out how CareSource can help at www.alz.org/caresource

Learn more about Alzheimer's disease and caregiver stress by visiting alz.org.

The Roast of Senator Kit Bond was a Roaring Hit!

The Alzheimer's Association honored long-time supporter Senator Kit Bond as he retires from his legislative seat in Washington, DC with the Roast of Senator Kit Bond on Saturday, July 24. The event brought together 350 supporters for a night of jabs and stings and a whole lot of fun. In total, \$95,000 was raised in gross proceeds which all benefit the Alzheimer's Association.

Leading the effort were roasters Kenny Hulshof, former US Representative and political ally; Thomas L. Payne, Vice Chancellor and Dean of the MU College of Agriculture, Food and Natural Resources, and a recipient of a whole lot of Bond's

support; and Annie Presley, Principal for McKellar Consulting and a staff member from Senator Bond's earlier years. Emcee for the night and referee was Joe Moseley, Vice President of Public Affairs at Shelter Insurance Companies and Senator Bond's bluest friend in Columbia.

"The event was an absolute success," said Linda Newkirk, Alzheimer's Association Mid-Missouri Chapter Executive Director. "We appreciate the opportunity to honor Senator Bond and his contributions to Alzheimer's disease. As a sponsor for the Alzheimer's Breakthrough Act, authorizing \$2 billion for Alzheimer research funding through the National Institutes of Health,

Senator Bond is a true leader for those dealing with Alzheimer's. The funds raised at the Roast will support programs and services for those dealing with Alzheimer's disease."

The Roast of Senator Bond was a success thanks, in part, to the generous support of this community, including Platinum Sponsor Christopher S. Bond Life Sciences Center at the University of Missouri and with Gold Sponsors Woodrail Centre, Pelopidas, LLC, MBS Textbook Exchange and Boone Hospital Center. Media sponsors include KRCG, Inside Columbia magazine, KFRU News Talk 1400 and the Columbia Daily Tribune.



From left: (1) Joe Moseley, emcee, joked with the Senator between Roasters. (2) More than 350 attendees supported Senator Bond and the Alzheimer's Association (3) Alzheimer's Association Board President David Oliver thanked Senator Bond for supporting this cause through the Alzheimer's Breakthrough Act (4) Kenny Hulshof sang the "Kit Bond Blues" (5) The Senator and his Roasters on July 24

It's Time to Walk to End Alzheimer's!

The Alzheimer's Association Memory Walk® unites volunteers from more than 600 communities across the country for the largest Alzheimer fund-raiser of its kind. Families, caregivers and advocates, along with community and corporate leaders, take to the streets of their communities to raise funds for local Alzheimer education and support programs. Since 1989, Alzheimer's Association Memory Walk® has raised more than \$175 million.

Join us in taking steps to end Alzheimer's at www.alz.org/mid-missouri or call 1.800.272.3900!



alzheimer's  association
memory walk®

SIGN-UP ONLINE TODAY
ALZ.ORG/MID-MISSOURI

Alzheimer's Association Memory Walk 2010

- | | |
|-----------------------|--|
| Osage Beach | Saturday, September 11 Registration at 10 a.m. Walk at 11 a.m. Fall Festival— Osage Beach City Park |
| Sedalia | Saturday, Sept. 18 Registration at 8:30 a.m. Walk at 10 a.m. Highway Gardens Missouri State Fairgrounds |
| Columbia | Sunday, September 26 NEW for 2010 — 5k walk/run: Registration at 11 a.m. (\$20 registration fee), 5k at noon
Memory Walk Registration at 1 p.m. Memory Walk at 2 p.m. All events at Stephens Lake Park |
| Kirkville | Sunday, September 26 Registration at noon Walk at 1 p.m. Stokes Stadium—Truman |
| Macon | Saturday, October 2 Registration at 9 a.m. Walk at 10 a.m. Long Branch Lake |
| Jefferson City | Sunday, Oct. 3 Registration at 12 p.m. Walk at 1 p.m. Missouri State Capitol grounds |

Register TODAY at alz.org/mid-missouri or 800.272.3900

Jefferson City Chicken Dinner & Auction a Success!

Funds support the Memory Walk in Jefferson City on Sunday, October 3

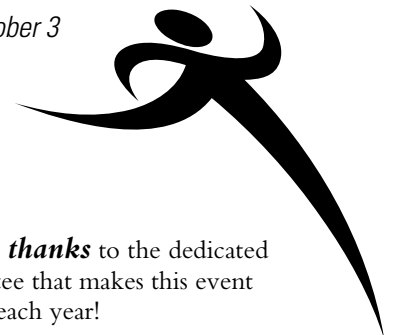
The annual Chicken Dinner & Auction on April 30 at the Eagles Club in Jefferson City was a great success. Tasty fried chicken dinners and a wealth of exciting auction items bring participants back year after year.

The event raised more than \$9,800 for the Alzheimer's Association to support the

many families living with Alzheimer's disease in central and northeast Missouri.

Auction items numbered in the hundreds and included special deals on oil changes, gift cards to area merchants, trinkets, décor and more. A selection of handmade goods included specialty pies and breads, quilts and a beautiful custom-made cedar chest.

Special thanks to the dedicated committee that makes this event happen each year!



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
Rita Fischer, 573.796.3822

CHARITON COUNTY

**Please call Susan Turner for assistance
by telephone 660.288.3675**

COLE CAMP

**Please call Judy Harris for
assistance by telephone 660.668.4432**

COLUMBIA

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

FULTON

3rd Tuesday, 11 a.m. to 1 p.m.
Presbyterian Church Community
Resource Room
Please bring a sack lunch
Richard White 573-642-2082
Sue Lippincott, co-facilitator

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
Katherine Carlson, 573.893.3404

JONESBURG

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

KIRKSVILLE

By arrangement
Kelley Benowitz 660.665.3774

MACON

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

MEMPHIS

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

MEXICO

3rd Wednesday, 1:30 p.m.
Missouri Veterans Home
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.
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

By arrangement
Randy & Phyllis Craig, 660.826.8367
Linda Fisher, 660.826.4371

STOVER

2nd Thursday, 2 p.m.
Golden Age Living Center
Alice Tietjen, 573.377.4521

SULLIVAN

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

SPECIAL GROUPS

ADULT CHILDREN

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

CARE PARTNERS

2nd Tuesday, 2-3:30 p.m.
Alzheimer's Association Education Ctr
2400 Bluff Creek (Columbia) Lower Lvl
Jane Ellen Ashley 573.443.8665

CHANGING PLACES:

MEN EMERGING AS CAREGIVERS

*Lake Ozark: 2nd Wednesday, 11 am-1 pm
The City Grill, 5384 Hwy 54, Osage Beach
*Columbia: 3rd Thursday, 11 am - 1 pm
Alzheimer's Association Education Ctr
2400 Bluff Creek (Columbia) Lower Lvl
*RSVP to Pam Richmond, 573.443.8665

DAYS OF OUR LIVES: WOMEN CARING FOR THEIR MATES

4th Tuesday, 2 - 3:30 p.m.
Alzheimer's Association Education Ctr
2400 Bluff Creek (Columbia) Lower Lvl
Pam Richmond 573.443.8665
Anita Metzen 573.875.5140

VIENNA

Last Thursday, 6 p.m.
Maries Manor Coffee Room
Shari Darr, 573.422.3177

WELLSVILLE

Last Wednesday, 5 p.m.
Gamma Road Nursing Home
Cindy Norman, Meta Jaspering
& Cheryl Wieberg, 573.684.2002

Information that has changed since our last newsletter is **BOLD** for your convenience.



ATTENTION VETERANS AND YOUR FAMILIES

The Veterans Administration has a pension program for veterans or surviving spouses for non-service connected disabilities. Eligible candidates may use a specially designated Aid and Attendance pension benefit to purchase homecare services.

To learn more, contact the Missouri Regional Office at 800-827-1000.

alzheimer's association®

We 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 #: _____ Exp. Date: ____ / _____

Signature: _____

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

Garden of Hope

A project to provide ongoing funding for the **Alzheimer's Association Caregiver Respite Program**, supporting families who care for loved ones at home.

The Garden of Hope will launch in several phases, creating a serene place to honor a significant individual in your life.

Phase 1 ~ The Pathway

The current phase of this project is forming the garden's brick pathway outside of the Alzheimer's Association Education Center in Columbia. The path represents the journey we take throughout our lives, whether we are caregivers or the receivers of care. Purchase a personalized brick as a lasting honor for a special individual in your life.

Photos, additional information and online purchase orders are at alz.org/mid-missouri or call 573-443-8665

Give the gift of respite to a family today.

alzheimer's  association®



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

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CHANGE SERVICE REQUESTED

**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

Communications Tips for Caregivers

Alzheimer's disease can gradually diminish a person's ability to communicate. Not only do people with dementia have more difficulty expressing thoughts and emotions, they also have more trouble understanding others. Here are some tips to help you and the person with dementia understand each other better.

Changes in communication

- The person with dementia may experience changes in communication such as:
- Difficulty finding the right words
- Using familiar words repeatedly
- Inventing new words to describe familiar objects
- Easily lose their train of thought
- Difficulty organizing words logically
- Reverting to speaking in a native language
- Using curse words
- Speaking less often

Tips for better communication

- More often relying on gestures instead of speaking
- Let the person know you are listening and trying to understand what is being said.
- Keep good eye contact. Show the person that you care about what is being said.
- Let the person think about and describe whatever he or she wants to. Be careful not to interrupt.
- Avoid criticizing, correcting and arguing.
- If the person uses the wrong word or cannot find a word, try guessing the right one.
- If you don't understand what is being said, ask the person to point or gesture.
- Focus on the feelings, not the facts. Sometimes the emotions being expressed are more important than what is being said. Look for the feelings
- Always approach the person from the front. Tell the person who you are.
- Call the person by name. It helps orient the person and gets his or her attention.
- Use short, simple words and sentences. Talk slowly and clearly.
- Ask one question at a time.
- Patiently wait for a response. A person may need extra time to process your request.
- Repeat information and questions. If the person doesn't respond, wait a moment. Then ask again.
- Avoid quizzing. Reminiscing can be healthy, but avoid asking, "Do you remember when...?"
- Give simple explanations. Avoid using logic and reason at great length. Give a complete response in a clear and concise way.