

Summer is here:

Ways to prepare for travel and home repairs.

For better safety, evaluate your environment

This is the time of year when many homeowners are inspired to begin modifications and improvements.

If you are part of a family living with Alzheimer's disease, it's important to remember that one of the keys to aging at home is doing so safely. A diagnosis of Alzheimer's does not have to signal the loss of independence and freedom. As many as 70 percent of people living in the United States with Alzheimer's today are doing so in their own homes.

Safety at home begins with adapting the environment to support the changing abilities of the person with Alzheimer's. Be sure to re-evaluate home safety measures regularly as the disease progresses.

A person with dementia may be at risk in certain areas of the home or outdoors. Pay special attention to garages, work rooms, basements and outside areas. Inside the home, there are simple things you can do to modify your kitchen, living room, bathrooms and bedrooms to make it safer for the person with Alzheimer's:

- Invest in installed, working fire extinguishers and smoke detectors.
- Lock or disguise hazardous areas using child-proof locks and doorknob covers and limit access to places with knives, appliances and poisonous chemicals.
- Minimize clutter and limit access to stairs to reduce risk of falls.
- Enroll the person with dementia in MedicAlert® + Alzheimer's Association Safe Return®, a 24-hour nationwide emergency response service for individuals with Alzheimer's or a related dementia who

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Safer travel for those with dementia

It's the time of year when many Americans plan summer and holiday travel. Whether you're considering a weekend getaway or an extended stay, traveling with an individual who has Alzheimer's requires additional thought and precaution.

Persons with Alzheimer's and their caregivers need to be prepared for a change in schedule and environment. Even if it is a trip you have taken before, it may feel new for the person with the disease.

Additionally, as the Alzheimer's progresses, negotiating changes in environment will become increasingly challenging. Be prepared for the individual with the disease to experience some confusion or disorientation. Exercise caution, as wandering and getting lost are more likely during transitional times. The checklist below will help you plan for the trip and make it successful and safe.

Before departing

- Call the Alzheimer's Association chapter in the area you will be visiting. Let them know you will be staying in the area and ask about available resources. You can locate any chapter by calling 1.800.272.3900 or visiting www.alz.org/apps/findus.asp.
- Enroll the person in MedicAlert® + Alzheimer's Association Safe Return®, a 24-hour nationwide emergency response service for individuals with Alzheimer's or a related dementia who wander or have a medical emergency. You may also want to consider the Alzheimer's Association Comfort Zone™, powered by Omnilink, a Web-based GPS location management service.

If you are already enrolled in MedicAlert, update

Continued on page two



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
in Central and Northeast Missouri:
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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.

Safer travel for those with dementia, continued from page one

your records with temporary contact information (call 1.888.572.8566).

Upon arrival

- Let the neighbors know a person with Alzheimer's is staying next door and ask them to keep their eye out for wandering or other unsafe behavior.
- During the first few days after arrival, keep your schedule light with lots of down time.
- Create opportunities to re-acclimate the person to the new environment.
- Keep familiar things around.
- Limit access to money and credit cards.
- Limit access to driving.
- Be aware that the change can be chaotic for the person.
- Recognize the warning signs of anxiety and agitation.

For more tips on safety for people living with Alzheimer's disease and related dementias, including concerns about wandering, disaster preparedness, home and medication safety, visit the Alzheimer's Association Safety Center at www.alz.org/safetycenter or call 1.800.272.3900.



For better safety, evaluate your environment, continued from page one

wander or have a medical emergency. You may also want to consider the Alzheimer's Association Comfort Zone™, powered by Omnilink, a Web-based GPS location management service.

For more tips on home safety, including concerns about wandering, disaster preparedness, traveling with Alzheimer's and medication safety, visit the Alzheimer's Association Safety Center at www.alz.org/safetycenter or call 1.800.272.3900.

We're going digital! Want to join us?

Receive your quarterly newsletter by email!

- >> Save a tree
- >> Save a stamp
- >> Help us save today!



Go to alz.org/mid-missouri to sign up.

NEW CLASS! The Savvy Caregiver: Professional-Level Training for the Non-Professional

The Savvy Caregiver program, developed by clinicians and educators, presents ideas from many disciplines and sources and is a unique approach to family caregiver education. Throughout the program caregivers are urged to learn, develop and modify strategies that will be used to accomplish goals for their particular caregiving situations.

Information and Knowledge

The program goes through many details and scenarios that caregivers face in their journey.

- How to manage a disease that does not improve
- The course of the disease and the progressive impact on the person with the disease
- How to tailor caregiving strategies to each stage of the disease process
- Understanding the physical, mental and emotional impact of caregiving

Skills

Caregiving is a complex job and entails many tasks. It is the basic premise of the Savvy Caregiver program that few family

caregivers have received any training for the work they do as caregivers. Since the principal task of the family caregiver is to manage day-to-day life, these are the skill sets on which the program focuses. In particular, the program is designed to develop the following:

- How to take into account the person's losses produced by the disease
- How to take into account each stage of the disease as it affects caregiving
- How to help the person become and remain involved in daily tasks and activities that allow him/her to be content throughout the day

Outlook or Attitude

The Savvy Caregiver program aims to foster an increased sense of individual mastery of caregiving.

- *Objectivity* – to be able to integrate observation with knowledge gained from the program to create a plan to better manage the daily care of themselves and their care recipients
- *Self Confidence* – fostering growth through group and at-home exercises

The Savvy Caregiver

Learn caregiver strategies in this video series and classroom discussion with facilitator Alzheimer's Association Educator, Janie Bonham, R.N., B.S.N.

Dates for the 6-week course:

September 13, 20, 27 -
October 4, 11, 18

1:30 pm – 3:30 pm

Alzheimer's Association Education Center,
Terrace Level, 2400 Bluff Creek Drive
Columbia, Missouri

\$35 tuition fee includes caregiver manual

Register @ www.alz.org/mid-missouri
and by calling 573-443-8665

For information contact Joetta Coen
at 573-443-8665

- *Self Valuing* – appreciating the work and worth of caregiving

We hope you'll join us for this series!

A short story from a granddaughter's perspective

by Kate

Perched awkwardly on a sliver of the hospital bed, I flip blindly through 101 Favorite Poems. I'm hot, and the fourth of the room in which my grandpa is curtained smells funny. There's hardly room for the chair my mom sits on, much less me.

Occasionally I pause on a poem of a reasonable length by some renowned author and read it out loud to grandpa—stumbling clumsily along the lines that make no sense and sound pathetic when subject to my butcher knife.

Finally I resort to the index and try to determine whether any of the 101 are actually my favorite poems. Aha! "Flanders Field"—grandpa knows this one. He taught me this one by memory, I've hardly ever looked at it in print. I begin the families words of John McCrae:

"In Flanders Field the poppies grow,

between the poppies row and row..."

The first line is barely out of my mouth and it is as if grandpa's locked up memory has sprung a leak "that-mark-our-place-and-in-the-sky-the-larks-still-bravely-singing-fly-scarce-heard-amid-the-guns-below..." The words spill out of his mouth like running water, without a pause for breath.

Where is the man that would relish every word in his mouth like it was chocolate, whose rhythm with poetry was like a musician's with Mozart? Is he still buried in this feeble skinny man who is picking at the tube and picking at his cotton shift and picking at the life that keeps him pinned to this skinny bed?

Missouri's March monotony plagues the window by grandpa's bed and an endless stretch of gray soggy clouds gloomily reflect my thoughts. Nurses bustle in to quiz grandpa's roommate.

"What's the month?"
Grandpa's roommate says, "May."

Grandpa offers, "February."
"What state are we in?"
Grandpa's roommate says, "Missouri."
"Oklahoma!" hollers grandpa.

Three weeks ago grandpa was strongly hugging me after my performance telling me I was the best dancer on stage. I wrapped my arms around his strong neck and drank in his smell.

Grandpa was the strongest man I knew; at 72 he worked out everyday and spent hours doing hardy yard work. He embraced the hottest humid Missouri summers and, like me, hated cloudy coldness.

He was an intellectual ox. He used to call himself "strong as an ox" and he was so ready to pull and haul the weight of his family as the strong-headed leader.

And he was brilliant.

Submit your caregiving story to Ashley Burden at ashley.burden@alz.org

Update on the Alzheimer's Breakthrough Act

Senator Bond is a true leader for those affected by Alzheimer's disease, particularly with his introduction of the Ronald Reagan Alzheimer's Breakthrough Act, first introduced in 2004. President Reagan's battle with Alzheimer's disease was a wake-up call to Americans that no one is exempt from this terrible disease.

Bond is currently a sponsor of the new Alzheimer's Breakthrough Act, which he wrote with Senator Barbara Mikulski, which would authorize \$2 billion spread over five years for Alzheimer's disease research at the National Institute of Health. It would also make Alzheimer's a research priority at the National Institute on Aging and direct the Centers for Disease Control to undertake a comprehensive effort to increase awareness of and education about Alzheimer's disease, among other provisions.

Solving the Alzheimer's crisis requires addressing the chronic underinvestment in Alzheimer's disease research. Only through such research will treatments — and eventually a cure — be found.

If enacted, the Alzheimer's Breakthrough Act will:

- Authorize \$2 billion for Alzheimer's disease research at the National Institute of Health (NIH).
- Establish a comprehensive research effort on Alzheimer's disease at NIH and make Alzheimer research a priority at the National Institute of Aging.
- Direct the Centers for Disease Control (CDC) to undertake a comprehensive effort to increase awareness of and education about Alzheimer's disease.
- Authorize a toll-free Alzheimer Call Center to provide advice, care consultation, information, and referrals on Alzheimer's disease.
- Reauthorize and expand the Alzheimer Care State Matching Grant Program — a joint federal-state effort to provide care to Alzheimer's disease patients, including improving access to home- and community-based long-term care services.

To learn more about the Alzheimer's Breakthrough Act and to ask your US Representative to co-sponsor the bill, visit alz.org/advocacy.

Current Missouri co-sponsors for the Alzheimer's Breakthrough Act:

US Senator Kit Bond
 US Senator Claire McCaskill
 US Representative William Lacy Clay (MO01)
 US Representative Russ Carnahan (MO03)
 US Representative Jo Ann Emerson (MO08)



THE ROAST OF US SENATOR KIT BOND

JULY 24, 2010 ★ HOLIDAY INN SELECT — COLUMBIA ★ 6:30 P.M.

Get your Tickets by July 14 at alz.org/mid-missouri or (573) 443-8665

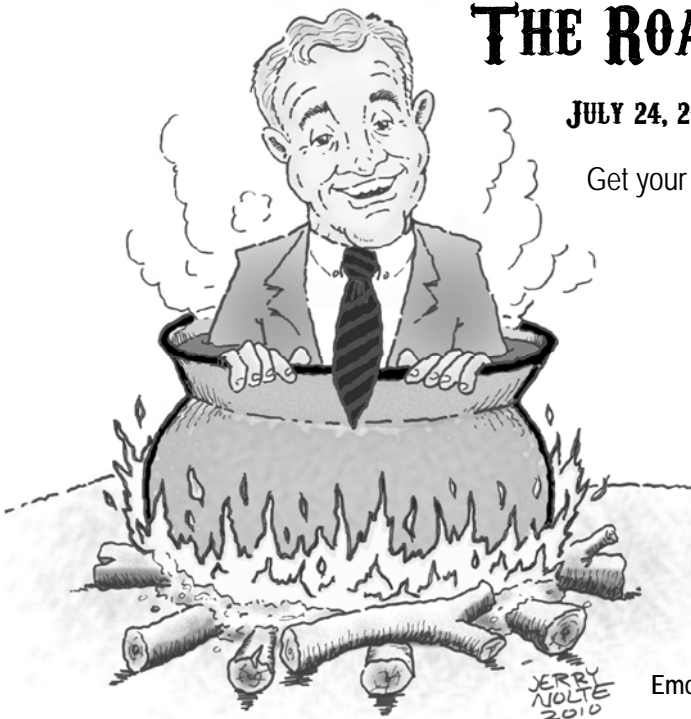
WHO'S LIGHTING THE FIRE?

Kenny Hulshof
 Polsinelli Shughart Law Firm,
 Former US Representative
And Political Ally

Thomas L. Payne
 Vice Chancellor and Dean,
 MU College of Agriculture, Food and Natural Resources
And a recipient of a whole lot of Bond's support

Annie Presley
 McKellar Consulting of Kansas City
Staff member from Senator Bond's earlier years.

Emcee and Referee is Joe Moseley, Senator Bond's *bluest* friend in Columbia.



Forget Me Not Ball at Tan-Tar-A a Success!

More than 200 guests attended the Forget Me Not Ball at Tan-Tar-A on May 1, raising a grand total of \$26,000 for the Alzheimer's Association Mid-Missouri Chapter.

Entertainment for the event included a ballroom dancing showcase by the students of La Roca Dance Studio Jim and Rue Fleming, Ralph and Patti Muxlow, Mary Boer and Steve Krause and Jeff and Kathy Robbins. Students performed a variety of dances including a foxtrot and samba. Dancers came together and were joined by La Roca Dance Studio owners Peter and Amy Hernandez for a waltz to open the event.

Following the student dancers was a professional dance showcase featuring dancers from St. Louis and Kansas City including a tango and a

graceful Viennese Waltz, a steamy tango and a milanga.

Event sponsors include KRCCG, L.O. Profile magazine, La Roca Dance Studio, Janine's Flowers, Arrowhead Printing, Sugar Loft Cake Shop, Walgreens, Lake Regional Health System, Central Bank, Muxlow Law, Velvet and the Blue Heron. Door prizes were also available to attendees and included a grand prize custom pendant from Lake of the Ozarks Fine Jewelry.

The Forget Me Not Ball committee includes chairs Peter and Amy Hernandez, Jeanne Dickemann, Geri Westhoff, Jim and Rue Fleming, Mary Boer, Ralph and Patti Muxlow, Jeff and Kathy Robbins and Melissa Hanstein.

SAVE THE DATE
Forget Me Not Ball
April 9, 2011



Photos from left: (1) Amy and Peter Hernandez, event organizers and owners of La Roca Dance Studio, kicked up their heels for a lively swing.

(2) Ralph and Patti Muxlow, students of La Roca Dance Studio, fox trotted across the stage at the Forget Me Not Ball. (3) Eric Mitchell entertained guests with amazing vocals. (4) Professional dancers Louis and Laura Bar heated up the stage during a steamy Argentine Tango.

Garden of Hope

A project to provide ongoing funding for the **Alzheimer's Association Caregiver Respite Program**, helping families provide care at home longer.

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 initial 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®



Support Groups

ASHLAND

3rd Thursday, 6:30 p.m.
Ashland Villa
June Lenger 573.657.2388,
Brenda Silvers 573.657.1920

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

COLE CAMP—ON HOLD

Please call Judy Harris for
current schedule 660.668.4432

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

On hold till further notice

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

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 & Michelle Black,
636.488.5400

KIRKSVILLE

Last Thursday, 5:30 p.m.
Kirksville Manor Care
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

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

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

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
Alice Tietjen, 573.377.4521

SULLIVAN

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

TIPTON—ON HOLD

Call for details. Tipton Oak Manor
Michelle Hunolt, 660.433.5574

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

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

PARKINSON'S SUPPORT GROUPS

COLUMBIA

1st Thursday, 4 p.m.
Lenoir Community Center
Gerry Neely, 573.815.3554

HANNIBAL

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

JEFFERSON CITY

3rd Monday, 3:00 p.m.
Capital Region Medical Center,
SW Campus Cafeteria
Doris Heuer, Mary Green 573.815.3718

LAKE OZARK

3rd Thursday at noon
Lake Ozark Christian Church
Patsy Dalton, 573.964.6534

SEDALIA

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

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

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

alzheimer's  association

memory walk[®]

**MARK YOUR CALENDAR –
SIGN-UP ONLINE TODAY!**

Alzheimer's Association Memory Walk 2010

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

Osage Beach Saturday, September 11 | Registration at 10 a.m. | Walk at 11 a.m. | Fall Festival— Osage Beach City Park

Jefferson City Sunday, Oct. 3 | Registration at 12 p.m. | Walk at 1 p.m. | Missouri State Capitol grounds

Macon Saturday, October 2 | Registration at 9 a.m. | Walk at 10 a.m. | Long Branch Lake

Kirksville Sunday, September 26 | Registration at noon | Walk at 1 p.m. | Stokes Stadium—Truman

More dates to be announced! Register TODAY at alz.org/mid-missouri. Join a committee at 573-443-8665. Sponsorships available.

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 to be removed from the newsletter distribution list.

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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

SPECIAL ANNOUNCEMENTS ✓

HBO's "The Alzheimer's Project" Film Screening

Macon Comfort Inn
July 15 (6:30-8 pm)

View part of this award winning-series documenting research
advancements and Alzheimer's disease.

Registration: FREE

Please register at alz.org/mid-missouri or call 800.272.3900




Subway Breakfast Party!

Nifong location in Columbia

July 1, 2010 (7:30-9:30 am)

Kick-off Memory Walk season with FREE Subway breakfast!
Try our signature breakfast sandwich "Alz About the Egg"



Nationally presented by
Genworth Financial 

Calling all cooks!

Your famous (or infamous) recipes are needed for the Alzheimer's
Association Mid-Missouri Chapter Cookbook, a project to capture
family recipes and to raise funds to support services.
Please submit recipes to:

Melissa Hanstein at melissa.hanstein@alz.org or
Alzheimer's Association Mid-Missouri Chapter
2400 Bluff Creek Drive
Columbia, MO 65201



Thanks to Bankers Life and Casualty of Columbia for collecting
more than \$760 for the Alzheimer's Association during
Forget Me Not Days May 14 and 15th!

Thanks to the Tau Kappa Epsilon fraternity for raising \$1,060 at
their spring fundraising event *Teke, Tag and Tailgate*

