

# Perspectives

August 2008 Issue

Serving Northeast Nebraska & Southwest Iowa

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## Eyes on Seniors

Eyes on Seniors is an initiative of the Midlands Chapter to encourage the public - postmen, utilities workers, contractors, friends, and neighbors - to look out for neighbors, particularly elders, who may have sudden or emergency needs. Your vigilance may help save the life of a neighbor who may have had an accident or may be unable to provide adequate care for themselves.



Signs to look out for include:

- Trash is not at the curb as usual
- Mail or newspapers are not picked up
- A neighbor's routine changes

If a friend or neighbor needs help, respond immediately.

In your neighborhood:

- Get to know your neighbors. . . property owners and renters alike
- Develop a neighborhood directory with phone numbers and e-mails. Identify neighbors "at risk"
- Ask friends and neighbors if they want or need "special attention." This may include making certain Meals on Wheels visits them or helping ensure their sidewalk is shoveled

Helping out is a two-way street. If you need help or anticipate that you will, do some planning now with your friends and neighbors.

If you suspect a friend or neighbor is facing an emergency situation, call 9-1-1 and report the situation. If you do not want to get involved, you can also call the Alzheimer's Association Midlands Chapter at 402.502.4301, and we will report signs of abuse or neglect to the appropriate authorities for you.

Information for this article comes from Omaha Cares, a program of the [Neighborhood Center of Greater Omaha](#).

## Memory Walk Sponsors

### Presenting:

Harrah's Council Bluffs  
Casino & Hotel

### Gold:

Care Initiatives  
Immanuel Senior Living  
Parsons House

### Silver:

Hy-Vee  
Methodist Hospital  
UNMC Psychiatry  
Valley Drug

### Bronze:

St. Joseph Villa

### Media:

Action 3 News KMTV  
CD 105.9  
Chalco Hills Recreation Area  
Mid-America Center

Become a Memory Walk sponsor TODAY and e-mail [Micah Evans](mailto:Micah.Evans@midlandsalz.org) or contact him at the Chapter office at 402.502.4301.

## Quick Links

[Register Now For](#)

[Memory Walk](#)

[Respite Care](#)

[Grants Available!](#)

[Am I Too Young](#)

[For Memory Loss?](#)

[Learning Institute  
Hartington](#)

[Memories in the Making](#)

## The Midlands Chapter is on the *MOOOOve* to end Alzheimer's *Please join us!!!!*

Join the Midlands Chapter this September for the Memory Walk.  
This year, we are walking on:

- **September 6**  
Pioneer Walking Park Harlan, IA
- **September 13**  
Mid-America Center Council Bluffs, IA
- **September 28**  
Chalco Hills Recreation Area in Omaha, NE.
- We'll have musical entertainment by Stove Creek, great food, face painting for the kids, a doggy walk, clowns, and much, much more!



Come out to show support for your loved ones while helping the Midlands Chapter raise money for this great cause.

Be a champion, and help the Midlands Chapter *MOOOve* to end Alzheimer's disease!

There's still plenty of time to build a strong, motivated team. Here are a few pointers to help you out:

1. Open your team to new members. To do so, visit the Tools page on your HQ and scroll down to Event Information. Click on the box marked "Display icon in team listing notifying visitors that you are looking for team members." You may want to indicate where you live, to help potential walkers looking to join a team in their area.
2. Get blogging. Use your personal blog, MySpace, Facebook or other social networking site to recruit team members! There's no end to the number of people you can reach by using the Web to promote your team.
3. Call just three friends and ask them to join you. Then ask each of your team members to do the same. Before you know it you'll have a huge team of people committed to our cause!
4. "Decorate" your office or cube with Memory Walk sign-up sheets, posters and photos of past walks you've attended.
5. Set specific goals for each of your team members. For example, aim for each team member to recruit at least one friend.

For more information about any of our Memory Walks please contact Jana Paczkowski at 402.502.4301 or by e-mail at [jpaczkowski@midlandsalz.org](mailto:jpaczkowski@midlandsalz.org) or visit our website at [www.alz.org/midlands](http://www.alz.org/midlands)



## Eagles Club Donates \$5,000 to the Midlands Chapter

On July 11, Larry Strickler from the Fraternal Order of Eagles Aerie #3912 presented the Alzheimer's Association Midlands Chapter a check for \$5,000. Members of the Bellevue-based Eagles Aerie hosted their own Memory Walk, raising \$1,500 for the Midlands Chapter. The State of Nebraska Aerie contributed a \$3,500 grant along with the Aerie #3912.



Founded in 1898, the Fraternal Order of Eagles supports different charitable and philanthropic causes. Each club is called an Aerie, and their purpose is to "make human life more desirable by lessening its ills, and by promoting peace, prosperity, gladness and hope."

The Alzheimer's Association Midlands Chapter would like to thank Larry Strickler, and all members of Eagles Aerie #3912 for their generous spirit of philanthropy. If your organization would like to host an event or fundraiser to support the Midlands Chapter's mission to raise awareness, provide education, and offer help and hope to all those affected by Alzheimer's disease, please call Jana Paczkowski at 402.502.4301 or [jpaczkowski@midlandsalz.org](mailto:jpaczkowski@midlandsalz.org).

## Care Giving Isn't For Sissies

*By Rosalie Shepherd, Midlands Chapter Outreach Coordinator*

Of all the hats I have worn in my life, being a caregiver is the most exhausting, frustrating, and depressing job ever. To coin a phrase, "care giving ain't for sissies." After Mom had several small strokes, she began to show signs of dementia. We didn't notice at first because after all she was 85, and we thought her behavior was probably normal for her age. It wasn't.



It soon became apparent that she needed round the clock care, and since there were five of us kids our attitude was that if one mother could care for 5 kids, five kids could care for one mother. How hard could that be? Only the hardest thing I have had to do in my lifetime. My emotions went from denial to anger to the feeling of great loss. I was mad at mother for growing old. I missed the cookies out of the oven, big family dinners, and the loss of our special relationship. The worst thing about dementia disorders is that you lose your loved one degree by degree. "Death by a thousand subtractions", David Shenk calls it in his book The Forgetting. You see your loved one mentally slipping away, and the feeling of helplessness is overwhelming.

I was lucky, my sister took on a large share of Mother's care, and everyone helped out. However, I know that many caregivers do not have the support I had. They may think that no one understands what they are going through, but holding in their feelings will only make them feel isolated and emotionally neglected. The Alzheimer's Association has established many support groups in our Chapter area, and we urge every care giver to attend one of these meetings. Why go to the trouble?

The support group meeting provides the participants with emotional support in a comfortable environment to share thoughts and concerns. There are many benefits to the caregiver including:

- Supportive environment
- Opportunity to talk/share with others
- Learn coping skills from others in a similar situation
- Develop informal supports and social relationship
- Gives a break from care giving responsibilities
- Prevents burn-out of caregivers
- Gives hope and encouragement
- Provides latest information on the disease

The Midlands Chapter is currently organizing an Early Stage Support Group in both Omaha and Council Bluffs. Please visit the support group link on our website [www.alz.org/midlands](http://www.alz.org/midlands) for more information on [support groups](#) in your area, or call Patricia Bennett at the Chapter office at 402.502.4300 or by e-mail at [patricia.bennett@midlandsalz.org](mailto:patricia.bennett@midlandsalz.org)

## Charitable Gift Annuities Can Provide Stability During An Unstable Market

*By Micah Evans, Midlands Chapter Director of Development*

You won't find your certificate of deposit or money market fund offering you a rate of 7% or greater. Depending on your age, establishing a Charitable Gift Annuity (CGA) with the Alzheimer's Association will provide you with attractive rates. Establishing a CGA is simple and safe. Your benefits will include:



- A steady income regardless of the market
- An income-tax deduction
- Favorably taxed payments
- Payments made to you monthly, quarterly, semi-annually, or annually
- The knowledge that you are supporting the fight to end Alzheimer's disease.

For more information, please contact Micah Evans, Director of Development, at 402.502.4301 or [mevans@midlandsalz.org](mailto:mevans@midlandsalz.org)

## Tribute Flags Are Available



Tribute flags are a bright, multi-color 8 1/2 x 11" flag that will be displayed at the midlands Chapter Memory Walks this year. The Alzheimer's Association logo and the words "To Honor and Remember" are in silver. There is additional space for participants to write the names of a loved one and a message. Purchase one flag to honor your loved one at home or the office, and another to hang as a permanent exhibit at our Memory Walks each year.

Tribute flags are modeled after flags commonly found flying in the Himalayas. Once the colorful flags are placed, they remain until the wind has unraveled their threads one by one. As the flags unravel, their messages are released into the universe.

Flags can be pre-ordered through the Midlands Chapter [website](#) or purchased at any of the Walks. Flags are \$10.00 each or 2 for \$15.00

## Stop by our brain gym

Exercise your brain and test your skills.

Solve today's puzzle ▶▶



### Our vision

A world without Alzheimer's disease.

### 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.

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