

# alzheimer's association®

## Midlands Chapter

# Perspectives

February 2009 Issue

OSCAR NIGHT®  
A M E R I C A  
F E B R U A R Y 2 2 , 2 0 0 9



### 5.2 million Americans with Alzheimer's disease will be thanking YOU while the stars are thanking the Academy

Join us for a glamorous evening, a great dinner, and wonderful auction packages, including:

- Back by popular demand! Nebraska Cornhusker football tickets with Club house seats and VIP parking!
- Another annual favorite: Nebraska Cornhusker footballs autographed by Tom Osborne and Bo Pelini.
- You can't beat a Buddy for its seamless blend of modern technology, practicality, and vintage style. We're auctioning off a much sought-after Buddy 50 scooter!
- Spring is right around the corner, and you'll be throwing the party of the season with this package, including barbecue and sides from Smokin' Guns Barbecue and the use of an inflatable big screen, projector, sound system (and setup) from Brian Hill Entertainment. This package also includes the Green Egg, the amazing grill for the 21st century.
- Cheer on the Mavericks with season tickets for two for Mavericks hockey!

Reserve your seat/table [on-line](#) TODAY!!

See you there!!!

This special evening is sponsored by **Harrah's Casino & Hotel**, **Blue Cross Blue Shield of Nebraska** and **Mutual of Omaha Bank**.

## Always and Forever



When we think of Valentine's Day, we think of chocolate, roses, and of course, romance. But for families affected by Alzheimer's disease, Valentine's Day can be bittersweet. Alzheimer's disease not only affects the way we communicate with loved ones, but also how we think about relationships.

Caregivers are under a great deal of strain, and sometimes love and romance becomes overshadowed by stress and pain. Those affected by Alzheimer's may no longer be able to communicate their love and admiration for their loved ones, or may not even recognize their loved ones. It is important to remember that we provide care for our loved ones with Alzheimer's, as much because of whom they are, but because of whom they were.

Please call the Alzheimer's Association Midlands Chapter if you need someone to talk to about your loved ones, whether you need advice or a reminder that you're not facing Alzheimer's disease alone. Our phone number is 402.502.4300 and our 24/7 Contact Center is 1.800.272.3900.



## Driving and Dementia

Driving demands good judgment, quick reaction time and split-second decision making. Because of the progressive nature of Alzheimer's, a person with the disease will eventually become unable to drive.

It's often difficult to decide when to stop or limit driving. To help make this decision, get a driving evaluation from a certified professional. Contact the Alzheimer's Association Midlands Chapter for referrals to organizations in our area that can perform these evaluations.

The following behaviors may be signs that it is time to stop driving:

- Forgetting how to locate familiar places
- Failing to observe traffic signals
- Making slow or poor decisions
- Driving at inappropriate speeds
- Becoming angry and confused while driving
- Hitting curbs
- Using poor lane control
- Making errors at intersections
- Confusing the brake and gas pedals
- Returning from a routine drive later than usual

It's important to learn about other modes of transportation before it is time to stop driving. Losing the independence driving provides can be upsetting and it may be hard to give up the car keys. If the person with dementia insists on driving, caregivers, friends or family members may need to take extra steps, including:

- Encourage law enforcement to issue a citation.
- Ask a doctor to write the person a "do not drive" prescription.
- Control access to the car keys.
- Disable the car by removing the distributor cap or battery.
- Keep the car out of sight. Seeing the car may act as a visual cue to drive.
- Have the person tested by the Department of Motor Vehicles.

Make plans for transportation, such as rides from family members, friends or community services. Contact the Alzheimer's Association Midlands Chapter to learn what transportation options are available in our area.

## A Very Special Valentine



As we recognize the loved ones in our lives, please consider a donation to the Midlands Chapter in their honor this Valentine's Day. Your donation recognizes your love for those affected by Alzheimer's disease, while providing direct support to 98,000 Nebraskans and Iowans affected by dementia. Your support brings us one step closer to the gift of *a world without Alzheimer's disease*.

## Alzheimer's Awareness Stamp



The Alzheimer's Association Midlands Chapter was proud to host EvaJon Sperling at our Annual Meeting last November, as she unveiled the recently-introduced Alzheimer's first-class stamp. As the United States Postal Service adjusts rates this coming May, the Midlands Chapter encourages you to use the Alzheimer's stamp on your first class letters. Not only does this raise awareness about Alzheimer's disease, it will encourage the Post Office to continue issuing a first-class Alzheimer's stamp in the future.

You've got to mail that letter anyway - help raise awareness about Alzheimer's disease while you're at it!

## Respite Care Grants

Are Available Through the Midlands Chapter



Making an application for Respite Care is as easy as 1, 2, 3 . . .

1. Log on to [www.alz.org/midlands](http://www.alz.org/midlands), find the Respite Grant Application form and print it.
2. Return the completed Application Form to the Midlands Chapter either by mail, fax to 402.502.7001 or bring it to our office.
3. You will be contacted by Chapter staff when the application and approval process is complete.

## Understanding Dementia:

### What You Need to Know and Where to Go

All sessions are held at the Chapter office at 1941 South 42nd Street, Suite 205, Omaha, Nebraska free of charge. Please call the Chapter office at 402.502.4301 for more information or to make a reservation. You can also register on-line by clicking on the date below you are interested in attending:

[Tues. March 17th](#) 1:00-2:30 pm

[Tues. March 31st](#) 5:30-7:00 pm

[Wed. April 8th](#) 1:00-2:30 pm

[Wed. April 29th](#) 5:30-7:00 pm

# Maintain Your Brain

By Rosalie Shepherd, Program Staff



If you haven't yet heard of the French Paradox, you will. This term was coined to explain a phenomenon observed in French people who have better heart health in spite of their high-fat diet and red wine consumption.

According to Dr. Christoph Westphal, in a CBS 60 Minutes interview, lab tests traced this effect back to resveratrol, which is most abundant in the skins of red grapes used to make red wine. Research shows that resveratrol slows the build-up of platelets in blood vessels, thins your blood and improves blood flow, and a multitude of other health benefits.

In addition, researchers at MD Anderson Cancer Center in Houston consider resveratrol the best way to fight certain health disasters. Studies in France have shown remarkable promise that this antioxidant may add years to your life.

Before you start to consume large quantities of red wine, you can also get resveratrol from:

- raisins
- Red Grapes
- Blueberries
- Cranberries
- Purple Grape Juice
- Peanuts
- Mulberries
- Resveratrol is also available in a supplement form

The first point in the Maintain Your Brain program is good heart health-what's good for the heart is good for the brain. Eating delicious foods like these while keeping your heart and brain healthy (forgive the pun) is a no brainer. Find a recipe on our web site for a delicious and nutritious trail mix at [www.alz.org/midlands](http://www.alz.org/midlands)

# Brain Matters

By Bonnie Lingard, Chapter Staff

Congratulations, **Steven Evans of Omaha, NE** for being our January puzzle winner! Your prize, a copy of Lisa Genova's book *Still Alice*, is on its way to you from Amazon.com, compliments of an anonymous donor who is a lover of brains. The answers to last month's contest can be found on the [Brain Buster page](#) at our web site.



Here are the brain busters for this month:

**1. What well known saying is this:**

Ila ta devol evah ot reven naht tsol dna devol evah ot retteb si ti

**2. Rearrange the following letters to give the name of a popular movie:**

IF TUNES DO SO MUCH

**3. Rearrange these letters to form the name of a famous writer:**

I AM A WEAKISH SPELLER

**4. Can you name four days which start with the letter "T"?**

**Bonus Question:**

**What letter comes next in this sequence?**

A S D F G H \_\_

E-mail your answers to [bonnie@midlandsalz.org](mailto:bonnie@midlandsalz.org) by Friday, March 6th to enter. The prize this month is a copy of *Boggle Brainbusters* by David Hoyt--nearly 300 pages of brainbusting fun!!

**Good luck and keep those wonderful brains exercising!!!**