

alzheimer's association®

Midlands Chapter

Perspectives

November 2008 Issue Serving Northeast Nebraska & Southwest Iowa

Planning for the Holidays



For most families, holidays are filled with opportunities for togetherness, sharing, laughter and memories. But holidays can also be filled with stress, disappointment and sadness.

Because of the changes he or she has experienced, the person with Alzheimer's may feel a special sense of loss during the holidays. At the same time, caregivers may feel overwhelmed maintaining holiday traditions while caring for their loved one. In addition, caregivers may feel uncomfortable with behavior changes in the family member.

Holiday Giving: A New Tradition

Submitted by Micah Evans, Development Director



The holiday season is right around the corner! My family will come from all around the country for Thanksgiving and each year, new traditions join old traditions. My wife's corn casserole is a new favorite, even as we've enjoyed my father's cranberry relish for decades. Philanthropic giving during the holidays has always been a family tradition. Each year, we've recognized our favorite charities and supported them with a gift in honor of the family. Sometimes we do this in honor of a relative who has passed, or sometimes as a gift in the whole family's name.

Even in this tight economy, Americans are a charitable people. Over 90% of Americans over the age of 40 report a philanthropic gift at the holidays. Americans have always responded to those in need, and the need for your support has never been greater. In spite of the economy, the Alzheimer's Association Midlands Chapter is committed to serving more than 98,000 Nebraskans and Iowans affected by Alzheimer's disease today, as well as their caregivers and loved ones. In these hard times, the numbers of those affected by Alzheimer's continue to grow, as does the incredible need for education, information, help, and hope.

Your gift creates a legacy, inspiring family members to give back while serving others in need. And you can enlarge your gift and provide help to so many others affected by

Alzheimer's by involving your family in your tradition of giving.

Please make a donation to the Alzheimer's Association Midlands Chapter today. As we enter the holiday season, please give hope to so many others affected by Alzheimer's disease.

Alzheimer's and Giving Thanks

Submitted by Bonnie Lingard

Give thanks for Alzheimer's? Not at all, but there are some things that have to do with Alzheimer's that I do give thanks for.

I **am** thankful:

- that we live in a time when scientific advances give promise every day.
- for the new drugs we have that slow the progression of the disease.
- that we live in a time when the disease is recognized and we no longer feel the need to be silent.
- for the fine facilities with trained staff who know how to treat our loved ones with **kindness, dignity** and **compassion**.
- for the smiles, laughter and fond memories of our loved ones.
- that there is still time to tell Aunt Peg how much I love her and to thank her for teaching me how to sew.
- that our loved one is **still here** to share another holiday with us.
- for being able to do things for the person I love so much because being a **caregiver is an enriching and rewarding experience**.
- for **HOPE**.

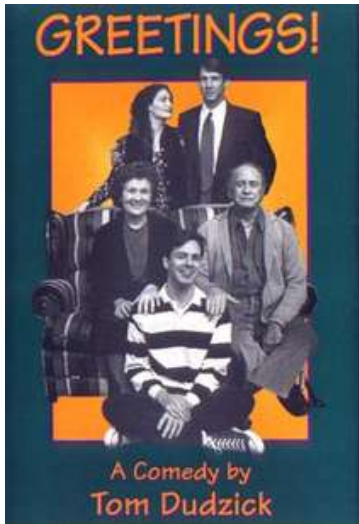


This holiday season give thanks and give HOPE.

Submit stories about your loved ones to Micah Evans and tell us why they are so special to you.

Save the Date!!

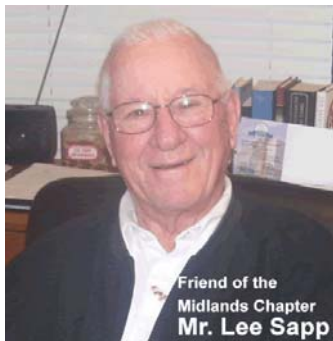
A Benefit Play for the Midlands Chapter



Tom Dudzick's 5-character comedy *Greetings!* is about a young man who brings home his Jewish atheist fiancé to meet his very Catholic parents on Christmas Eve. With the inevitable family explosion comes an out-of-left-field miracle that propels the family into a wild exploration of love, religion, personal truth and the nature of earthly reality.

Greetings! is produced and staged by 3rd Degree Productions, a non-profit theater designed to perform plays that benefit charity. *Greetings!* will be performed at the Scottish Rite Theater (202 South 20th Street, Omaha, NE) on December 5th, 6th, 7th, 12th, 13th, 14th, 19th, 20th, and 21st. Please call Micah Evans at 402.502.4301 or e-mail [him](#) if you would like tickets or more information.

Annual Meeting 2008



The Alzheimer's Association Midlands Chapter came together on November 5th with over 120 friends and supporters to attend the Annual Meeting luncheon which is held during National Alzheimer's Disease Awareness Month. The Annual Meeting, generously sponsored by First National Bank of Omaha, was the Midlands Chapter's opportunity to raise awareness while reflecting on what we've done over the past year and what we plan to do in the coming year.

Duane J. Gross, President and CEO of the Midlands Chapter, and Wood Hull, Chairman of the Board, were honored to present **Mr. Lee Sapp the 2008 Friend of the Midlands Chapter Award**. Lee was recognized for his amazing and long-standing support and financial contributions toward the Midlands Chapter. Duane and Wood were also delighted to recognize **Deborah Marks Conley, APRN as the Outstanding Volunteer of the Year**. Deborah has been active in the field of gerontological studies for over 30 years, and has been a volunteer, Board member, and Board chair with the Midlands Chapter since its inception in 1982.

Postmaster EvaJon Sperling joined Dr. Gross and Mr. Hull to unveil and present the first-class Alzheimer's stamp, which was designed to both raise awareness about the disease while recognizing the dignity and special role of the caregiver.

Please plan to join the Midlands Chapter in for our second annual Annual Meeting in November 2009, during National Alzheimer's Disease Awareness Month.

OSCAR NIGHT[®] A M E R I C A

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Plan to attend this fabulous event and also consider making a donation toward our silent auction. Your donation of auction items - gift cards, vacation packages, football tickets, or even gently used golf clubs help us raise dollars to support programs throughout the year. Call Jana Paczkowski at 402.502.4301 or e-mail her for more information. You can reserve your seat/table **now** if you register on-line **TODAY!!**

Caregiver Education at Brighton Gardens

Clayton Freeman, Midlands Chapter Program Director, will present Understanding Dementia: Guiding Families Through the Journey at Brighton Gardens Assisted Living located at 9220 Western Avenue, Omaha, NE. The caregiver education session will be held on Tuesday, December 2nd at 2:00 p.m. The topics will include:

- Dementia medical overview
- How to recognize the difference between normal memory loss and dementia
- The different stages of memory loss
- Medical testing and research



A question and answer session will follow with light refreshments. Handouts will be available. Space is limited; please RSVP to Karen at 402.393.7313 TODAY!

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